

**I am not
alone.**

Options for survivors of sexual
assault, dating/domestic violence,
stalking, and sexual harassment.

SCRIPPS



I need help.

You have a right to a college experience free from gender-based discrimination. If you were sexually assaulted; had an uncomfortable sexual encounter; are in a relationship that feels controlling or is emotionally or physically abusive; are being stalked online and/or in person; or have otherwise been the target of sexual harassment or gender-based discriminatory conduct, you may be experiencing a wide range of emotions. You may feel confused, not sure where to turn, have questions, or want to understand your options.

We hope this pamphlet provides some information and guidance to help you figure out what support options and next steps are best for you.

How do I define what happened?

This is an overview of some key concepts covered under Scripps' and other colleges' Title IX policies that we hope will help you understand what happened. Options for more information include consulting the Scripps Title IX Coordinator.

Consent

Consent is sexual permission. It is clear, knowing, voluntary, informed, and ongoing. It's freely and actively given through mutually understandable words or actions. Silence in and of itself is not consent. Consent to one type of sexual activity does not imply consent to another type of activity. A previous relationship or prior consent does not imply consent to future sexual acts, even the same or similar acts. Consent may be withdrawn at any time.

Sexual Assault

Sexual assault is an umbrella term for both nonconsensual sexual contact and nonconsensual sexual intercourse. Nonconsensual sexual contact includes any touching of another's intimate body parts, however slight, with any object or body part, without consent. Nonconsensual sexual intercourse includes anal, oral, or vaginal intercourse, with any object or body part, without consent.

Dating/Domestic Violence

Dating/domestic violence is violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim. It encompasses physical, sexual, or emotional abuse or threats to control another person.

Sexual Harassment

Sexual harassment is unwelcome conduct of a sexual nature that is objectively offensive and is severe or pervasive. Sexual harassment can include unwelcome sexual advances, requests for sexual favors, and other verbal, nonverbal, or physical conduct of a sexual nature.

Stalking

Stalking means engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for their safety, the safety of others, or cause substantial emotional distress. Stalking can happen in person but also via persistent calling, texting, or posting on a social networking site. Stalking may happen as part of a current or former intimate relationship.

What do I do now?

Only you can decide what course of action is right for you.

Support means many things. There is no right, wrong, or normal response to the traumatic experience of sexual assault, dating violence, stalking, or sexual harassment. Needs often change over time, and every person's response is different. You may need emotional, psychological, or medical help. Maybe your grades are suffering. You may be having trouble eating, sleeping, hanging out with friends, or even leaving your room. You may need information on how to make a formal report to the College or to law enforcement.

It's okay to be patient with yourself. It might take a while to figure out what support is best for you. Everyone heals differently. Some people need to try a variety of approaches or change them up over time.

What are my options?

Support options fall under three broad categories. Understanding these categories may empower you to make the choices that are best for you at any given moment in time.

PRIVATE SUPPORT

Private support resources will safeguard your privacy and will only disclose what they learn with others on a need-to-know basis. Private resources are required to tell the Scripps Title IX Coordinator when they hear about incidents of sexual assault, dating violence, stalking, or sexual harassment.

CONFIDENTIAL SUPPORT

Confidential support resources must keep your identity and what you tell them in confidence. They must not disclose to the Title IX Coordinator what they learned from you unless there is an imminent risk of harm to self or others. Some confidential resources also have an evidentiary privilege that prevents the person from being compelled to testify in a civil or criminal court proceeding. You have a right to ask a confidential support person whether they are also privileged.

ANONYMOUS SUPPORT

Sometimes survivors feel safer remaining anonymous. Anonymous support resources don't require you to disclose your identity to them at all.

Medical Resources

Sometimes survivors have medical needs following a sexual assault or an abusive incident with a partner. For example, injuries may require medical treatment, or the survivor may need emergency contraception, a pregnancy test, or to be checked for STIs.

Medical Resources

Emotional Support Options

Academic Help

Reporting Options

Student Health Services

(Confidential)

Tranquada Student Services Building

757 N. College Way

(909) 621-8222

Student Health Services (SHS) is the go-to resource for students for non-emergency medical services relating to general health, treatment of injuries, and sexual health. Doctors and nurses at SHS are confidential resources and will not report what they learn about sexual violence to the College. However, California law requires medical providers to report sexual violence to law enforcement. You have a right to ask your medical provider about this reporting obligation.

Here are some medical services that may be especially relevant in the aftermath of a sexual assault. Of course, in the event of an emergency, call **Campus Safety** at **(909) 607-2000** or dial **911**.

