

Being a...

Supportive Ally

- Let them know that you care.
- Be willing to listen without giving advice or telling them what to do.
- Believe what they tell you.
- Reassure them that they are not to blame, and that they did not do anything wrong.
- Don't pressure them to report or ask them for details - respect their privacy.
- Remember they may or may not want to be touched - ask first and respect their wishes.
- Offer choices but allow the survivor to make decisions that feel right for them.
- Remember your feelings are important and you deserve support as well. Consider calling us to talk to a counselor.

Campus Resources

Campus Advocate Team

24-hr Hotline: (707) 445-2881

www.ncrct.org

HSU's Sexual Response Website

www.humboldt.edu/stoprape

Counseling/Psych Services

(707) 826-3236

www.humboldt.edu/counseling

Student Health Center

(707) 826-3146

www.humboldt.edu/health

University Police Department

(707) 826-5555

www.humboldt.edu/police

Women's Resource Center

(707) 826-4216

www.humboldt.edu/hsuwomen

Title IX Coordinator

(707) 826-3385

www.humboldt.edu/titleix



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Campus Advocate Team

Serving the HSU Community

A program of the
North Coast Rape Crisis Team
"Imagine a world without violence"

24-hr Hotline: (707) 445-2881
TTY (M-F 8:30-5:00): (707) 443-2738
Business Line: (707) 443-2737
www.ncrct.org



Title IX Rights

Title IX is a federal law that prohibits sex discrimination in education. It grants students, staff, and faculty of all gender identities rights and options if they experience sexual assault, dating violence, stalking, or gender based harassment during their time at HSU. Three things to know about Title IX and the rights it gives students are listed below:

- 1** Students can receive information about and have access to 24-hr confidential survivor support. The Campus Advocate Team (CAT) provides this support to HSU's campus community. CAT can help students secure campus accommodations based on their needs which can include changing residence halls or classes, making up school work, accessing counseling and advocacy, and establishing a no contact directive.
- 2** Students have the option to file a campus complaint with the Title IX Coordinator and/or file a police report. CAT can assist someone in any of these processes.
- 3** It can be helpful to know that Title IX requires HSU staff, faculty, and student employees to report to the Title IX Coordinator. If you want to talk to someone but are worried about a required report being made, **CAT is a confidential resource and has no reporting obligations.**

Services

The Campus Advocate Team (CAT) is made up of advocates from the North Coast Rape Crisis Team and provides services to anyone who has been affected by sexual assault, dating/domestic violence, stalking, and/or sexual harassment. **CAT does not have any reporting obligations**, so everything shared with us is completely confidential. One can receive services from CAT no matter how long ago the abuse happened.

All services are **FREE** and **CONFIDENTIAL!**

- 24-hr hotline: (707) 445-2881
- Counseling
- Assistance in securing on-campus accommodations
- Advocacy and accompaniment during their HSU reporting or investigative process
- Advocacy and accompaniment during related medical, law enforcement, or court processes on or off campus
- Information and referrals



Definitions

Sexual Assault: Any physical sexual act(s) committed without consent through the use of force, fear, coercion, threats, intoxication (by alcohol or other drugs), unconsciousness, or by taking advantage of someone's mental developmental or physical disability, or abuse of authority.

Dating/Domestic Violence: Abusive behaviors committed by someone a person is or was dating, seeing, hooking up with, or in a relationship with. This may include physical, verbal, mental, emotional, sexual, financial, or other forms of harm.

Stalking: Repeated or obsessive unwanted attention that makes one feel afraid, uncomfortable, harassed, or in danger. Can include someone repeatedly contacting a person, following them, monitoring their actions or where they go, or threatening them, including through the use of social media.

Sexual Harassment: Includes unwelcome sexual advances or requests for sexual favors, indecent exposure, as well as other hostile behavior of a sexual nature, which can be verbal, nonverbal, or physical. Sexual harassment also includes hostile behavior based on sex or gender stereotypes, or one's sexual identity, even if that behavior isn't explicitly sexual.