

# Violence Prevention and Victim Assistance

The Office for Violence Prevention and Victim Assistance (VPVA) is a department committed to serving members of the Rutgers community who are victims of interpersonal violence and all types of crime. They offer a range of services to community members affected directly by crime and to those close to them, including counseling, advocacy, and crisis intervention services. We also offer an array of educational and training programs, consultation and policy development services, projects, and special events.

## Mission:

VPVA is committed to creating a community free from violence. We provide services designed to raise awareness of and respond to the impact of interpersonal violence and other crimes. Through a combination of direct service, education, training, policy development, and consulting to the University and broader community, we serve as a critical voice in changing prevailing beliefs and attitudes about violence.

## Sexual Violence, Sexual Assault, and Rape:

Crimes of sexual violence comprise any form of unwanted, unwelcome, forceful or coercive sexual contact. These behaviors exist on a continuum that include, but are not limited to: lewdness, peer sexual harassment, sexual harassment, stalking, sexual contact and sexual assault. Although sometimes called by different names, the common threads that bind these behaviors together are issues of violence, control, power and entitlement.

Sexual violence can happen to anyone regardless of race, gender, sexual orientation, class or profession. Although sexual violence is most frequently perpetrated against a woman by a man, it can and does occur between same sex partners, and also occurs by women abusing men. These less reported instances of sexual violence are being brought forth more and more. No matter who is involved, it is important to understand that sexual violence is not an act of sexual desire, but one of power and control.

## Dating Violence, Domestic Abuse, Stalking:

Abusive behaviors occur along a continuum of violence. One form of abuse rarely happens in isolation. Abusive behaviors build upon one another, forming patterns and creating situations in which the mere threat of abuse can have devastating, numbing effects on the abused partner.

This learned fear is often seen in a relationship where there has been a history of verbal and emotional abuse, along with some physical abuse. Subsequent verbal threats to use physical abuse are sufficient to remind the victim of prior violence and to control the situation.

Abusive behaviors are planned and repeated, with the intent of controlling the relationship. There is a distinction between a one-time verbal offense (yelling at one's partner during an argument), and behaviors that are repeated. However, it is important to realize that a "one time offense" that leaves a partner feeling afraid or fearful of future abuse can be considered abusive.

If you believe that you are a victim of dating violence or stalking, you are not alone. Dating violence and stalking can occur to anyone, regardless of race, gender, sexual orientation, class or profession. There is no typical victim.

The following chart shows the various types of abusive behaviors what may occur in a relationship:



## Male Victims Of Sexual Violence:

Women and girls are not the only victims of sexual violence. Men and boys can be victims too, and ALL victims of sexual violence deserve help.

If you or a male you know has been the victim of sexual violence, these webpages can provide you with information that can help. Remember that you are not alone. Your experience with sexual violence was not your fault and is not an isolated problem.

Getting help can be the first step towards recovery. Follow the links below to access anonymous information that you might find helpful. If you prefer to talk to someone in person, the Department of Sexual Assault Services and Crime Victim Assistance staff are available to help 24 hours a day, 7 days per week. During office hours Monday through Friday, 8:30 am - 4:30 pm, contact our office at (732) 932-1181 or come to the office at 3 Bartlett Street on the College Avenue Campus. To contact us after office hours, call the Rutgers Police Department at (732) 932-7211 and request to speak with the on-call staff for VPVA (reaching us through the police office does not mean you are reporting a crime).

### **What To Do If You Are Sexually Assaulted:**

If you have been sexually assaulted or are the Survivor of sexual violence, help is available. You have many choices regarding the type of assistance you may want. You may feel overwhelmed by the decisions facing you. When a person is sexually assaulted, oftentimes s/he loses a sense of control over her/his life. One way this sense of control can begin to be restored is by making the decisions that you feel are best for you.

There are many options available to you. The following is a list of major categories to consider with information on what will occur should you choose that option. It is designed to offer you information so that you can make the choices that are best for you. If you'd like to discuss these choices, you are always welcome to talk with someone at the Department of Sexual Assault Services and Crime Victim Assistance. **We are available 24 hours per day, 7 days per week.**

During regular office hours, Monday to Friday, 8:30 AM – 5:00 PM, contact us by calling 732-932-1181 or visiting our office at 3 Bartlett Street on the College Avenue Campus. After office hours, contact us by calling the Rutgers Police at 732-932-7211 and asking to speak with the VPVA on-call staff (please note that calling the police does not mean that you are reporting a crime.)

