



## ADVOCACY

### *Remember,*

a sexual assault is never the victim's fault. In addition to blaming oneself, victims of sexual assault experience many normal and common reactions including guilt, shame, fear, denial, depression, shock, disbelief, mood swings, anger, and alcohol or drug abuse.

### *You are not alone.*

There are on-campus and off-campus advocates here for you:

### *ODU Women's Center:*

757.683.4109 (M-F, 8am-5pm)

### *Response Sexual Assault Support Services of the YWCA:*

757.622.4300 (24-hour hotline)



## EDUCATION

### *The facts regarding sexual assault:*

- 1 in 4 women are victims of rape or attempted rape.
- Rape is the most common and underreported violent crime on American college campuses.
- 1 in 10 men are victims of rape.
- More than 80% of all rapes are non-stranger rapes; on college campuses it is more than 90%.
- College students are the most vulnerable to sexual assault during the first 3 weeks of their freshmen and sophomore years.
- Women aged 16 to 24 experience the highest per capita rate of intimate partner violence.
- Prior victims are twice as likely to be raped in college as those with no previous history of sexual assault.



## SUPPORT

### *ODU Women's Center:*

757.683.4109  
Sexual assault victim advocacy, crisis intervention, education & outreach

### *Response Sexual Assault Support Services of the YWCA:*

757.622.4300  
Sexual assault support, education and advocacy; 24 hour hotline with crisis counselors available 24/7

### *ODU Student Health Services:*

757.683.3132  
Medical care for sexual assault victims, not including evidence collection, by appointment or as a walk-in (M-F 8am-5pm, W 8am-7pm)

### *Sentara Norfolk General Hospital:*

757.388.3551 or 911  
Medical care for sexual assault victims that includes evidence collection; 24-hour emergency services

### *ODU Counseling Services:*

757.683.4401  
Supportive counseling for sexual assault victims including assessment and referral



**EMPOWERMENT**

*Go out with a group of friends*

Arrive together, check in with each other and leave together.

*Trust your instincts*

Don't hesitate to call! Ask for help if you're feeling uneasy.

*Practice safe drinking*

Drink within your limits and know where your drink came from and where it is at all times.

*Be an active bystander and friend*

If you see someone at risk, get involved by asking if she/he needs help or by calling the police.

To Report a Sexual Assault:

*ODU Police Department*

757.683.4000

*Norfolk Police Department*

911 or 757.441.5610

*To Report A Sexual Assault:*

**ODU Police Department**

757.683.4000

**Norfolk Police Department**

911 or 757.441.5610

*For Victim Support Services:*

**ODU Women's Center**

757.683.4109

**Response Sexual Assault  
Support Services of the YWCA**

757.622.4300

**ODU Student Health Services**

757.683.3132

**Sentara Norfolk General Hospital**

757.388.3551 or 911

**ODU Counseling Services**

757.683.4401

*To Request an Escort:*

**Monarch Patrol Aide**

757.683.3477

**The S. A. F. E. Card**



**SAFE**

*Sexual Assault Free Environment*

*Women's Center*  
**Old Dominion University**  
**757.683.4109**

<http://StudentAffairs.odu.edu/WC>