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**OFFICE FOR
VIOLENCE PRE-
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THE ADVOCATE

VOLUME I ISSUE I

APRIL 1, 2008



OFFICE FOR

Violence Prevention



Division of Student Affairs • University of Georgia

The Office for Violence Prevention (OVP) is a refuge for students impacted by violence and who are seeking support services to begin the healing process. Acting as a resource for the campus community, OVP also advocates for individuals needing assistance, information, confidential consultation, and referral services. Additionally, the OVP provides leadership development and volunteer opportunities for students interested in promot-

ing the safety of the University of Georgia Community.

The OVP seeks to engage and empower community members to actively participate in creating a campus community that is free from relationship and sexual violence by:

- Challenging cultural attitudes and beliefs that contribute to violence.
- Promoting healthy relationships, respect and tolerance for others.

- Taking responsibility for actions and inactions that perpetuate and condone violence.
- Promoting non-violent solutions for dealing with conflict and differences.
- Fostering a sense of community where all members of the UGA community feel safe and welcomed.

Contact Us:

706-542-SAFE (7233)
lagrsvp@uga.edu
116 Memorial Hall
University of Georgia

Attention Chocolate Addicts!!!

Have you ever dreamed of chocolate flowing freely from fountains or tables lined with samples of truffles, decadent chocolate cakes, or raspberry cream cradled by a shell of melt-in-your mouth milk chocolate?

Make your dreams come true at the first inaugural OVP Chocolate Festival. This event will take place on Wednesday, April 16, 2008 from 1:00-4:00 pm in Memorial Hall Ballroom.



The Chocolate Festival is not just about chocolate. It's also a chance to learn about sexual & relationship violence. Attendees will be provided with statistical facts and campus information concerning rape and sexual assault.

This event is open to all students, faculty and staff. Tickets will be available at the door for \$1.00 for students and \$5.00 for faculty and staff.



7 Warning Signs



It is important to remember that abuse usually starts once a relationship gets going, not on the first date. Here are several warning signs that a person may become abusive:

1. Unrealistic expectations. Pressuring commitment to the relationship from early on.

2. Extreme jealousy. Trying to pass jealousy off as love, when it's really possessiveness and lack of trust.

3. Unpredictable mood

swings. Sometimes charming and loveable, but that can switch dramatically into explosions of anger.

4. Isolation. Pressuring to restrict contact with friends and family or participation in activities.

5. Control. Making all the decisions for the couple.

6. Previous abuse. A history of violence such as having abused previous

partners.

7. Substance abuse. Abusing alcohol and/or other drugs and claiming intoxication as an excuse for behavior.

Do not be afraid to ask for help.

“Being a survivor of violence can leave a person feeling humiliated, angry or helpless.”

Risk– Reduction Safety Tips

Set sexual limits. It is your body, and no one has the right to force you to do anything you do not want to do. The sooner you communicate firmly and clearly your sexual intentions the easier it will be for your partner to hear and accept your decision.

Be assertive on your dates. Do not do anything you do not want to just to avoid disagreement or unpleasant interaction.

Maintain control of your comfort level. If you feel things are getting out of your control, be loud in protesting, leave, or go for help.

Use a confident voice and body posture. If you want the person to stop, look directly at him or her and say "NO" in a firm, serious voice.

Trust your intuition. If you feel uncomfortable, scared, or pressured, voice your discomfort or leave the situation.

Beginning the Healing Process

Being a survivor of violence can leave a person feeling humiliated, angry or helpless. In fact, many survivors feel like they want to forget about the whole experience. Talking and actively making decisions about how to deal with the experience can be an important step in healing and restoring a person's sense of control over her or his life. In order to help a survivor, suggest that the survivor consider utilizing campus and community resources to have her or his needs met.



April 8
Sexual Violence & the Media
12:00 pm Adinkra 407: Memorial Hall

April 10
Silent Victims: What Men Are Afraid to Talk About;
12:00 pm
Adinkra 407: Memorial Hall

April 12
Self Defense Class for Women
Fundraiser for Sexual Assault Center at Classic Martial Arts of Athens

1:00 pm to 3:00 pm
\$15.00/students and \$25.00/ community

April 16
Chocolate Festival
1:00 pm-4:00pm
Memorial Hall Ballroom
\$1.00/Students & \$5.00/ Faculty/Staff

For more Information Call 706 542-7233 or visit our website:
www.uga.edu/ovp

“Violence against women will not end until men actively become part of the solution.”