Emergency Contraception

The “morning after pill,” Levonorgestrel, is available as an emergency measure after unprotected intercourse. It must be administered within 72 hours of unprotected intercourse and is about 75 percent effective. EContra EZ is available over-the-counter. It is available at SHS for a fee, no appointment required. It’s also available at the vending machine at the **SHS Wellness Room at Pomona College, Walker Hall, Room 204**. The website **not-2-late.com** has information about which local pharmacies also provide this service.

Sexually Transmitted Infection Testing

STI testing is available at SHS. The visit is free, but there is a charge for the lab. Educational material on STIs is available at Health Education Outreach (HEO) or in consultation with a SHS healthcare provider.

HIV Testing

Confidential HIV testing is available at SHS for a fee. HEO offers free, rapid HIV antibody testing weekly by an HIV Testing Counselor certified through L.A. County Department of Public Health. The test used is the INSTI Rapid HIV1/HIV2 test, which requires a droplet of blood via finger stick and delivers results in about one minute.

Pregnancy Testing

Both urine and blood pregnancy tests are available at SHS by appointment. There is a fee for the test but not the visit. HEO offers free and confidential pregnancy testing, in which trained Peer Health Educators provide information and guidance while assisting students in taking an over-the-counter pregnancy test. No appointment needed.

SART Exam

A SART exam is the main way to preserve physical evidence following a sexual assault, but the nurse may provide medication to prevent pregnancy or certain sexually transmitted infections. See page 27 for more information.

Emotional and Psychological Support Resources

These resources (all of which are *confidential or anonymous*) are available to help support your emotional and psychological health and well-being. Some people find it helpful to talk to confidential resources before deciding whether to exercise their right to report to the College or law enforcement.

EmPOWER Center (Confidential)

1030 Dartmouth Avenue
(909) 607-2689

Students impacted by sexual assault, dating/domestic violence, stalking, or sexual harassment may go to EmPOWER for support and care. The Center provides free, confidential advocacy and support to 7C students.

COUNSELING: In collaboration with our community partner, Project Sister Family Services (PSFS), EmPOWER provides counseling services to students. To schedule an appointment with a PSFS counselor, call (909) 607-0690. Counseling sessions are free and unlimited. The counselor also has drop-in hours.

CONFIDENTIAL ADVOCATE: The EmPOWER Center Director is not a counselor but is a confidential advocate. The Director can meet with students for one to two sessions to provide emotional care and support, provide information about resources/options available, and help navigate on- and off-campus resources. Talking to the Director is a good option if you know you're not ready or aren't sure if you're ready for counseling. The Director also holds drop-in hours.

SUPPORT GROUP: Offered each semester, this group is designed for students from the 7Cs who have experienced sexual assault or sexual abuse, whether recently or long ago. In the group, survivors can share their experiences, explore their feelings, and receive support as they work through the healing process in a confidential space. The group is facilitated by a PSFS counselor.

Monsour Counseling and Psychological Services (MCAPS) **(Confidential)**

**Tranquada Student Services Building, 757 N. College Way
(909) 621-8202**

In an after-hours emergency, press 1 to be connected to the on-call therapist.

Students impacted by interpersonal violence may go to MCAPS for support, including brief individual counseling (eight sessions per academic year); psychiatric medication management; and screening for anxiety and depression. MCAPS also offers same-day crisis appointments, assistance with identifying a referral for off-campus therapy, and groups and workshops.

Scripps Advocates for Survivors of Sexual Assault

(Confidential/Anonymous)

(909) 214-2138 8:00 p.m. – 8:00 a.m.

7 days a week (when school is in session)

Sometimes talking to a peer may feel like exactly what you need. Advocates are Scripps students trained to provide support to survivors and to connect them to resources. You may speak anonymously to an Advocate. If you choose to tell the Advocate who you are, they will not need to reveal your identity to College officials in the absence of imminent risk to self or others.

The Chaplains of The Claremont Colleges **(Confidential)**

**McAlister Center, 919 N. Columbia Avenue
(909) 621-8685**

Students impacted by interpersonal violence may talk to a Chaplain. Chaplains empower and enhance spiritual life by integrating intellectual and spiritual growth, guiding questions about values, life choices and ethics, nurturing religious faith, building community, and training future leaders for service.

