



**BALL STATE
UNIVERSITY**

Sexual Assault Informational Packet

Center for Survivor Support

Health Center Room 205

Phone: 765-285-7844

Email: survivorsupport@bsu.edu

Resource Numbers

Center for Survivor Support **765-285-3775**

On-Campus

Counseling Center 765-285-1736

Health Center 765-285-8431

University Police Department 765-285-1111

Student Legal Services 765-285-1888

Title IX Coordinator 765-285-1545

Student Conduct 765-285-5036

A Better Way 765-747-9107

Delaware County Clerk 765-747-7857

Delaware County Jail 765-747-7811

Delaware County Police 765-747-4877

Fire Department 765-747-4877

Hospital 765-747-3241

Indiana State Police 765-282-1223

Muncie City Police 765-747-4838

Prosecutor's Office 765-747-7801

Child Abuse Hotline 1-800-800-5556

Off-Campus

Center for Survivor Support

The Center for Survivor Support exists to give Ball State Students inclusive, survivor centered support, through confidential advocacy. We respond to the impact of interpersonal violence and strive to create a community free from violence through education.

The Center for Survivor Support provides:

- Confidential support to student survivors of gender-based violence.
- “Confidential support” means they will not release any information without your consent.
- 24 hour-a-day support, information, referrals, and advocacy. The advocate will respond to IU Health Ball Memorial Hospital or Ball State Police Department after hours, 24/7 to provide emotional support and guidance.
- Support to individuals who have been victimized, whether the abuse occurred recently or in the past
- Assistance with the exploration of options and accessing community resources, including filing for a protective order
- Accompaniment to court, meetings, hearings involving the criminal justice system or Ball State student conduct process with the Office of Student Conduct
- Act as a liaison between the survivor and the Delaware County Prosecutor's Office
- Inform individuals of their Indiana victim rights

Counseling Center

Lucina Hall, Room 320

Phone: (765) 285-1736

Individual, group, and psychiatric counseling is available to students. All services offered are free and confidential

Benefits of Counseling

Defining an Incident as Sexual Assault

Many victims of sexual assault are left feeling confused and unsure of what actually happened, especially if the perpetrator is an acquaintance or dating partner. Counseling offers an opportunity to review the incident in question and become clearer about thoughts and feelings about the event.

Making Decisions about Legal and Judicial Options

Very often, victims feel unsure about how to proceed in terms of reporting the assault to police, pressing criminal charges, or initiating campus judicial proceedings. In counseling, individuals can discuss various options and arrive at a decision that will most likely promote healing and resolution.

Enhancing Academic and Social Functioning

Sexual assault is a traumatic experience that disrupts the victim's life and may temporarily make it difficult to function at her or his usual level. Counseling can help the survivor develop effective coping strategies that make it more possible to pursue school, work, and social relationships during the period of recovery.

Minimizing Negative Effects of the Assault

Victims of sexual assault typically experience a wide range of feelings, including anger, depression, guilt, and fear. In addition, there may be physical symptoms, difficulties with memory and concentration, nightmares or "flashbacks" of the assault, and disturbances in interpersonal relationships. Generally, counseling provides assistance with "working through" the trauma of sexual assault, with the goal of minimizing negative psychological and social effects so that the survivor can move on with her or his life.

Common Reactions to Sexual Assault

Each survivor of sexual assault responds uniquely to the assault, and the recovery process is different for each individual. These reactions may be experienced days, months, or years after an assault. Survivors suffer a great deal of physical and emotional trauma as a result of a sexual assault. Responses to a sexual assault can be immediate or delayed. While there are individual differences to survivors' experiences of sexual assault, there are common patterns to trauma recovery that are normative and natural.

The following is a list of reactions to sexual assault. It is not a comprehensive list but rather a sampling of common post-assault symptoms. Survivors can expect to experience some, none, or many physical, emotional, cognitive, or social symptoms listed below:

Physical Effects

- Changes in eating patterns
- Changes in sleeping patterns
- Eating disorders
- Fatigue
- Gastrointestinal irritability
- Headaches
- HIV/AIDS
- Muscular tension
- Nightmares
- Physical injuries
- Pregnancy
- Sexually transmitted diseases
- Substance abuse
- Soreness
- Stress related depression
- Immune system responses

Social Effects

- Changes in lifestyle
- Difficulty getting things accomplished
- Difficulty with intimacy
- Difficulty/apprehension around men or apprehension around persons having similar attributes to the perpetrator
- Discomfort around other people
- Disruption in sexual relations
- Fear of being alone
- Fear of leaving house (especially alone)
- Fear/nervousness in crowds
- Hypersensitivity when relating to others
- Loss of trust in self and others
- Withdrawal from people, relationships, activities

Cognitive Effects

- Am I damaged goods?
- Am I dirty?
- Bad things happen to bad people, good things happen to good people; therefore, I must be bad
- Confusion
- Difficulty concentrating
- Flashbacks
- I deserved it because...
- If I forget about it, it will go away...
- What if I hadn't done...?
- What will people think?
- Why me?
- Will others reject me?
- Will they blame me?

