

## Survivor's Bill of Rights

You have the right to be believed.  
You have the right to be given the same credibility as any other crime victim.

You have the right to seek and receive help.

You have the right to courteous, efficient treatment.

You have the right to be treated with dignity and respect, without prejudice against race, class, lifestyle, age, gender, religion, sexual orientation, or occupation.

You have the right to accurate information, presented in a way that you understand.

You have the right to ask questions.  
You have the right to make your own decisions.

You have the right to change your mind.  
You have the right to get help and support from others.

You have the right to heal.

For more information,  
please visit [www.shu.edu/titleix](http://www.shu.edu/titleix)

Adapted from [safehorizon.org](http://safehorizon.org)

## Survivor's Measure of Growth\*

Use the checklist below to measure your recovery and to help you develop your own list of goals.

- I acknowledge that something terrible happened to me.
- I am beginning to deal with my feelings about the assault.
- I am angry about what was done to me but recognize that my anger is not a constant part of my feelings. It intrudes into other parts of my life in a negative way.
- I can talk about the assault experience with a counselor or a therapist.
- I am beginning to understand my feelings about the assault.
- I can give responsibility for the assault to the person who attacked me. The responsibility is not mine to accept.
- I could not have prevented the assault, and I recognize that I did the best I could to get through it.
- I am developing a sense of my own self-value and am increasing my self-esteem.
- I am comfortable with choices I make for myself.
- I am developing a sense of being at ease with the subject of my assault.
- I recognize that I have a choice about whether or not to forgive my assailant(s).
- I recognize that I have begun to get back control in my life, that the assailant does not have power over me.
- I recognize that I have the right to regain control.

\*From the New York City Task Force Against Sexual Assault

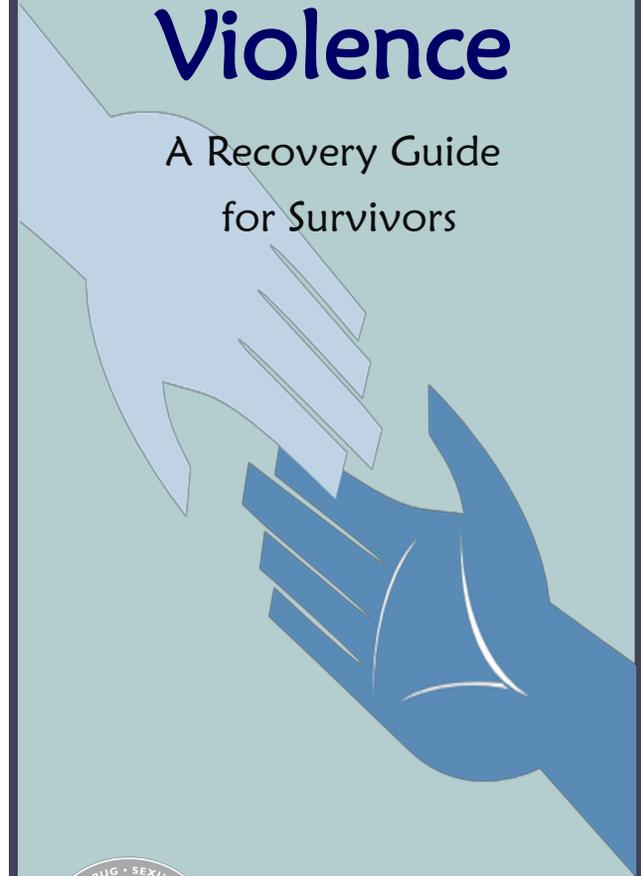
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# After Sexual Violence

## A Recovery Guide for Survivors



[www.shu.edu/titleix](http://www.shu.edu/titleix)

## Facts About Sexual Violence

The first step in recovering from a trauma is knowing the facts. **Sexual violence can come in many forms, including: sexual harassment, rape, forcible touching, date rape, sexual abuse, stalking, domestic violence, molestation, indecent exposure, and dating violence.**

Crimes of a sexual nature are primarily committed by a perpetrator who needs to feel powerful and in control. Often, the victim, or survivor, fears for his or her life or physical well-being and feels that there is no choice but to do what the attacker wants. But submission does not equal consent. If you submit, it does not mean that you agreed to or accepted the situation. A survivor is never responsible for being sexually assaulted. The responsibility for the assault lies with the attacker.



