



Violence Against Women Act (VAWA) Resources & Processes



National University is committed to preventing and intervening in all forms of sex/gender discrimination and sexual harassment, which includes dating and domestic violence, sexual assault and stalking. We strongly urge NU community members who have experienced sex/gender discrimination or sexual harassment to take action by using the University's support services and/or pursuing the Equity Resolution Process, which can be found in the National University General Catalog.

Definitions

The following definitions include examples of domestic violence, coercion, consent, dating violence, incapacitation, sexual assault, and stalking.

For a complete list, go to www.nu.edu/titleix

Domestic Violence is a felony or misdemeanor crime that can include the use or attempted use of physical or sexual abuse, or a pattern of any other coercive behavior committed, enabled, or solicited to gain or maintain power and control over another person, including verbal abuse, psychological abuse, economic abuse, or technological abuse that may or may not constitute criminal behavior, on the basis of sex, committed by a current or former spouse or intimate partner, or by a person similarly situated to a spouse under the domestic of family violence laws of California, by a person with whom a child in common is shared, by a person who is cohabitating with, or has cohabitated with, or any other person against an adult or you youth who is protected from that person's acts.

Coercion is unreasonable pressure for sexual activity. Coercive conduct differs from seductive conduct based on factors such as the type and/or extent of the pressure used to obtain consent. When someone makes clear that they do not want to engage in certain sexual activity, that they want to stop, or that they do not want to go past a certain point of sexual interaction, continued pressure beyond that point can be coercive.

Consent is a knowing, conscious, voluntary, and clear permission by word or action to engage in sexual activity. Individuals may experience the same interaction in different ways, it is the responsibility of each party to make certain that the other has consented before engaging in the activity. For consent to be valid, there must be a clear expression in words or actions that the other individual consented to that specific sexual conduct. Reasonable reciprocation can be implied consent. Consent can be withdrawn at any time and for any reason, that sexual activity should cease within a reasonably immediate time. Consent to some sexual contact (such as kissing or fondling) cannot be presumed to be consent for other sexual activity (such as intercourse). A current or previous intimate relationship is not sufficient to constitute consent.

Dating Violence is violence on the basis of sex, committed by a person who is in has been in a social relationship of a romantic or intimate nature with another person. Dating violence includes, but is not limited to, sexual abuse, physical abuse, economic abuse, or the threat of such abuse.

Incapacitation is a state where someone cannot consent if they are unable to understand what is happening or are disoriented, helpless, asleep, or unconscious for any reason, including due to alcohol or other drug consumption. Incapacitation occurs when someone cannot make rational, reasonable decisions because they lack the capacity to give knowing/informed consent (e.g., to understand the "who, what, when, where, why, and how" of their sexual interaction).

Sexual Assault is any sexual act, directed against another person without their consent, or instances in which that person is incapable of giving consent.

Stalking is engaging in a course of conduct, directed at a specific person, on the basis sex, that is unwelcome, and would cause a reasonable person to feel fear for the person's safety, or the safety of others, or suffer substantial emotional distress. This conduct includes, but is not limited to, two or more acts in which direct or indirect, or through a third by any action, method, device, or means, follows, monitors, observes, surveils, threatens, or communicates to or about a person, or interferes with a person's property.



Support and Resources

Confidential Support

Office of the Ombudsman: **(858) 642-8368**

Center for Community Solutions (24-hour hotline): **(888) 385-4657**

In California, CALCASA (California Coalition Against Sexual Assault) at **(888) 922-5227** or on the web at www.calcasa.org.

Outside of California, you can contact RAINN (Rape, Abuse & Incest National Network) at **(202) 544-3064**.

Nationwide Resources Include

Sexual Assault Hotline: **(800) 656-4673**

Domestic Violence Hotline: **(800) 799-7233**

Center for Victims of Crime Hotline: **(202) 467-8700**

Non-Confidential Support

Student Wellness (students only): **(858) 541-7784**

Employee Assistance Programs (employees only): **(855) 775-4357**

Group #nusystem



If you experience sexual assault

Go to a safe location as soon as you are able. Seek immediate medical attention if you are injured or believe you may have been exposed to an STI/STD or potential pregnancy. Contact the police, dial 911, or alert campus officials.

Any and all sexual assaults can be reported to NU's emergency operations line: **1 (844)-AlertNU** or **1 (844) 253-7868**. A staff member can assist you with filing a report for criminal proceedings.

Reporting Health and Safety Concerns

Students, faculty, staff, and guests should immediately report health or safety concerns to campus or security personnel. If no one is available to meet you in person, please contact Student Concierge Services at **1 (866) 628-8988** or at **1 (866) NU-ACCESS ext. 8900**, the University switchboard at **1 (800) NAT-UNIV** or **1 (800) 628-8648**, or to safety@nu.edu.

Reporting

Online reporting form is available at www.nu.edu/reportit or you may contact the Title IX Coordinator or an Official with Authority (OWA) for assistance.