#### **The Major Choice Points Are:**

- Medical Attention
- Police Contact - What to expect
- Prosecution - What does it involve
- Bringing University Charges
- Telling family and significant others
- Seeking professional counseling/therapy

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## Medical Attention:

**Injuries and Emergencies:** Your safety and health are a priority. If you have been injured in any way during the assault, it is important to consider getting immediate medical attention. You may also have injuries of which you are unaware and should consider medical treatment. Seeking medical attention does not mean that you need to press charges. If you are in need of immediate medical attention:

- An acute care hospital is usually the best option for seeking immediate medical attention. If unsure whether it is an emergency, it is often better to go anyway, as you may have injuries of which you are unaware.
- You may want a close friend, family member, or someone from your residence life staff to accompany you to provide support and comfort. Someone from the Department of Sexual Assault Services and Crime Victim Assistance is also available to accompany you.
- Many hospitals have an Emergency Room social worker or crisis intervention specialist. They may have special knowledge about sexual assault and be able to provide assistance.
- If you choose to receive medical care from an emergency room or hospital, but do not have the Sexual Assault Forensic Exam (SAFE) Kit complete, your insurance may be charged for the visit and any services you received from the hospital. A bill may be sent to your permanent address.

**Evidence Collection:** If the assault has occurred within the past 5 days, you have the option of having evidence collected. This process is useful in the event that you decide to press charges. The evidence collection process is completed at your local Rape Crisis Center, or at a designated hospital, and is available 24-hours a day. Here is some information to consider:

- Examinations for evidence can usually be done up to 5 days post assault but the sooner it is done, the better chance of retrieving evidence.
- It is important to remember not to bathe, shower or douche as this destroys evidence. Evidence is also destroyed or compromised by

smoking, drinking or eating. If possible, these activities should be avoided prior to evidence collection. However, the examination can still be done even if you have done all of the above.

- The examination for evidence collection, often called a forensic exam, will sometimes not be done until the police have been called. The policies on police involvement vary from county to county. However, calling the police or even talking with them while in the rape crisis center does not mean that you have to follow through on prosecution or file a formal report.
- Evidence taken during a forensic exam can be signed over to the police and then taken to the state police laboratory for analysis, or it can be held for up to 90 days while you decide if you want to pursue a criminal investigation. You will have to sign a consent form prior to the exam being done, and will sign a transfer form allowing legal authorities to take the evidence. Evidence included in the kit will not be analyzed unless it is needed for prosecution of the perpetrator.
- The examination is similar to a general OB/GYN exam and begins with taking information about what happened. The exam is generally completed by a SANE (Sexual Assault Nurse Examiner) who is specially trained. The overall purpose for the exam is to make sure the patient is not injured and to gather evidence from the survivor's body. Whether the survivor is male or female, the exam includes specimens gathered from the part of the body that was assaulted including internal and external genital areas. Additionally, samples are usually obtained from fingernails, hair and mouth.
- All survivors have a right to have the examination explained prior to giving consent. Also, you have the right to refuse any part of the examination.
- There is no fee for this examination although some hospitals/centers may charge for lab work, radiology services etc.
- Transportation is available from the Rutgers University Police Department. Being transported by the police does NOT obligate you to press criminal charges or file a complaint.
- All survivors have the right to have an advocate present during the entire exam and hospital visit. A counselor from VPVA is available to accompany you.
- Either the doctor or nurse will need to ask questions about the assault in

order to make decisions about the type of examination to be done. You may need to answer questions that are sometimes very uncomfortable regarding the types of sexual acts which were done either by or to you. These questions may sound intrusive but are usually asked in a non-judgmental manner.

- You will be examined externally to check for any signs of injury and contact. All signs of injury will be documented.
- Pictures may be taken if there is noticeable trauma to the body.
- Clothing is also taken although this does not usually include coats and shoes. Replacement clothing needs to be brought from home as most centers and hospitals don't have surplus clothing. Clothing given to the police will be used for evidence and will not be returned. If you have already changed your clothing, place the clothing you had on at the time of the assault in a paper bag, preferably one item per bag. Try not to use plastic, as it can destroy evidence.
- Some centers will do baseline testing for sexually transmitted infections (STIs). Some facilities will give medications/prescriptions based on preventative treatment and survivors must be given information and access to emergency contraception (EC). Sometimes centers will refer you to other programs for STI testing. This is also available at the health center on your campus.
- If you believe you were drugged prior to the sexual assault, it is important to disclose that information so that a drug screen can be done. If you have concerns with having a drug screen performed, you can speak with the Rape Care Advocate or a counselor from VPVA.
- HIV testing is available and should be discussed. You can contact the health center on campus to ask for more information about testing and testing sites, or contact VPVA for information regarding free, anonymous and confidential HIV testing.

