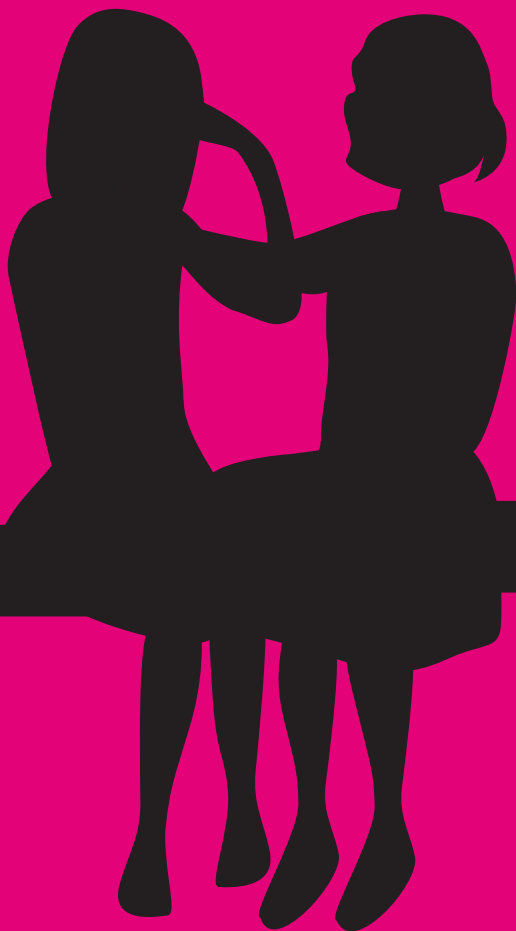


HELPING A FRIEND.

Dating and Domestic Violence.
Sexual Assault.
Stalking.



DATING VIOLENCE, STALKING, AND SEXUAL ASSAULT

are very common among college students, and chances are that someone you know is or will be a survivor of violence. In fact:



One in four women will be sexually assaulted in college.



One in four women will be stalked in college.



One in five women will experience dating violence in college.



Men also experience these forms of violence.

For more information on statistics, visit acadv.org/dating.

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When a survivor tells someone about his or her experience, she or he usually chooses to tell a friend first. These tips will help you respond if a friend comes to you.



LISTEN.

A friend may confide in you ten minutes or ten years after the violence occurs. How well you listen is most important. Allow the person to talk, but do not push for details.



BELIEVE HER OR HIM.

Survivors need to validate their experience. Be sure your friend knows how much you support her or him and take his or her concerns seriously. False reports of violence are very rare.



DON'T BLAME YOUR FRIEND.

No one deserves to be sexually assaulted, abused, or stalked for any reason. Survivors often blame themselves and need to know it was not their fault.



LET YOUR FRIEND CONTROL THE SITUATION.

Let your friend determine the pace of healing. Help him or her understand the options available. Express your concern, but allow your friend to make her or his own decisions.



ENCOURAGE.

Encourage your friend to get medical attention as soon as possible if a recent assault was sexual or physical. For more information about medical options, visit LUC.edu/ccrt.



GET OUTSIDE HELP.

Know where your friend can access outside help. Your friend may need medical attention or counseling. Regardless of how much time has passed since the assault, she or he can receive counseling and referrals from the Wellness Center, other campus offices, and off-campus providers.

HELP IS AVAILABLE.

Chicago Rape Crisis Hotline

(24 hours)
1.888.293.2080

Loyola Sexual Assault Advocacy Line

(non-emergency)
773.494.3810

Wellness Center

773.508.2530
LUC.edu/wellness

Campus Safety

773.508.6039
LUC.edu/safety

Office of Student Conduct and Conflict Resolution

773.508.8890
LUC.edu/osccr

Rape Victim Advocates

312.443.9603
rapevictimadvocates.org

YWCA Evanston Domestic Violence

847.864.8780

Stalking Resource Center

1.800.FYI.CALL
ncvc.org/src

TAKE CARE OF YOURSELF.

To be most helpful to your friend, you must also take care of yourself.



UNDERSTAND YOUR OWN FEELINGS.

You may also feel confused, hurt, angry, or frightened. Such feelings are normal.



DON'T BE AFRAID TO ASK FOR OUTSIDE HELP.

Talking with someone other than your friend may help you understand your own emotions and give you a clearer perspective on the situation.

Counseling is available at the Wellness Center.



LIMIT

KNOW AND RESPECT YOUR OWN LIMITS.

There is only so much you can do to help your friend. You can provide support, compassion, and companionship when your friend wants it, but try not to make commitments that you can't fulfill.



REMEMBER THAT IT WAS NOT YOUR FAULT.

You may feel guilty, thinking that somehow you could have prevented your friend's sexual assault or other violent experience. Only the perpetrator is responsible. Don't forget that you are not responsible for someone else's actions.



PROCESS.

Realize that coping with sexual assault is a long-term process.

**I'M HERE
FOR YOU.**

LET'S TALK.

Dating Violence • Sexual Assault • Stalking
Sexual Assault Advocacy Line • 773.494.3810
LUC.edu/ccrt