Emotional Effects

- Anger
- Anxiety
- Denial
- Depression, sadness
- Embarrassment, feeling exposed, humiliated
- Fear
- Helplessness
- Hopelessness
- Muscular tension
- Mood swings
- Numbness
- Obsessions/compulsions
- Phobias
- Sense of disbelief
- Sense of unreality
- Shame, guilty, self-blame
- Vulnerability

Recovery Process...

First and foremost, remember that you are a survivor and the incident was not your fault. Recognize that healing takes time and give yourself the time you need to recover. It is okay if you need to do the following to help yourself heal.

Recovery tips immediately after the incident:

- Show your emotions
- Leave your lights on
- Rearrange your room or apartment OR change to a completely different room or apartment
- Change your class schedule or withdraw from a few classes
- Take a few days off from work

Ongoing recovery tips:

- Keep a journal. Journaling is a wonderful way to process your thoughts and find patterns of habits that need to be changed. It can also show you how much healing you have done.
- Sometimes we can't take 5 minutes, but we can take 1 minute. Use it as a dedication to ourselves. Even as long as 30 seconds can be enough to help recharge ourselves.
- Listen to music
- Watch a sunset or sunrise
- Run
- Climb
- Help someone else. Local soup kitchens, hospitals, churches, schools, and senior citizen centers are always seeking for volunteers.
- Take a road trip with a friend or try something new, like dance lessons.
- Do something you've always wanted to do but haven't gotten around to yet.
- Exercise – Research has proven that physical exertion can release endorphins that will help alleviate depression.

These tips are to help you heal or just to learn to feel stronger each day. Not one suggestion will work for every person.

Do not feel as though you must be healed NOW! Give yourself time!

Post-Traumatic Stress Disorder (PTSD)

What is PTSD?

It is a common emotional and psychological reaction to trauma (a painful, shocking experience such as rape, war, natural disaster) that is outside of a person's normal life experience.

Why should I learn about PTSD?

Because you or someone you know may experience trauma at some time in your life! Learning about PTSD can help you cope with trauma, and/or help others.

Who is likely to suffer from PTSD?

Anyone who experiences a traumatic event. PTSD can affect survivors of war, violent attacks, rape, car or plane accidents, and natural disasters. People who witness these events can also be affected.

Symptoms of PTSD may include:

Recurring memories, flashbacks of the trauma, nightmares, insomnia, and/or lack of interest in family, friends, or hobbies. The person may suffer from depression. They may also suffer from survivor guilt, experience overwhelming emotions, and be irritable or jumpy.

Recovery Takes Time

Survivors recover in stages. They may start with one stage, go to another, and go back – healing is not linear. Each person processes the event his or her own way.

Here are some stages a survivor may go through:

1. Denial that the incident had any effect on their lives.
2. Fear it will happen again.
3. Sadness because of a loss of their ability to trust in people or places.
4. Anger at what happened.
5. Anxiety over the nightmares or flashbacks that may intrude on the life of the survivor.
6. Feeling as if a part of them died during the incident.

Survivors are not to blame for the crime committed against them by another person.

STI Testing Information

What You Should Know

If you have been sexually assaulted, this factsheet will give you information that will help you decide about being tested for HIV/AIDS.

Your Concerns about HIV

When someone has been sexually assaulted, it is not unusual for them to worry that they will get HIV from the person who assaulted them. These concerns are very real and painful.

It is important for you to know that the risk of getting HIV from the person who assaulted you is low.

In order to make sure that your concerns about HIV and AIDS can be dealt with, you need to have information about being tested for HIV. You need to know what to expect, where to go, and most of all, you need to know that **the choice to be tested is yours.**

What is HIV/AIDS?

Human Immunodeficiency Virus (HIV) is the virus that causes AIDS. This virus attacks and damages our body's immune and nervous system and makes it difficult for us to fight off diseases and infections. Acquired Immune Deficiency Syndrome (AIDS) is the disease that often results when someone is infected with HIV.

HIV tests measure whether or not you have these antibodies in your blood. It can take anywhere between 10 – 90 days (about 3 months) after infection for your body to begin to produce enough of these antibodies to show up in a blood test, depending on the test. For that reason, if you are tested for HIV right after an assault, the results will show only whether you were HIV positive before the assault. This is called a “baseline test.”

To find out if you have been infected because of the assault, you must be re-tested four months later. When you are tested for HIV/AIDS, you give a blood sample in the same way that you provide blood samples for other tests.