**Student Health Centers:** If you choose to neither report the assault nor have an examination for the collection of evidence, you can go to the student health center on your campus and receive support, a general exam, information, and important medical testing for sexually transmitted infections, pregnancy, and HIV. Additionally, emergency contraception (the morning after pill) is available

up to 72 hours after the assault.

## Police Contact - What to Expect:

Sexual Assault is both a criminal and a university offense and there are options for pursuing these charges. You may decide to do one or the other, both, or neither. Deciding to press criminal charges and involve the police is a personal decision. Some survivors know that this is a process that they definitely want to pursue, while others are unsure. If you would like to talk to someone first about what is involved in the process of pressing criminal charges, please feel free to contact VPVA. If you decide to report the incident to the police, below are some points to take into consideration:

- If you decide to report the incident, contact the police in the municipality where the sexual assault took place as they have jurisdiction to investigate. If you are unsure of the location, contact the police where you think the crime occurred. If the assault occurred on university property, contact Rutgers University Police Department. If you are unsure, contact the Rutgers University Police Department and they will assist you.
- Although a patrol officer is generally the first to respond, a trained detective will do the investigation. Police, in order to investigate the crime, will question the survivor, collect evidence from the crime scene, receive the evidence obtained at the hospital, take a formal statement and protect the survivor's anonymity.
- The survivor is entitled to request the presence of a Rape Care Advocate during the interview. The survivor has the right to have a Rape Care Advocate present during all medical and law enforcement procedures. If you would like to speak with an advocate or have an advocate present, contact VPVA.
- The interview will usually focus on the events prior to the initial contact with the assailant, a detailed account of the behavior and words used by the survivor and the assailant, a detailed account of the assault and a description of the assailant.

## Prosecution - What does it Involve:

You may decide to press criminal charges and pursue prosecution. There are several steps involved in this process. A counselor from VPVA is available to provide guidance, support, accompaniment, and information about the process.

Some information to take into consideration about prosecution:

- Sexual assault is a crime that is prosecuted by the state. The survivor is assigned an attorney from the Prosecutor's office in the county where the assault took place. This person is usually part of a special sex crimes unit.
- Once the police finish their investigation, all evidence is turned over to the Prosecutor's Office, where it is reviewed. The Sex Crimes Unit of the Prosecutor's Office will then make decisions regarding the case. The survivor becomes a witness if the case moves forward.
- The law also limits the admissible evidence concerning the survivor's prior sexual activity.
- There are several levels of the prosecution process including issuance of a warrant, arrest, arraignment, grand jury and the trial. Some steps require the survivor's presence in court. If you have concerns or questions regarding this process, contact VPVA.

## Bringing University Charges:

Sexual assault is a violation of the University Student Code of Conduct. This option may be used when the assailant and the survivor are students even when it occurs on non-university property. When considering bringing university charges, consider the following information:

- Under the University Code of Conduct, sexual assault is a separable offense and if found responsible, the respondent may be expelled or suspended from the university. A range of other penalties may be chosen by the Judicial Board that hears the complaint.
- The standard of proof is different than for criminal charges, which must have belief beyond a reasonable doubt. In university cases, there must be clear and convincing evidence that the accused individual did violate the regulation. The university guarantees that in cases involving allegations of sexual assault, the Hearing Officer will ensure that protections afforded under NJ's "Rape Shield Law" are followed which protect the rights of the survivor.

- University charges are filed with the Office of Student Judicial Affairs. Someone at VPVA can help with this process, act as a complainant for you, or serve as your advisor.
- Survivors have the option of bringing university and/or criminal charges or neither.