Student Outreach

A new UGA student organization, RSVP - Relationship and Sexual Violence Prevention, aims to eliminate relationship and sexual violence from the UGA campus and community by spreading awareness on campus; educating the university community on sexual and relationship violence; providing a safe haven for support, healing and empowerment for those impacted by sexual or relationship violence; providing resources so the survivor can begin a successful healing process; and training fellow students to become proactive Sexual Assault Advocates. The Office of Violence Prevention provides Sexual Assault Advocacy training and also trains students to lead programs to educate peers and reduce the risk of sexual assault, stalking, sexual harassment and dating violence. RSVP also challenges cultural attitudes and misconceptions that perpetuate, condone, sustain and contribute to violence on UGA’s campus.

RSVP has stayed committed to their vision by providing various programs on campus. One of those programs was “Sister to Sister: Safety in the Classic City.” This forum challenged female and male perspectives on the definition of “consent” and what it means to be “mentally incapacitated.” The long-term goal of RSVP is to have one or more members of every student organization at UGA trained to be a Sexual Assault Advocate. Once this is accomplished, the hope is that every survivor of sexual or relationship violence will have access to someone who can assist them in a healthy and successful healing process. For more information on how to get involved with RSVP, contact **Sissy Weldon**: sissyweldon@gmail.com

Statistics: True or False? *

- ◇ About **3% of American men** — or **1 in 33** — have experienced an attempted or completed rape in their lifetime.
- ◇ **60%** of acquaintance rape on college campus occurred in casual steady dating relationships.
- ◇ **1 in 12** women and **1 in 45** men will be stalked in their lifetime.
- ◇ **75% of men and 55%** of women involved in acquaintance rape had been drinking or taking drugs prior to the incident.
- ◇ **18%** of UGA students report an emotionally abusive relationship.
- ◇ **1 out of every 6 American women** have been the victims of an attempted or completed rape in their lifetime.
- ◇ Victims of sexual assault are: **26 times** more likely to abuse drugs.

The Alcohol Factor

By Laura Sessions Stepp

Heavy drinking is a major factor in sexual assaults, and young women's drinking habits have risen almost to the level of men's. This makes them more vulnerable to guys who are pushing for sex.

In one study of college women by the Harvard School of Public Health, nearly 3 out of 4 rape victims were intoxicated when the assault occurred, a pattern that appears to continue as women move through their 20s.

"Women's self-esteem at that age is tied into how they are experienced by men, and part of dealing with that social anxiety is to drink it away or drug it away," says New York City psychotherapist Robi Ludwig, PsyD. "They say to themselves that it'll work out okay, with some thinking that maybe they'll end up in a relationship."

According to Brett Sokolow, a Malvern, Pennsylvania, attorney who specializes in sexual assault, if a woman is drunk or otherwise incapable of making a sound decision, then a man who knowingly has sex with her in that condition is indeed guilty of rape. But rape cases where drinking or drugs are involved are difficult to prove in a criminal court if the victim cannot remember whether she gave consent or if she blacked out and her partner claims she gave consent, says Sokolow.

Last year, a 20-year-old female midshipman at the U.S. Naval Academy reported that the academy's star quarterback, Lamar S. Owens Jr., raped her. She filed charges and, in a July 2006 court-martial of Owens, said that she had been drinking and could recall very little beyond waking up in her bed in the middle of the night to find Owens having sex with her.

Owens testified that she had invited him to her room during an instant message conversation, and that after a few caresses, they began to have sex. After two minutes, he reportedly said, she stopped responding, and he left her room. The young woman testified that she could not remember

sending the messages to

Owens and that someone had closed the instant-message window on her computer, so they weren't retriev-

able.

A toxicologist for the defense reportedly said that the young woman's blood-alcohol level showed that she was legally intoxicated, which means she may not have been able to give consent. Nonetheless, the rape charge against Owens was dropped because the five officers on the military jury believed that evidence indicated he had been invited to her room. During his testimony, Owens reportedly said it was a case not of rape but of "sex going bad."

Campus Watch

Resources:

Office for Violence Prevention
542-SAFE (7233)
www.uga.edu/ovp

UGA Escort Service
542- 2000

Campus Police:
Emergency
542-2200

Non-emergency
542-5813

Judicial Programs
542-1131
www.uga.edu/ojp

Women's Clinic
542-8691

Project Safe (*domestic violence 24 hotline*)
706-543-3331

Sexual Assault (*24 hour hotline*)
706-353-1912

Counseling & Psychiatric Services (CAPS)
542-2273

Athens-Clarke County Police Department
911
www.accpd.org

Health Promotion
542-8690

Senior Associate Dean for Student Support
542-8220

Acute Care Clinic
542-8609