Anonymous Testing

You can be tested for HIV at the Ball State University Health Center with an appointment, by calling 765-285-8431.

You can make the appointment without providing your name or any other identifying information – this is called anonymous testing. In this case, you will receive a unique identifier that will allow you to access your test results.

The results remain completely confidential.

STI Testing & Treatment Timeline, Emergency Contraception and Fees

Right Away

Rapid Result-at-Home Self Testing
Wet Mount
Treat with Rocephin 250mg injection
Azithromycin 1gm

Emergency Contraception

Plan B
Ella
Julie

2 weeks after

Chlamydia/Gonorrhea

12 weeks after

HIV
Syphilis

6 months after

Repeat HIV
Hepatitis C
Herpes Testing

* Cost of testing is subject to change. Therefore, we suggest discussing the cost of testing and payment at your appointment

Student Rights Regarding Sexual Harassment

Sexual Harassment

Sexual harassment is unwelcome conduct of sexual nature- from sexual advances and requests for sexual favors to other verbal, visual (communicated in writing or electronically), and physical sexual behavior. The law protects you whether the unwanted behavior is committed *on or off campus*. Examples of conduct that may constitute sexual harassment include but are not limited to:

- Requests, propositions, or pressure for **sexual favors**
- **Unwelcome physical contact** such as hugging, rubbing, touching, patting, pinching, or brushing up against you without your consent
- Conduct that is criminal in nature, such as **rape and sexual assault**

Sexual harassment creates a hostile environment that interferes with or limits your ability to participate in or benefit from university programming or activities. A hostile environment may emerge after a series of incidents or arise after a single, isolated incident.

Title IX

In all instances and to the extent possible, the University will protect the privacy of all parties of a report of sexual misconduct or sexual assault. *That said*, under federal law, campus officials (with the exception of those listed under **Confidential Resources**: counselors at the Ball State Counseling Center, Student Health Center, Center for Survivor Support, or off-campus sexual assault crisis resources, such as A Better Way, the IU Ball Memorial Hospital Emergency Room, other health providers, or pastoral counselors) who receive a report of sexual misconduct, whether from the student involved or a third party, must share that information with the appropriate University authorities for investigation and follow-up.

Students who believe they have experienced sexual harassment, including sexual violence, are encouraged to come forward to receive assistance. Students are not required to report the incident but may still receive accommodations through Title IX. But regardless of whether the harassed student files a complaint or otherwise requests assistance, university employees who know about possible harassment must take appropriate steps to report the information to Katie Slabaugh, Associate Dean of Students/Title IX Coordinator for Student Affairs.

Circumstances requiring a Campus Security Authority (CSA) to report sexual harassment that occurs *on or off-campus* include but are not limited to:

- A student sharing information about an incident *directly* with a faculty/staff/CSA (*even if s/he requests their confidence*)
- A CSA *observes a student, employee, or other representative of the university sexually harassing a student*
- A *third-party* shares information with a CSA about an incident

IF A STUDENT FILES A COMPLAINT

Student-on-student sexual harassment (including sexual violence) and sexual harassment directed toward a student by a university employee or other representative of the university, violates Title IX of the Education Amendments of 1972. Ball State University will not tolerate sexual harassment of students and will respond in a suitable manner to every complaint. Katie Slabaugh, Associate Dean of Student/Title IX Coordinator for Student Affairs, oversees the university's efforts to comply with Title IX. The Title IX Coordinator for Student Affairs will respond to all complaints in a prompt, thorough, and impartial manner.

When a student comes forward with a complaint, the Title IX Coordinator for Student Affairs will:

- Address your complaint in a suitable manner
- Explain the university grievance procedures
- Connect you with emotional and physical support resources on campus
- Protect you from retaliation

During business hours, persons wishing to report sexual harassment, including sexual misconduct, by a student may also contact the Title IX Coordinator at 765-285-1545. Incidents of sexual misconduct involving students that are reported to Ball State University Police Department will *also* be referred to Title IX for follow-up and administrative investigation (**Even if the student did not contact Title IX to report**). The Title IX Coordinator will follow-up where appropriate in those instances where the university has a report of an incident of sexual assault or misconduct that has been reported to another law enforcement agency.

The administrative investigation conducted by the Associate Dean of Students/Title IX Coordinator for Student Affairs is *separate from any criminal investigation*. Additionally, if the victim does not wish to prosecute the offender or report the offense to the police, s/he can still file a report with the Associate Dean of Students/Title IX Coordinator for Student Affairs, provided the offender is also a student. An administrative investigation will be initiated under procedures outlined in the Code of Student Rights and Responsibilities.

Students Please Note:

A student has the option and right to report to Law Enforcement; they also have the right and option to not file a police report.

A student also has the option and right to file a complaint on campus, to pursue the Campus Judicial Process (which is separate from the Criminal Justice System), or not to.

