

# Counseling Services

## SEXUAL ASSAULT AWARENESS MONTH

**Sexual assault is classified as any sexual behavior or contact that occurs without explicit consent from the victim.**



### Affirmative Consent

According to our Title IX policy, sexual contact must be consensual at all times, and sexual contact is considered consensual only after Affirmative Consent has been given. Affirmative Consent is a knowing, voluntary, and mutual decision among all participants to engage in the particular sexual activity at issue. Consent can be given by words or actions, but those words or actions must create clear permission regarding willingness to engage in the sexual activity at issue. Silence or lack of resistance, in and of itself, does not demonstrate consent. The definition of Affirmative Consent does not vary based upon a participant's gender.

### Boundaries

Boundaries are considered the limits and rules we set for ourselves within relationships. Sexual boundaries refer to the emotional, intellectual, and physical aspects of sexuality. Healthy sexual boundaries involve mutual understanding and respect of limitations and desires between sexual partners. Sexual boundaries can be violated when someone criticizes, belittles, or invalidates another person's feelings.

***Victims are never at fault.  
Violating another person is a choice.***

### Forms of Sexual Violence

- Rape or sexual assault
- Sexual assault by a person's spouse or partner known as intimate partner violence
- Unwanted sexual contact / touching
- Sexual harassment
- Sexual exploitation and trafficking
- Exposing one's genitals or naked body to other(s) without consent
- Watching someone engage in private acts without their knowledge or permission
- Nonconsensual image sharing

A person may use force, threats, manipulation, or coercion to commit sexual violence.

### Effects of Sexual Violence

#### Emotional

- Anger, Fear, Shame, Guilt, Powerlessness, Denial, Depression, Embarrassment, Emotional Shock

#### Mental

- Anxiety, Depression, PTSD, Panic Attacks, Substance Abuse, Dissociation, Difficulty Concentrating

#### Physical

- Fatigue, Headaches, Increased Stress, Nightmares

***The human body & brain are resilient. Despite the devastating effects of Sexual Violence, recovery and healing are possible.***

# EVENTS & WORKSHOPS

## Support Survivors during Sexual Assault Awareness Month



NSVRC

## NATIONAL DAY OF ACTION TUESDAY APRIL 5TH

Join us in the **PLAZA** (weather permitting).  
Wear **TEAL** to signal your a safe space for survivors and pick up your prize at our booth.  
There will be conversation, candy, games, and a raffle. Come out to show your support!

# Greenlight Family Services



## WORKSHOPS

Led by Elizabeth Meyer, LCSW



### Relationships & Consent

Tues 4/19 3:00-4:00

ASC II Activities Room

Join in-person or virtually

This workshop gets into what makes a healthy vs. unhealthy relationship with a focus on different types of boundaries and communication. It goes over safety in relationships, intimate partner violence, the importance of consent within relationships, and getting support.



### Working With Survivors

Tues 4/26 3:00-4:00

ASC II Activities Room

Join in-person or virtually

This workshop goes over how to provide support to a survivor of sexual assault or intimate partner violence. outlines concrete things one can say and do if somebody discloses to them. It also goes over secondary trauma and self-care strategies for those providing support to survivors.



## RESOURCES

### National Sexual Violence Resource Center

Resources for survivors, friends, family, and advocates

### MBI Title IX Office

Smith 3  
titleIX@moody.edu

### Chicago Rape Crisis Hotline

1-888-293-2080  
Operates 24/7

### RAINN

Nations largest anti-sexual violence organization

### Greenlight Family Services

Offers 20 free sessions for all students who have experienced sexual assault while in college or graduate school.