Support a Friend

When helping a friend who has been impacted by sexual assault or relationship violence:

- Listen and believe. Don’t judge.
- Remind them it wasn’t their fault.
- Make sure your friend is safe. Seek medical attention.
- Share resources (listed on this card) that can provide support.

Is your relationship unhealthy?

- Does your partner make you engage in sexual activity when you don’t want to?
- Does your partner refuse to use a condom, when asked?
- Does your partner control who you can talk to or where you can go?
- Does your partner check your cell phone, text messages, or social media activity?

If you answered YES to any of these questions, you may be in an abusive or unhealthy relationship.

Find Help: Altoona

Office of Sexual Misconduct Prevention & Response
Title IX Coordinator
titleix@psu.edu | 814-867-0099 | TitleIX.psu.edu

L. Jay Burlingame
Altoona Title IX Resource Person
ljb2@psu.edu | 814-949-5053

Confidential Campus and Community Resources

Counseling & Psychological Services
814-949-5540

Health & Wellness Center
814-949-5540
UPMC Altoona
814-889-2011

Family Services Incorporated (24 Hr)
familyservicesinc.net | 800-500-2849

Contact Altoona (24 hr)
814-946-9050

Call 911 for emergencies
Fact Check

- 1 in 5 women and nearly 1 in 16 men report being sexually assaulted in college. (nsvrc.org)
- 90% of rape victims report knowing the person who assaulted them. (pact5.org)
- 1 in 3 college women say they have been in an abusive dating relationship. (campusSAFETYmagazine.com)
- Over 13% of college women report being stalked. Of these, 42% were stalked by a boyfriend or ex-boyfriend. (breakthecycle.org)
- 52% of college women report knowing a friend who has experienced abusive dating behaviors. (breakthecycle.org)
- 40% of gay and 47% of bisexual men experience sexual violence other than rape. (hrc.org)
- 44% of lesbian and 61% of bisexual women experience rape, physical violence, or stalking by an intimate partner. (hrc.org)

Bystander Intervention

Every Penn Stater has a role in preventing sexual or relationship violence. Be prepared if you observe a situation that could lead to violence.

If you see concerning behavior, remember the 3D’s...

Direct: Interact with the people involved and express concern.

Distract: Divert or defuse the situation without acknowledging concern.

Delegate: Find someone in a better position to help. If you feel unsafe, delegate.

Visit Standforstate.psu.edu to sign up for bystander intervention training and learn how to create a safer campus.

Consent

Sexual activity that occurs without consent violates University policy and may be a crime. What is Consent?

- Consent must be informed, freely given, and mutual.
- Consent cannot be assumed from silence, lack of resistance, or lack of active response.
- Consent cannot be obtained through coercion, intimidation, threats, or use of force.

Incapacitation: If a person is asleep, unconscious, or too impaired by alcohol or drugs to understand the nature or extent of a sexual situation, there is no consent.

Options

Students who have experienced sexual assault, sexual harassment, dating/relationship violence, stalking, or sexual exploitation have the right to:

- Report their experience to the University and/or local law enforcement
- Access resources and support services through the University, including:
  - academic accommodations
  - housing modifications
  - no contact directives
  - free counseling and psychological support
  - healthcare
  - referrals to community agencies for services
- Be protected from retaliation.