

Culture of consent

How can everyone on campus promote a culture of consent, support survivors, and hold those who use violence or coercion accountable?

Consent is an active, voluntary agreement that can be revoked at any time.

- ✓ Even if you have had sex with someone before, it's still important to ask for consent every time. *Over half of sexual assaults occur within ongoing relationships.*
- ✓ If a person is incapacitated from drugs and/or alcohol, asleep, or too afraid to say no, they can't give consent.

Take action!

- ✓ **Lead by example:** "Can I kiss you?" Always ask for consent before kissing or touching. Ask them how they feel and respect their answer, even if it means you might not get what you want.
- ✓ **Be an active bystander:** When you see something that doesn't seem right, **speak up!** It can be as simple as calling out rape jokes/harassment, or stepping in if someone looks like they're trying to hook up with someone who is too drunk to give consent.

To learn more, attend a One Wave bystander intervention training. campushealth.tulane.edu/onewave.

- ✓ **Get involved:** Advocate with your administration and student government for survivor-centered policies and prevention programs.
- ✓ **Challenge gender norms:** Harmful gender norms — like assuming men always want sex, thinking LGBTQ people don't experience abuse, believing women are "asking for it," or ignoring trans and gender non-binary identities — contribute to sexual/dating violence.

Get more info on how to prevent and report sexual violence at Tulane:

campushealth.tulane.edu/well/svp

Confidential hotlines can connect you to community resources and provide support via phone, text, and chat:

National Sexual Assault Hotline 24/7
1-800-656-4673 | rainn.org

Sexual Trauma Awareness & Response Hotline 24/7
1-855-435-STAR | star.ngo

LGBT National Talkline
M-F 3-11pm CT, Sat 11am-4pm CT
1-800-246-7743 | glbthotline.org

Adapted from Futures Without Violence.

TULANE RESOURCES & SERVICES

Safer Sex Supplies
campushealth.tulane.edu/well/sexual-health

Emergency Contraception
campushealth.tulane.edu/services/pharmacy

Medical Attention/
STI/HIV Testing
campushealth.tulane.edu/emergency/sexual-assault

Do the people you are intimate with...

- ✓ **Ask what you want when it comes to sex and respect your boundaries?** Most sexual assaults are committed by someone the survivor knows. *No one should pressure or force you into doing anything sexual or harm you physically.*
- ✓ **Support your independence and interests?** *No one should keep you from your social life, work, or educational goals.*

Healthy relationships are about mutual respect, communication, and support.

But what about when our boundaries are not respected?

You are not alone

Sexual violence is not tolerated on our campus. If you or someone you know has experienced an assault, harassment, or abuse, support is available.

CONFIDENTIAL

Visit the Health Center for STI/HIV testing and treatment (including PrEP/PEP) and info on emergency contraception. The Morning-After Pill/Plan B can be purchased from the **Pharmacy** without a prescription. Visit **CAPS for Counseling Services** for mental health support, including therapy and group options. campushealth.tulane.edu/emergency/sexual-assault

Call **SAPHE Hotline (504) 654-9543**, 24/7 during fall/spring semesters for support and info about resources.

PRIVATE

Report a concern at tulane.edu/concerns. Reports can be anonymous.

Connect with **Case Management and Victim Support Services** for a variety of support services and guidance through reporting options. cmvss.tulane.edu

Contact Title IX. If you decide to report, this office investigates sexual violence and sexual harassment. Be aware that some school staff, professors, RAs, coaches, etc. may be required to notify the Title IX office if they hear about an incident. titleix.tulane.edu

Your health and well-being

- ✓ Do you often feel depressed or anxious?
- ✓ Are you drinking, smoking, or using drugs more to cope?
- ✓ Have you noticed changes in your appetite or sleep habits?
- ✓ Has getting to class, finishing school work, or participating in other activities been more difficult than usual?
- ✓ Do you ever think about hurting yourself?

Reactions like these are common for people who have experienced sexual violence. Don't be afraid to seek support.

Helping a friend

Believe. Let them know that you believe them and that you are glad they felt comfortable sharing this with you.

Assure. Self-blame and self-doubt are common reactions of victims of sexual violence. Reassure them that what happened was not their fault.

Listen and don't judge. Let them decide what and how much information they want to share with you.

Support. Support their decisions about whether to report and what resources to access. Help by sharing the resources on this card.



sex, relationships,
and respect on
campus