

Words to Know

SEXUAL ASSAULT is defined as having or attempting to have sexual intercourse with another individual by use of force and/or threat of force, without effective consent, and if/when the individual is incapacitated or physically and/or mentally unable to make informed and reasonable judgments.

STALKING occurs when a person engages in a course of conduct or repeatedly commits acts towards another person under circumstances that would place the person in reasonable fear for safety or of harm or bodily injury to self or to others, or reasonably cause substantial emotional distress to the person.

INTIMATE PARTNER VIOLENCE refers to dating violence, domestic violence, or relationship violence. Intimate partner violence includes any act of violence or threatened act of violence against a person who is in or has been involved in a sexual, dating, and or other intimate relationship with the other person.

CONSENT is an active, conscious, and voluntary decision by each participant to engage in mutually agen Span JE-seoi

What to do if you have experienced sexual or relationship violence

To report anonymously online: https://www.rivier.edu/student-life/public-safety/silent-witness/

Silent Witness is NOT a 911 or Emergency Service: If you require immediate or emergency assistance, please contact Rivier Public Safety and Security at (603) 888-1666.

SPEAK TO A TITLE IX COORDINATOR

The Title IX Coordinator receives information and files the complaint(s) involving sexual misconduct incidents and can help survivors decide which available options are best suited for the individual/incident.

Title IX Coordinator

Titleixcoordinator@rivier.edu

TAKE CARE OF YOURSELF

- Get support from friends & family.
 Advocates and counselors are also available if friends and family are not.
- Use stress reduction techniques, like exercise, yoga, listen to music, and prayer/ meditation.
- Maintain a balanced diet and be sure to get enough sleep.
- Consider keeping a journal as a way to express your thoughts and feelings.

WHAT YOU CAN DO

- Step up and say something if you see something you know is wrong.
- End victim blaming.
- Hold friends and yourself accountable for the actions and in-actions regarding gender-based violence.