

Where to Go for Help

Students who have experienced sexual violence have many options and services available to them both on and off campus. Below are descriptions of some such resources (See the following page for contact phone numbers):

Campus Resources

UF Police Department

Emergency police response

UFPD Community Services Division

Women's self defense course

UFPD Office of Victim Services

Crisis intervention, advocacy, information and referral

Center for Sexual Assault/Abuse Recovery and Education (C.A.R.E.)

Education and outreach services related to sexual violence

UF Student Judicial Affairs

Takes reports of student violations of University policy

UF Student Health Care Center (Infirmary)

Medical care for victims of sexual violence

UF Student Mental Health Center

Individual and group psychotherapy

UF Counseling Center

Individual and group counseling

Community Resources

Alachua County Crisis Center

Free information and referral services, face-to-face counseling, and 24-hour phone counseling

Peaceful Paths

Counseling, support groups, and shelter services for survivors of intimate partner violence

RESOURCES

Campus Resources:

University of Florida Police Department	(352) 392-1111
UFPD Office of Victim Services	(352) 392-5648
Center for Sexual Assault/Abuse Recovery & Education (C.A.R.E.)	(352) 392-1161 x4231
Student Judicial Affairs	(352) 392-1261
Shands Hospital Emergency Room	(352) 265-0050
Student Health Care Center Health Education Department	(352) 392-1161 x4281
Student Mental Health Services	(352) 392-1171
University Counseling Center	(352) 392-1575

Community Resources:

Alachua County Crisis Center	(352) 264-6789
Alachua County Victim Services and Rape Crisis Center	(352) 264-6760
Alachua County Sheriff's Office	(352) 367-4000
Gainesville Police Department	(352) 334-2400
Peaceful Paths Domestic Abuse Network	(352) 377-8255
Shands at AGH Emergency Room	(352) 338-2111

For more information, please contact

University of Florida Police Department

**Office of Victim Services
(352) 392-5648**

**Community Services Division
(352) 392-1409**

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I'm not a rapist and I don't hit my partner so . . .

Why Should Men Care About Sexual Violence?

It could happen to your sister, your mother, your girlfriend, your partner, your roommate, your friend . . .

. . . you might know someone who is committing it . . .

. . . and believe it or not, it could happen to you.

Forms of Sexual Violence

Sexual violence can manifest in many ways. These include, but are not necessarily limited to, the following:

- ☉ Sexual battery (a.k.a. rape, sexual assault, etc.)
- ☉ Intimate partner violence
- ☉ Stalking
- ☉ Exposure of sexual organs
- ☉ Obscene/harassing phone calls/emails
- ☉ Sexual Harassment

Each of these forms of violence can be traumatic and life-altering for those experiencing them.

Men as Victims of Sexual Violence

Though it may seem counter to social norms regarding men, men too can be victims. Each semester, the Office of Victim Services assists men who have experienced all of the above-mentioned forms of sexual violence. Below are some little known facts regarding men and sexual violence:

- ☉ Though perpetrators of sexual violence are typically men, women can also be perpetrators.
- ☉ Men may be victims of sexual violence perpetrated by either another man or a woman, regardless of the gender identity or sexual orientation of either the victim or the perpetrator.
- ☉ Men of any age may experience sexual violence.
- ☉ Men who experience sexual violence may have even more intense emotional reactions due to the fact that it is much less expected and much more of a social stigma than for women.
- ☉ Research on male victims of sexual violence is limited, perhaps due both to the social stigma surrounding men as victims of sexual violence and to the severe under-reporting of such crimes.

Myths and Facts About Sexual Violence Against Women

There are many commonly held beliefs about sexual violence against women that serve to perpetuate the phenomenon.

Myth: Women often “cry rape” or report that they were sexually assaulted for revenge.

Fact: Only 5% of sexual assaults among college women are ever reported to law enforcement and false report rates for sexual assault are as low as for other crimes.

Myth: People are typically sexually assaulted by strangers in unsafe areas such as dark parking lots.

Fact: People are most often assaulted by someone they already know and either in their own home or the home of someone known to them.

Myth: People who are sexually assaulted somehow “asked for it” by acting or dressing provocatively or by drinking excessively.

Fact: Sexual assault is a crime of violence in which someone asserts his/her power over another by forcing the victim to engage in sex acts against her/his will. No one deserves sexual assault.

How Sexual Violence Against Women Affects Men

Even when men aren’t experiencing sexual violence themselves, men are still impacted by sexual violence in many ways:

- ☉ Men in general are often viewed with fear or suspicion by women due to the pervasive myth that all men are prone to commit sexual violence.
- ☉ It is estimated that one in four women will experience sexual violence in her lifetime. This means that it is likely that someone you care about (your mother, sister, girlfriend, friend) has experienced sexual violence.

How You Can Help End Sexual Violence

Men are essential partners in the fight to end sexual violence. Below are just a few of the ways men can contribute:

- ☉ Avoid participating in or supporting jokes, conversations, etc. that perpetuate sexism and/or rape myths.
- ☉ If you see sexual violence occurring, intervene and gently ask if the victim needs assistance. Don’t condone sexual violence committed by a friend or acquaintance either directly or with silence.
- ☉ Talk with your sexual partner about her/his expectations and boundaries.
- ☉ Always ask for and gain permission prior to engaging in any sexual acts. Remember that silence is not consent.
- ☉ Find out about ways you can get involved on campus or in the community with the fight to end sexual violence.

How You Can Help a Friend

You can play an important role in helping your friend or loved one begin the process of healing in the aftermath of experiencing sexual violence. Some of these ways are as follows:

- ☉ Listen openly and patiently.
- ☉ Believe what your friend tells you.
- ☉ Avoid asking too many questions.
- ☉ If you must ask questions, avoid asking blaming questions (“Why did/were you . . . ?”).
- ☉ Ask permission before hugging or touching.
- ☉ Respect privacy: avoid speaking with others about the incident unless you have been requested to do so by your friend.
- ☉ Inform your friend about resources available on campus and in the community that can provide assistance and offer to go with them to seek help.
- ☉ Support your friend in following through with the decisions she/he has made, regardless of whether or not they are the decisions you would have made.