



# What Families and Students Need to Know About Sexual Assault and Safety at Wake Forest University

Wake Forest University wants to provide families, parents, caregivers, and students the information and resources necessary to ensure a safe and healthy campus experience for everyone. Unfortunately, one of the most concerning issues college students face is sexual assault. But, with help from you and various campus resources, your student will be better prepared to deal with this prevalent issue in an informed way.

## FACTS ON SEXUAL ASSAULT

Looking at statistics on sexual assault may be difficult while your student is heading off to college, but it is important that you are aware of the prevalent and frequent nature of sexual assault on campus. According to the National Sexual Violence Resource Center:

- 1 in 5 women and 1 in 16 men are sexually assaulted while in college
- More than 90 percent of sexual assaults go unreported
- Nearly two-thirds of college students experience sexual harassment
- Among college women, 9 out of 10 victims of rape and sexual assault know their offender

## FIVE KEYS TO HEALTHY RELATIONSHIPS

It can be encouraging for families to know that developing and supporting healthy relationships is critical to preventing sexual assault. Talk to your student about these five keys to healthy relationships—Respect, Learn, Empower, Consent, and Communicate—so they can contribute to a positive campus culture for themselves and their peers.

- **Respect:** Promote and model healthy attitudes and relationships
- **Learn:** Access credible information and resources to promote your overall health
- **Empower:** Everyone has the right to set limits, feel safe, and get support
- **Consent:** Seek mutual agreement without fear or pressure
- **Communicate:** Express yourself to partners, peers, and family

## TALKING ABOUT CONSENT

Consent is one of the most important elements of any healthy sexual relationship. Sex without consent isn't sex. **It's assault.** Here's what you can tell your student about consent:

- Consent is voluntary, mutual, and can be withdrawn at any time.
- Past consent does not mean current or future consent.
- There is no consent when there is force, intimidation, or coercion.

## DRUGS AND ALCOHOL



Drug use and alcohol consumption are present on college campuses across the country. Many studies show a direct relationship between excessive alcohol use, such as binge drinking, and risk for committing sexual assault. Research shows that approximately half of sexual assaults are associated with alcohol use by the perpetrator, survivor, or both. When you talk to your student about drugs and alcohol, it is important to understand and stress that sexual assault is never the survivor's fault, no matter what the survivor was wearing or doing, whether the survivor was drinking, or any relationship the survivor had with the perpetrator.

## TALKING TO YOUR STUDENT ABOUT EXPERIENCES OF ASSAULT

Wake Forest University hopes that no parent ever has to have this kind of conversation with their student. These conversations can be painful and confusing but you and your student are never alone. Here's how the Wake Forest community approaches these conversations:

- **Stop (for safety):** Is your student physically and emotionally safe?
  - *"Are you safe?" "What do you need right now?" "I'm here for you."*
- **Drop (assumptions and listen):** Focus on active listening and validating your student.
  - *"I believe you." "This wasn't your fault." "Thank you for telling me this."*
- **Roll (to resources):** Connect your student to the resources here to help them during this difficult time. Seek support for yourself as needed.
  - *"What would you like to happen now?" "I don't know that answer, but xx might."*

## RESOURCES FOR YOUR STUDENT AT WAKE FOREST UNIVERSITY

There are many confidential and non-confidential resources available at Wake Forest University to ensure that your student experiences a safe, accepting, and comfortable campus environment. Please make sure your student is aware of the many resources available.

### Confidential Campus Resources

- **Safe Office:** Sexual Assault Crisis Response, Advocacy, Support Services, Information, Prevention
  - 336.758.5285 (Available 24/7 for urgent needs) or email [montplbf@wfu.edu](mailto:montplbf@wfu.edu) (non-urgent needs)
- **University Counseling Center:** Counseling Services and after-hours crisis response services
  - 336.758.5273 to schedule an appointment or call Student Health for assistance after hours
- **Student Health Service:** Medical Exams, STI or Pregnancy testing, Rape Drug Screenings
  - 336.758.5218 to make an appointment (Available 24/7)
- **Office of the Chaplain:** Spiritual Support
  - 336.758.5210 (business hours)

### Campus Resources for Reporting Concerns

- **Title IX Office:** Private University reporting option for incidents of sex discrimination
  - 336.758.7258 or email [jachimtl@wfu.edu](mailto:jachimtl@wfu.edu)
- **University Police:** Safety concerns or making a police report
  - 336.758.5911 (emergencies) or 336.758.5591 (non-emergencies)