Queer Resource Center (QRC)

(Director Is Confidential; Other Staff Are Private)

**Pomona College, 395 E. 6th Street
(909) 607-1817**

The QRC provides support, resources, leadership development, and an inclusive and welcoming space for all members of The Claremont Colleges community to explore issues relating to sexual and gender identities. The Director of QRC is not a counselor but, like the Director of the EmPOWER Center, has been designated as a confidential resource. The Director holds drop-in hours. All other QRC staff are private resources who are obligated to share sexual misconduct disclosures with the Title IX Coordinator.

Project Sister Family Services (PSFS)

(Confidential/Anonymous)

projectsister.org

(909) 626-4357 24/7/365 hotline

A consortium community partner, PSFS provides services to survivors of sexual violence and their families in the East San Gabriel and Inland Valleys in Southern California. In addition to the hotline, PSFS' services also include advocacy and accompaniment to local hospitals, law enforcement interviews, and legal proceedings. PSFS can explain and help support you through the process for evidence preservation, should that be a priority for you. All services are provided in both English and Spanish.

Dating and Domestic Violence/ Relationship Abuse

If you know or think you might be in an unhealthy or abusive relationship, the resources listed elsewhere in this pamphlet are available to you. In addition, there are resources dedicated to helping people who are in abusive relationships. They can help you understand what is going on with your partner, provide emotional support, and assist you with safety planning while you're in the relationship and if and when you're ready to leave it.

Though no two relationships are alike, and no relationship is bad all the time, abuse generally involves a pattern of behaviors used by one partner to maintain control over the other partner. Some common signs include an intimate partner who engages in one or more of the following behaviors:

- Insults you, puts you down, calls you names, yells at you
- Says you don't do anything right
- Is jealous of your friends and time spent away
- Keeps you or discourages you from seeing or communicating with friends or family
- Controls who you see, where you go, or what you do
- Is verbally or physically threatening or intimidating toward you
- Prevents you from doing your school work or going to class
- Harms or destroys your property
- Threatens to harm your pet
- Hits you, punches you, pulls your hair, holds you down, drags you around
- Pressures you to have sex when you don't want to or does things sexually you're not comfortable with
- Stalks you in person or by persistent calling, texting, or posting on a social networking site

All of these resources are located outside of the consortium and can be used alone or in combination with help available on campus, such as the EmPOWER Center or the Title IX Coordinator.

House of Ruth

(Confidential/Anonymous)

houseofruthinc.org

(877) 988-5559 24/7/365 hotline

(909) 623-4364 Pomona Outreach Office

Located in Pomona, House of Ruth provides advocacy and assistance to those affected by domestic violence. Many of House of Ruth’s services are available in both Spanish and English and are free of charge.

Women in Need Growing Strong (WINGS)

YWCA—SGV Domestic Violence Services

(Confidential/Anonymous)

(626) 967-0658 24/7/365 hotline

A program of the San Gabriel Valley YWCA, WINGS operates the second largest domestic violence shelter in L.A. County.

Love Is Respect

(Confidential/Anonymous)

loveisrespect.org

(866) 331-9474 24/7/365 hotline

(866) 331-8453 (TTY)

This resource is geared to teens and young adults. It connects callers to peer advocates trained to offer education, resource information, support, and advocacy to those involved in abusive dating relationships as well as concerned friends, siblings, and parents, among others. The website contains a lot of information on healthy relationships, spotting signs of abuse, safety planning, and how to help a friend, among other topics.

National Domestic Violence Hotline (NDVH)

(Confidential/Anonymous)

thehotline.org

(800) 799-7233 24/7/365 hotline

(800) 787-3224 (TTY)

The hotline provides help to survivors and anyone calling on their behalf through crisis intervention, safety planning, information, and referrals to agencies in all 50 states, Puerto Rico, and the U.S. Virgin Islands. Assistance is available in English and Spanish with access to more than 170 languages through interpreter services. NDVH’s website contains a lot of information, including on signs of abuse, healthy relationships, navigating conflict, and safety planning.

The Stalking Prevention, Awareness, and Resource Center (SPARC)

stalkingawareness.org

If you think or know you’re being stalked, including in the context of an abusive relationship, you might find the facts sheets, definitions, and other resources at SPARC’s website helpful.

Emotional Support Options

Academic Help

Reporting Options

The Title IX Coordinator

(Private Resource)
titleix@scrippscollege.edu
(909) 607-7142

If you have or think you might have experienced sexual assault, dating violence, stalking, or sexual harassment, the Title IX Coordinator wants to help.