## Take Care of Yourself Physically

If you have been a victim of physical sexual assault, you should seek medical attention within 72 hours. There are specific examinations given to sexual assault victims in order to collect evidence should you decide to pursue legal action.

Beyond 72 hours, you can go to Health Services on campus, visit a walk-in clinic, or make an appointment with your primary physician. The idea of seeing a doctor might seem unpleasant, but you don't have to go alone. Having a family member or friend with you during the examination can help you feel at ease.

Make sure your doctor understands your situation so he or she is able to care for you accordingly. Before the examination, ask your doctor to explain what he or she is doing so that you know what to expect. You have the right to interrupt or refuse any medical procedure you do not wish to undergo.

You can get treatment for any physical injuries and be tested for sexually transmitted infections (STIs). Discuss any medical concerns you have with your doctor and do not let any concerns or fears prevent you from receiving the medical attention you need and deserve.

**Many sexual assault survivors find that receiving medical attention helps them to regain a sense of control of their bodies.**

## Take Care of Yourself Emotionally

Many survivors of sexual violence feel isolated after the incident. In order to reduce those feelings, reach out for support. Consider professional support or counseling. Having someone to talk to about how you are feeling may help you deal with the emotions you are experiencing. A counselor can also help you express your needs to others and learn how to get those needs met. If you are comfortable talking to family or a friend, that's great, otherwise there are resources on and off campus that can also help. Seton Hall offers confidential counseling services on campus to all students. Counseling and Psychological Services (CAPS) can be reached at 973.761.9500.

There are also resources available on the internet, as well as in the local area, such as RAINN.org, or the Essex County Rape Care Center. The Dean of Students will give you additional information for resources on and off campus.

## Consider Your Legal Rights and Know What Services Are Available

One of the most important decisions you may struggle with is whether or not to report the crime to the police. Whether or not you decide to press charges, you deserve support and should know about the range of services and options available to you. Seton Hall encourages survivors to pursue complaints.

There are other accommodations that Seton Hall can offer a survivor of sexual violence, such as on-campus housing relocation, issuing a no-contact order between you and the perpetrator, academic accommodations such as a class change, or offer transportation to the hospital if needed.

If you have additional questions regarding your reporting options, or questions about the reporting procedures, please do not hesitate to contact the Dean of Students at 973.761.9076. We are here to support you.

## Your Response to Sexual Violence

Every survivor is going to experience trauma of sexual violence differently. Your response to an assault may cover a wide range of physical and emotional symptoms, even some that may not result directly from the attack. Learning to recognize these responses will help you regain control of them.

Some of these symptoms may come immediately after the incident, while others might come later in life, or perhaps you won't experience any of them.

### Possible Physical Responses and Symptoms

Muscle Tension	Changes in sleeping and eating patterns
Pain	Flashbacks
Shortness of Breath	Nightmares
Injury	Involuntary shaking
Gynecological Issues	Sexual dysfunction
Fatigue	

### Possible Emotional Responses and Symptoms

Feeling Dirty	Suicidal thoughts
Anxiety	Denial
Shock/numbness	Preoccupation with safety
Embarrassment	Guilt or self-blame
Feeling of loss of self control over one's life	Shame
Relief	Apprehension
Fear	Indecision
Grief	Indecision
Depression	Withdrawing socially
Trust Issues	Feeling stuck
Anger	Crying or inability to cry
Irritability	

## Tips for Coping

These are some ideas that may help you cope with the trauma:

- Find someone to talk with about how you feel and what you are going through.
- Allow yourself to feel pain. It will not last forever.
- Spend time with others, but make time to spend time alone.
- Take care of your mind and body. Rest, sleep, and eat regular, healthy meals.
- Re-establish a normal routine as soon as possible, but don't over-do.
- Make daily decisions, which will help to bring back a feeling of control over your life.
- Exercise, though not excessively and alternate with periods of relaxation.
- Undertake daily tasks with care. Accidents are more likely to happen after severe stress.