A student has the right and option to report to *both* Law Enforcement & the Campus Judicial System, *neither*, or *just one of them*. **It is up to the student victim.**

A student is *not required* to participate in the Title IX investigation done by the Associate Dean of Students/Title IX Coordinator for Student Affairs or her designee. Should a student not wish to participate, they may tell the investigator upon being contact, that they do not wish to participate in an investigation.

For confidential assistance, contact:

Center for Survivor Support

765-285-3775

survivorsupport@bsu.edu

Health Center, Room 205

Counseling Center

765-285-1736

counselctr@bsu.edu

Lucina Hall, Room 320

For confidential treatment, contact:

Health Center

765-285-8431

healthcenter@bsu.edu

Health Center

IU Health Ball Memorial Hospital

765-747-3111

2401 West University Avenue

For NON-Confidential assistance or to initiate a complaint or obtain information, contact:

Associate Dean of Students/Title IX Coordinator for Student Affairs

765-285-1545

titleix@bsu.edu

Frank A Bracken Administration Building, Room 238

University Compliance

765-285-5162

Frank A Bracken Administration Building, Room 335

Office of Student Conduct

765-285-5036

conduct@bsu.edu

L.A. Pittenger Student Center, Room L-4

To report a crime, contact:

Ball State University Police Department (BSUPD)

765-285-1111

police@bsu.edu

Indiana Victim Rights

If you are victimized by a crime in Indiana, you have the right:

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- ⚖ To be treated with fairness, dignity, and respect throughout the criminal justice process.

- ⚖ To be informed, upon request, when a person who is accused or convicted of committing a crime directly against you has been released from custody or has escaped. This includes release or escape from mental health facilities.

- ⚖ To have your safety considered in determining release from custody of a person accused of committing a crime against you.

- ⚖ To receive information, upon request, about the status of the criminal case, the conviction, sentence, and release of the person accused of committing a crime against you.

- ⚖ To be heard at any proceeding that involves sentencing or a post-conviction release date.

- ⚖ To prepare a written or oral statement to be used in the pre-sentence report.

IC 35-42-4-1

Rape

Sec. 1.

(a) Except as provided in subsection (b), a person who knowingly or intentionally has sexual intercourse with another person or knowingly or intentionally causes another person to perform or submit to other sexual conduct (as defined in IC 35-31.5-2-221.5) when:

- (1) The other person is compelled by force or imminent threat of force;
- (2) The other person is unaware that the sexual intercourse or other sexual conduct (as defined in IC 35-31.5-2-221.5) is occurring; or
- (3) The other person is so mentally disabled or deficient that consent to sexual intercourse or other sexual conduct (as defined in IC 35-31.5-2-221.5) cannot be given;

commits rape, a Level 3 felony.

(b) An offense described in subsection (a) is a Level 1 felony if:

- (1) It is committed by using or threatening the use of deadly force;
- (2) It is committed while armed with a deadly weapon;
- (3) It results in serious bodily injury to a person other than a defendant; or
- (4) The commission of the offense is facilitated by furnishing the victim, without the victim's knowledge, with a drug (as defined in IC 16-42-19-2(1)) or a controlled substance (as defined in IC 35-48-1-9) or knowing that the victim was furnished with the drug or controlled substance without the victim's knowledge.

As added by Acts 1976, P.L.148, SEC.2. Amended by Acts 1977, P.L.340, SEC.36; P.L.320-1983, SEC.23; P.L.16-1984, SEC.19; P.L.297-1989, SEC.1; P.L.31-1998, SEC.3; P.L.158-2013, SEC.437; P.L.214-2013, SEC.36; P.L.168-2014, SEC.67.

IC 35-42-4-8

Sexual Battery

Sec. 8.

a) A person who, with intent to arouse or satisfy the person's own sexual desires or the sexual desires of another person:

- (1) touches another person when that person is:
 - (A) compelled to submit to the touching by force or the imminent threat of force; or
 - (B) so mentally disabled or deficient that consent to the touching cannot be given; or
- (2) touches another person's genitals, pubic area, buttocks, or female breast when that person is unaware that the touching is occurring;

commits sexual battery, a Level 6 felony.

b) An offense described in subsection (a) is a Level 4 felony if:

- (1) it is committed by using or threatening the use of deadly force;
- (2) it is committed while armed with a deadly weapon; or
- (3) the commission of the offense is facilitated by furnishing the victim, without the victim's knowledge, with a drug (as defined in IC 16-42-19-2(1)) or a controlled substance (as defined in IC 35-48-1-9) or knowing that the victim was furnished with the drug or controlled substance without the victim's knowledge.

As added by P.L.322-1987, SEC.2. Amended by P.L.31-1998, SEC.7; P.L.72-2012, SEC.4; P.L.158-2013, SEC.444.