Things to know about the Title IX Coordinator

- It's true that the Coordinator's role involves managing formal processes, but the role is broader than that; in fact, many survivors do not wish to pursue a formal process, and the Coordinator devotes a lot of time to helping students in other ways. (More on the formal process later.)
- If you meet with the Coordinator, a formal process will not automatically move forward. The Coordinator wants to empower your goals. Only in limited situations involving imminent risk of harm to the survivor or the community does the Coordinator have to take steps when that's not the survivor's choice.
- You're in control of what information you disclose to the Coordinator, and the Coordinator can help you even if you decide not to share details. You decide whether to share the name of the person who harmed you.

The Title IX Coordinator is ready to:

- Just listen
- Touch base as you process what happened and what you want to do
- Meet with you as many times as you need
- Understand that your needs may change over time
- Receive as much or as little information as you want to provide
- Connect you to emotional/psychological and/or wellness resources
- Connect you to academic support
- Discuss your right to report to the College
- Help you understand the relevant 7C sexual misconduct policy
- Discuss your right to report to law enforcement
- Explore protective measures such as a housing or class change
- Help you develop a safety plan if you're feeling unsafe
- Help you explore obtaining a restraining order

Emotional Support Options

Academic Help

Reporting Options

Academic Help

Students who have experienced sexual assault, dating violence, stalking, or sexual harassment often need academic support. We strongly encourage you to seek out help. Without intervention, experience shows that academic challenges may worsen over time.

Primary Contact Dean (PCD)

(Private)

Your PCD can assist you with exploring options for academic support and working with your faculty to address your academic needs and foster your continued academic success. This work will be customized depending on many factors, such as the nature of your needs and challenges, your workload, specific course requirements, or where you are in the semester.

Faculty

(Private)

Some people feel comfortable approaching their faculty for help directly. If that's how you feel, we encourage you to do so, and you can always follow up with your PCD if you'd like.

Title IX Coordinator

(Private)

The Coordinator can also help coordinate academic support, and often does so in collaboration with your PCD and/or faculty.

General Student Affairs Support/Dean on Call

(Private)

The Student Affairs team is a source of general support. They can facilitate academic flexibility or accommodations, help implement safety measures, and help coordinate self-care needs. In addition, a dean on call is available 24/7 to address crisis situations. They can be reached by calling **Campus Safety** at **(909) 607-2000** and asking to speak with the Scripps dean on call.

Reporting to the College

You have a right to report to the College and to a fair and impartial process free from retaliation. If you have questions about reporting, the Title IX Coordinator wants to help you get answers. The Coordinator knows that students who've decided or are thinking about moving ahead with a Title IX process need to get a handle on what the process is and how it will unfold. The Coordinator also knows that the written Title IX policies are long and complicated, and it's the Coordinator's job to help you understand them.

If you're thinking about or have decided to file a report with the College, we suggest you set up a time to meet with the Coordinator by emailing titleix@scrippscollege.edu or by calling (909) 607-7142. The Coordinator has private offices located in the **lower level of McAlister, 919 N. Columbia Avenue.**

To help you decide whether you want to meet with the Coordinator or to prepare you for that meeting, here is some general information about the process.

Cross-Campus Cases

In most, but definitely not all, cases in which a Scripps student has experienced sexual assault, dating violence, stalking, or sexual harassment, the accused student goes to one of the other schools in the consortium. If you decide to make a formal complaint against the person at the other school, this is called a cross-campus case. The Title IX policy of the home college of the accused person applies to the matter. This is because it is the home college that has the power to sanction the accused person should the person be found to have violated a policy.

A Case Will Not Automatically Go Ahead

If you decide to talk to the Coordinator about your case, a formal grievance process will not automatically go ahead. The Coordinator wants to empower your goals. Only in limited situations involving imminent risk of harm to the survivor or the community does the Coordinator have to take steps when that is not the survivor's choice.

Support Person/Advisor

Both parties have a right to have a support person/advisor of their choosing present during meetings and hearings relating to the claim. As a general matter, the support person/advisor should not be a witness in the case. Also, with some exceptions, the support person/advisor is not allowed to advocate in the process—for example, object to questions that are asked during an investigation interview.

The Adjudication Process

There are five basic steps in a process. You would be the complainant/claimant and the accused party the respondent. The goal is to determine whether the respondent is or is not “responsible” for a policy violation.

1 Report/Intake/Notice to Respondent

During intake, you give the Coordinator information about what happened. In a cross-campus case, you will usually also meet with the respondent’s Coordinator. If a case moves forward, the Coordinator will give the respondent formal written notice of the claims. During the intake phase, the Coordinator will assess whether “interim measures” such as a no-contact order or a campus ban need to be put in place to protect the safety of the parties.