## Telling Family and Significant Others:

Deciding whom to tell about the assault is a personal decision. Every individual's situation is different and the comfort level survivors have with disclosing this information varies. Telling someone about the assault is a decision that should be made if you feel comfortable and ready, and feel that this person can offer you support. When deciding who to tell about the assault, consider the following points:

- Having support of friends or family during this time is important to your recovery. You may wish to carefully consider who around you makes you feel comfortable and safe, and let that person(s) know what happened.
- Sometimes survivors feel that they are burdening others by talking about the assault. Remember that those people around you who care about you want to be there to provide support. You would probably do the same for them if they experience a challenging situation.
- Consideration of your family and friends' possible reactions is helpful in making this decision. You may wish to think about past and current relationships and history of support, and how you think family members and friends may respond.
- Understand that responses may vary widely from supportive and understanding to rejection and accusation. These responses may come from the same person over a period of time.
- At times not telling the family may be the right decision- the survivor can make this determination. You may decide to tell family and other at a later date or not at all. Each individual must make this decision for her/himself.
- Friends, partners, lovers and other significant people including

roommates, may have a difficult time understanding your feelings. They may also be in need of counseling, not only to assist you but also to obtain support for their own feelings. Counseling is available at VPVA not only for survivors but also for others who may be affected.

## Seeking Professional Counseling/Therapy:

Professional counseling is often helpful for survivors because it provides a safe place to talk about your experience at your own pace with someone who is objective and trained in these issues. Free and confidential counseling is available to members of the Rutgers community at the Department of Sexual Assault Services and Crime Victim Assistance. When thinking about the option of counseling, the following points can be taken into consideration:

- Each survivor has his/her own recovery timetable. Some people are ready for counseling right away and others delay. Some never seek assistance. No matter how long ago or recently the assault occurred, counseling is available.
- Counseling is usually an on-going process. It provides a place for survivors to process the impact of the assault over time.

## References For More Information:

### Websites:

Healing from Childhood Sexual Abuse (Book Reviews):

<http://www.menweb.org/throop/abuse/biblio.html>

Male Sexual Assault: Links, Books, Films, Bibliography:

<http://www.xris.com/survivor/msa/>

Male Survivor Issues and Resources:

<http://www.xris.com/survivor/>

National Center for Victims of Crime: Male Rape:

<http://www.ncvc.org/ncvc/main.aspx?dbName=DocumentViewer&DocumentID=32361>

National Organization on Male Sexual Victimization/Male Survivor:

<http://www.malesurvivor.org>

Discussion Board:

<http://www.malesurvivor.org/cgi-local/ultimatebb.cgi>

Rape, Abuse & Incest National Network (RAINN):

<http://www.rainn.org>

## **Books:**

Lew, Michael. *Victims No Longer (Second Edition): The Classic Guide for Men Recovering from Sexual Child Abuse*. Quill. 2004.

McEvoy, Alan W.; Brookings, Jeff D.; & Rollo, Debbie, eds. *If He Is Raped: A Guidebook for Parents, Mates, & Friends*. Learning Publications. 1999.

McMullen, Richard J. *Male Rape: Breaking the Silence on the Last Taboo*. Gay Men's Press. 1990.

Scarce, Michael. *Male on Male Rape: The Hidden Toll of Stigma and Shame*. Plenum Press: New York and London. 1997.

Sonkin, Daniel J. *Wounded Boys, Heroic Men: A Man's Guide to Recovering from Child Abuse*. Adams Media Corporation. 1998.

## **Campus Sexual Assault Victim's Rights:**

A college or university in a free society must be devoted to the pursuit of truth and knowledge through reason and open communication among its members. Academic communities acknowledge the necessity of being intellectually stimulating environments where diversity of ideas is valued. Rules must be conceived for the purpose of furthering and protecting the rights of all members of the university community. Applicable state and federal laws and institutional rules and regulations governing personal behavior limit the boundaries of personal freedom. In creating a community free from sexual violence in all its forms, respect for the individual and for human dignity is of

paramount importance.

The state of New Jersey recognizes that the impact of violence on victims and the surrounding community can be severe and long lasting, and passed legislation to address sexual violence occurring on college campuses. The Campus Sexual Assault Victim's Bill of Rights is a product of this legislation. The Bill of Rights serves to articulate requirements for policies, procedures, and services for victims at all post-secondary educational institutions throughout the state. It is designed to insure that the needs of victims are met and that the colleges and universities in New Jersey create and maintain communities that support human dignity.

The following rights shall be accorded to victims of sexual assault that occur on the campus of any public or independent institution of higher education in the state of New Jersey, and in circumstances in which the victim or alleged perpetrator is a student at such an institution, and/or when the victim is a student who has been sexually assaulted in an off-campus setting.