Title IX Coordinator:

Heather Tyrrell
Director, Institutional Equity Officer
(858) 642-8087
htyrrell@nu.edu

Emergency Contacts

All community members are advised to program the following numbers in their mobile phones in the event of an emergency. Please note campus phones will require you to enter "9" to reach an outside line. Incidents occurring on any campus can be reported to the Manager of Security for immediate assistance:

Message Line: **(858) 642-8191**

Mobile Phone: **(619) 405-4208**

Mobile Phone: **(619) 778-2245**

All work-related injuries or illnesses must be reported to Human Resources within 24 hours:

Office Phone: **(858) 642-8191**

Email: benefits@nu.edu

Reporting to the Office of Security does not preclude you from also using the online reporting form found at www.nu.edu/reportit which will go to campus officials as these are two separate processes at the university that can take place simultaneously.

To speak with someone confidentially, refer to the "Confidential Support" section of this brochure. Please know, that when university officials such as advisors, student organization officers, center directors, faculty members, and other responsible employees receive a report of a sexual harassment and/or sexual misconduct, they are required to forward that report to the Title IX Coordinator, who will initiate the investigative process.

The Title IX Coordinator, and members of the Equity Resolution Process (ERP) are available to answer any process questions.

Reporting and Hearing Process



* For more detailed information on each step of the process, please consult the Equal Opportunity, Harassment, and Nondiscrimination Policy in the General Catalog, contact the Title IX Coordinator, or any of the other resources listed in this booklet.

For more general information about sexual assault and misconduct policies and resources, go to: www.nu.edu/title-ix

Risk Reduction

Risk Reduction for Dating Violence, Domestic Violence, Stalking, Sexual Misconduct, and Sexual Assault

It is never your fault if someone takes sexual advantage of you. However, there are things you can do to reduce the risk of experiencing sexual misconduct. These strategies are provided with no intention to victim-blame and with recognition that only those who commit sexual misconduct are responsible for such conduct.



- ✓ Make any limits/boundaries you may have known as early as possible.
- ✓ Clearly and firmly articulate consent or lack of consent.
- ✓ If you feel uncomfortable or unsafe about a person or situation, trust your gut and remove yourself from the situation as soon as possible.
- ✓ Reach out for help, either from someone who is physically nearby or by calling someone.
- ✓ People around you may be waiting for a signal that you need help.
- ✓ Take affirmative responsibility for your alcohol and/or drug consumption.
- ✓ Alcohol and drugs can increase your vulnerability to victimization.
- ✓ Look out for your friends, and ask them to look out for you. Respect them, and ask them to respect you, but be willing to challenge each other about high-risk choices.
- ✓ Don't go somewhere with someone you don't know well. If you do leave with a new friend, tell the people you came with where you are going, and when you are coming back.

Reducing the Risk of Being Accused of Sexual Misconduct

- ✓ Show your potential partner respect if you are in a position of initiating sexual behavior.
- ✓ Clearly communicate your intentions to your potential sexual partners, and give them a chance to share their intentions and/or boundaries with you.
- ✓ Respect personal boundaries. If you are unsure what's OK in any interaction, ask.
- ✓ Avoid ambiguity. Don't make assumptions about consent, about whether someone is attracted to you, how far you can go with that person, or if the individual is physically and mentally able to consent. If you have questions or are unclear, you don't have consent.
- ✓ Be on the lookout for mixed messages. That should be a clear indication to stop and talk about what your potential partner wants or doesn't want to happen. That person may be undecided about how far to go with you, or you may have misread a previous signal.
- ✓ Respect the timeline for sexual behaviors with which others are comfortable, and understand that they are entitled to change their minds at any point.
- ✓ Recognize that even if you don't think you are intimidating in any way, your potential partner may be intimidated by or fearful of you, perhaps because of your sex, physical size, or a position of power or authority you may hold.
- ✓ Do not assume that someone's silence or passivity is an indication of consent. Pay attention to verbal and non-verbal signals to avoid misreading intentions.
- ✓ Understand that consent to one type of sexual behavior does not automatically grant consent to other types of sexual behaviors. If you are unsure, stop and ask.
- ✓ Understand that exerting power and control over another through sex is unacceptable conduct.

If this is an emergency, please contact local police or dial 911.



Prevention

Risk Reduction for Dating or Domestic Violence, Sexual Assault, and Stalking

It is never your fault if someone takes sexual advantage of you. However, there are things you can do to reduce the risk of experiencing sexual misconduct. These strategies are provided with no intention to victim-blame and with recognition that only those who commit sexual misconduct are responsible for such conduct.

If you feel uncomfortable or unsafe about a person or situation, trust your gut and remove yourself from the situation as soon as possible.

- ✓ Understand and respect personal boundaries, do not pressure a potential partner; “no means no,” “yes means yes.”
- ✓ Don’t take advantage of someone’s drunken, drugged, or otherwise incapacitated state.
- ✓ Understand that consent to one form of sexual activity does not constitute consent for any other sexual activity, and consent can be withdrawn at any time for any reason.
- ✓ Silence and passivity cannot be interpreted as an indication of consent. Read the other person carefully, paying attention to verbal and non-verbal communication and body language. If it is not clear by the other person’s words and/or actions that they are a willing participant in that specific activity then you need to stop.
- ✓ Watch out for your friends and ask that they watch out for you. A real friend will step in and challenge you if they see you are in a potentially dangerous situation, respect them when they do.
- ✓ Don’t go somewhere with someone you don’t know well. If you do leave a party with a new friend, tell the friends you came with where you are going, and when you are coming back.



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