2 Investigation

The parties have a right to a fair and reasonable investigation. In this step, an investigator gathers the facts. Because every case is different, every investigation is different. But an investigation almost always involves at least one, and often more than one, interview with the parties. The parties have a right to identify other witnesses they think the investigator should interview. If applicable, the investigator also collects documentary evidence such as texts, emails, and Facebook messages. The investigator writes a report. Sometimes depending on what policy applies, the report contains a recommendation about whether the respondent is or is not responsible, and sometimes it doesn’t. Either way, the parties get to see the investigator’s report.

3 Decision

After the investigation is over, there is a decision-making step. Depending on the matter and the applicable policy, there may be one person making the decision or a panel of people making the decision. In many situations, there will be a hearing where the parties and witnesses present evidence and are questioned. The decision-making standard is “preponderance of the evidence” or whether it is more likely than not that the respondent’s conduct constitutes a policy violation.

4 Sanction (If Applicable)

If the respondent is found responsible, a sanction will be imposed. Available sanctions include educational conditions, counseling or other behavioral requirements, probation, suspension, and expulsion.

5 Appeal

The non-prevailing party in the matter has a right to appeal the result on narrow grounds, such as significant procedural error, new evidence that was not reasonably available during the case, or investigator or decision-maker bias.

Alternative Resolution

Sometimes a complainant wants to take formal action against the respondent but does not want to go through all of the steps listed here. If an “alternative resolution” is of interest to you, please let the Coordinator know. The Coordinator will assess whether the case could be resolved this way and talk to you about your goals. Note that this option is only available if both parties agree to participate.

Reporting to the Police

Here is some guidance if you are considering reporting to the police:

Project Sister Family Services (PSFS) (Confidential/Anonymous)

projectsister.org

(909) 626-4357 24/7/365 hotline

Navigating the law enforcement reporting process can be complicated. Scripps strongly recommends that students interested in exploring this option contact PSFS. PSFS will explain and help guide you through process, including whether evidence preservation is an option.

Campus Safety—Dean on Call (Private)

(909) 607-2000

If you want assistance from the College, contact Campus Safety and ask to speak to the dean on call.

In a law enforcement emergency

Campus Safety

(909) 607-2000

Emergency Police Response

911

How Do I Preserve Evidence of a Sexual Assault?

The primary method of preserving physical evidence is the SART exam, a forensic examination performed after a sexual assault. The main purpose of a SART exam is to collect evidence that could help in an ongoing or later criminal investigation/prosecution. However, the SART nurse may provide medication to prevent pregnancy or certain sexual transmitted infections.

How soon after an assault should I obtain a SART exam? ASAP, generally evidence can be collected only up to 96 hours after the incident.

How do I arrange an exam? Call **Project Sister Family Services'** 24/7/365 hotline at **(909) 626-4357**. PSFS will explain the process, arrange for exam, and provide a confidential sexual assault counselor and support person to attend exam. This process ensures the exam is free. Trying to arrange the exam yourself could mean it gets billed to your insurance.

What can I do to preserve evidence before an exam? If possible, try not to bathe, brush teeth, eat, or drink (don't worry if you've already done so). Put clothes worn during incident (and any other evidence, such as sheets) in clean paper bag (plastic can destroy evidence). If you think you were drugged, urinate in cup ASAP and write down the date/time of urination.

If I undergo SART Exam, do I have to pursue criminal prosecution? No. Federal law guarantees a free forensic medical exam even if you end up choosing not to report to or cooperate with law enforcement.



Contacts at a Glance

Campus Safety/Dean on Call

(Private)

(909) 607-2000

EmPOWER Center

(Confidential)

(909) 607-2689

or (909) 607-0690 to make an appointment with a counselor

Monsour Counseling and Psychological Services (MCAPS)

(Confidential)

(909) 621-8202

Tranquada Student Services Building

Project Sister Family Services

(Confidential/Anonymous)

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Scripps Advocates for Survivors of Sexual Assault

(Confidential/Anonymous)

(909) 214-2138 8:00 p.m. - 8:00 a.m., 7 days a week when school is in session

Scripps College Title IX Office

(Private)

(909) 607-7142 or titleix@scrippscollege.edu

scrippscollege.edu/titleix/

WE'RE HERE TO HELP

SCRIPPCOLLEGE.EDU/TITLEIX
TITLEIX@SCRIPPCOLLEGE.EDU
(909) 607-7142