**Human Dignity Rights - Victims have the right:**

- to be free from any suggestion that they must report the crimes to be assured of any other right guaranteed under this policy;
- to have any allegations of sexual assault treated seriously;
- to be treated with dignity;
- to be free from any suggestion that victims are responsible for the crimes against them, including the right to be free from any pressure from anyone to:
  - report crimes if the victim does not wish to do so;
  - report crimes as lesser offenses than the victim perceives the crime to be;
  - refrain from reporting crimes;
  - and refrain from reporting crimes to avoid unwanted personal publicity.

**Rights to Resources On and Off Campus - Victims have the right:**

- to be notified of existing campus and community-based medical, counseling, mental health and student services for victims of sexual assault whether or not the crime is formally reported to campus or civil authorities;
- to have access to campus counseling under the same terms and conditions as apply to other students in their institution seeking such counseling;
- to be informed of and assisted in exercising:
  - any rights to confidential or anonymous testing for sexually transmitted infections, human immunodeficiency virus, and/or pregnancy;
  - any rights that may be provided by law to compel and disclose the results of testing of alleged perpetrators for communicable diseases.

**Campus Judicial Rights - Victims have the right:**

- to be afforded the same access to legal assistance as the alleged perpetrator;
- to be afforded the same opportunity to have others present during a campus disciplinary proceeding that is allowed the alleged perpetrator;
- to be notified of the outcome of the sexual assault disciplinary proceeding against the alleged perpetrator.

**Legal Rights - Victims have the right:**

- to have any allegation of sexual assault investigated and adjudicated by the appropriate criminal and civil authorities of the jurisdiction in which the sexual assault is reported;
- to receive full and prompt cooperation and assistance from campus personnel in notifying the proper authorities;
- to receive full, prompt, and victim-sensitive cooperation from campus personnel with regard to obtaining, securing, and maintaining evidence, including a medical examination when it is necessary to preserve evidence of the assault.

**Campus Intervention Rights - Victims have the right:**

- to require campus personnel to take reasonable and necessary actions to prevent further unwanted contact of victims by their alleged perpetrators;
- to be notified of the options for and provided assistance in changing academic and living situations if such changes are reasonably available.

**Contact:**

Office for Violence Prevention and Victim Assistance  
3 Bartlett Street  
New Brunswick, New Jersey 08901-1190

Phone: 732-932-1181  
TTY: 732-932-2793

**Staff Directory :**

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**If You Need Immediate Help:**

**If you are in danger, contact Rutgers Police by dialing 911 from an outside line, or 732-932-7111 from a cell phone.**

**If you are off campus, but not in the New Brunswick area, please dial 911 or contact the local police department in your area.**

If you have experienced interpersonal violence such as dating violence, sexual assault, or stalking, VPVA staff are available to help **24 hours per day, 7 days per week**. During office hours Monday

through Friday, 8:30 a.m. - 4:30 p.m., contact our office at 732-932-1181 or come to the office at 3 Bartlett Street on the College Avenue Campus. To contact us after office hours, call the Rutgers Police Department at 732-932-7211 and request to speak with the on-call staff for VPVA (reaching us through the police office does not mean you are reporting a crime).

**Rutgers University Police Departments:**

Rutgers–New Brunswick, 55 Commercial Avenue  
732-932-7211

Rutgers–Camden, 4th and Linden Streets, Room 104A  
856-225-6009

Rutgers–Newark, 200 University Avenue  
973-353-5581

**ADDITIONAL RESOURCES:**

**Rape Crisis Centers:**

- Camden - Services Empowering Rape Victims  
584 Bensen Street  
Camden, NJ 08103  
866-295-7378
- New Brunswick - Rape Crisis Intervention Services  
1 Roosevelt Drive, Edison, NJ 08837  
877-665-7273
- Newark - Essex County Rape Care Program  
UMDNJ-UBHC  
183 S. Orange Avenue, Suite B-1500  
PO Box 1709  
Newark, NJ 07101  
973-972-1325

**Domestic Violence Hotline:**

- NJ Domestic Violence Hotline  
State of New Jersey  
800-572-7233  
(Bilingual and TDD accessible for the Deaf/hard of hearing)

**Domestic Violence Shelters:**

- Camden County Women's Center (Camden County)  
856-227-1234

- Safe House (Essex County)  
973-759-2154
- Family Violence Program (Essex County)  
973-484-4446
- Women Aware (Middlesex County)  
732-249-4504