TITLE IX / SEXUAL MISCONDUCT

WHAT TO DO IF YOU HAVE BEEN SEXUALLY ASSAULTED

If the assault just occurred:

- Get to a safe place as soon as possible.
- Try to preserve all the physical evidence (it may be possible to collect evidence of the offense up to 5 days following the assault).
- Don’t shower or bathe.
- Don’t brush your teeth.
- Save the clothing that you were wearing in a brown paper bag.
- If the assault took place in your home, do not rearrange and/or clean up anything.
- Seek support.
- Talk with someone you trust to get immediate support (friend, family, advisor).
- Utah County has a 24-hour Crisis Line (801-226-4433). Trained advocates are available to talk with you about your options and provide support.
- Seek medical attention.
- Utah Valley Regional Medical Center has trained nurses who can meet with you, collect evidence through forensic rape exam, check for injuries, and provide emergency contraception and/or limited STD-preventative medication.
- Decide whether to report the crime.
- UVU has trained and experienced investigators who can also speak with you about your options.

If you have experienced a sexual assault, you may be faced with many decisions to make about your own physical and emotional well-being as well as filing reports through the University or law enforcement. The following information will provide a good overview, but it may be helpful to speak with an advocate or counselor about your options.

If you are dealing with an unwanted sexual experience, it may be useful to talk with someone who is knowledgeable about the issue. In this situation, you may experience a wide variety of emotions, such as being scared, outraged, frightened, overwhelmed, confused, sad, anxious, or depressed.

Being assaulted can create a host of practical and emotional consequences. While you may want to talk to someone you trust, such as a friend or family member, there are also confidential campus resources available, including counseling at UVU Student Health Services, the student Ombuds, and the UVU Police Department. UVU’s Student Health
Services provides free and highly confidential counseling to students, which can be an extremely important part of the healing process.

Many individuals seek out a supervisor, professor, or individual in a position of trust to help provide support. Be advised: some of these people may have an obligation to report instances of sexual assault to certain campus authorities. For more information on mandatory reporting requirements, see UVU Title IX confidentiality.

When you seek help from professionals, first ask what level of confidentiality they can provide and to whom they are required to report if you were to disclose information regarding an incident. That way, you can make an informed decision.

Some things you might discuss:

- Figuring out what you feel and think about what is going on
- Getting information that will help you assess the situation and figure out what you want to do
- UVU Student Health Services confidential counseling (801-863-8876)
- Talking about how to manage your academics or work given your situation
- Getting help with changing classes or working with your professors
- Talking about a safety plan
- Getting medical treatment if you have injuries or are worried about your health
- Changing where you live to get some space or safety
- Seeking informal resolutions
- Bring a formal complaint with the UVU Equal Opportunity and Affirmative Action Office
- Filing criminal charges with the police

Especially in the first 72 hours, medical concerns like pregnancy, sexually transmitted infections or injuries may be important to address. Even after 72 hours have passed, treatment is available and may put your mind at ease. There is a difference between getting treatment from a medical professional and having medical evidence collected for a possible investigation.

Evidence collection, often referred to as the “rape kit,” is done at the emergency room by a trained Sexual Assault Nurse Examiner. Advocates are available to meet with you at the hospital to offer additional support and information. Through the Crime Victim Reparation Program, you can have evidence collected even if you do not know whether or not you want to report the crime to the police, and you may be reimbursed for the cost of the rape kit. If you think there is a possibility that you will decide to report the assault to the police, it is best to get the forensic exam done as soon as possible.

If you have injuries related to an assault and want treatment without evidence collection, please go to the doctor. Keep in mind that if you are under the age of 18 or have significant physical injury, doctors may be required to report the assault to the
police. If you want, you can ask about reporting requirements before receiving treatment. If you do not feel you want or need an emergency room visit or evidence collection, but are concerned about pregnancy or sexually transmitted infections, you have several options:

- UVU Student Health Services 801-863-8876
- Utah County Health Department 801-851-7000
- Your primary-care physician or the local emergency room can provide emergency contraception and/or STI testing and treatment.

**UNIVERSITY STUDENT CONDUCT PROCEDURES**

If you were assaulted by a student, you can report the incident to the Student Conduct Office (801-863-8665), which adjudicates violations of the Student Code of Conduct. The Student Conduct Office is responsible for ensuring that students comply with university policy related to student conduct by promoting student learning and development. Students may file a report with the Director of Student Conduct if they have been the victim of an action that violates the Student Code of Conduct.

The Director of Student Conduct, with oversight by the Title IX Coordinator (UVU Equity Officer), will investigate the report and either impose sanctions or conduct a hearing where charges of misconduct are adjudicated by the University Hearing Board (comprised of faculty, staff, and students). When allegations of sexual violence or misconduct are brought to the Student Conduct Office, and a respondent is found to have violated the Code of Conduct, serious sanctions will be issued to help ensure that such actions are never repeated. Depending on the case, the Director of Student Conduct may impose sanctions that include, but are not limited to, no-contact directives, educational mandates, and/or suspensions or dismissals from the University. The Director can also help make class and/or housing rearrangements.

UVU protects victims of sexual assault by not charging them with alcohol or drug violations of the Student Code of Conduct.

The UVU Student Conduct process is independent of the criminal justice process. Victims of sexual assault can choose to pursue charges in either system, both systems, or to not bring charges against their perpetrator. Advocates can help you assess this option as well. If you would like more information on the Student Code of Conduct and the conduct process, you can contact our office at 801-863-8665.

If you were assaulted by a faculty or staff member, you can report to the Director of Employment Services in Human Resources or the University’s Equity Officer, who investigates infractions of university policy and violations of Title IX and the University’s sexual harassment policy. Any student or visitor with questions or
concerns about sex discrimination or sexual harassment, or who believes that he or she has been the victim of sex discrimination or sexual harassment, may contact the Title IX Coordinator for assistance.

UVU encourages reporting to the police at the earliest possibility, but even if a victim chooses not to report immediately, a report can be made later. Reporting an assault is not the same as pressing charges and does not mean you have to go to court. At the UVU Police Department, you can meet a detective or officer to make a report without immediately triggering a full-scale investigation. You can learn more about the process, meet the people involved, and make an informed decision.

If you make the decision to press charges, an investigation will occur and the City or County Attorney’s Office will review the case and determine whether or not to file charges in the case. Investigations can take several weeks and/or months to complete before a decision may be made about whether or not to file charges. If charges are filed, a victim advocate from the Attorney’s Office will keep you notified about the case and assist you through the process.

For more information about reporting a sexual assault to the police, visit www.uvu.edu/police.