

# What Should You Do If You Experience Sexual Assault, Sexual Violence, Domestic Violence, Dating Violence or Stalking?

*If you experience Sexual Assault, sexual violence, Domestic Violence, Dating Violence or Stalking, it is important to remember that it is not your fault!*

**The most important thing you can do is to get the assistance that you need by taking the following steps:**

## **For Immediate Support:**

**A. Go to a safe place as soon as you can.**

## **B. Preserve all physical evidence.**

Do not wash your face or hands, bathe, brush your teeth, drink or eat, douche or change clothes. If you do change your clothes, put all clothing you were wearing at the time of the assault in individual paper bags (not plastic). It is important to preserve as much evidence as possible for investigation and processing of criminal and/or disciplinary charges.

**C. Contact LMU Department of Public Safety — 310.338.2893 or 222 (Emergency Line on campus) or Title IX Coordinator – 310.568.6105 ([titleix@lmu.edu](mailto:titleix@lmu.edu)).**

LMU Public Safety can also be reached through the Public Safety App. Visit [publicsafety.lmu.edu/campussafety/lmualert](http://publicsafety.lmu.edu/campussafety/lmualert) to download the app. Public Safety can assist you in reporting a crime that occurred off campus to the appropriate authorities. You may decline to report your experience to such authorities.

**D. Seek immediate or prompt medical treatment (typically within 72 hours).**

It is important to seek immediate or prompt follow-up medical attention for several reasons:

1. To assess and treat any physical injuries you may have sustained;
2. To determine the risk of sexually transmitted diseases or pregnancy and take appropriate medical measures;
3. If you choose, you may have evidence collected and preserved to aid in the investigation and processing of criminal prosecution and/or disciplinary action.

It is best for any physical evidence to be collected within the first 24 hours following the incident (the quality and quantity of evidence collected later than this may be substantially diminished).

**E. Visit the Rape Treatment Center at Santa Monica-UCLA Medical Center — 424.259.7208**

What to expect when you visit the Rape Treatment Center:

1. General medical treatment, which could include lab tests for sexually transmitted diseases and pregnancy;
2. Collection of evidence, should you choose;
3. A sexual assault advocate or a support person of your choice may be present throughout the visit;
4. The following of national standards for victim care and sexual assault exams and evidence collection procedures;
5. Evidence will be held for six months or longer; and
6. Options for long-term counseling support.

For additional information please visit: [uclahealth.org/rtc](http://uclahealth.org/rtc).

## **For On-Going Support**

**F. Meet with your assigned Student Affairs Resource Administrator (SARA).**

LMU will assign you a SARA following a report being submitted to Public Safety.

Your SARA is a Student Affairs professional trained to provide you with information about resources available to you both on and off campus. The SARA can receive requests for supportive measures and review your options with you. SARAs will also review with you the University's conduct process and LMU's policy against Retaliation.

**G. Schedule non-emergency medical treatment — 310.338.2881**

Even if you choose not to go to the hospital or to seek immediate medical attention, it is still important to get medical attention to treat any physical problems and to conduct various lab tests for sexually transmitted diseases and pregnancy.

To arrange non-emergency treatment, contact Student Health Services via telephone, visit [lmu.edu/health](http://lmu.edu/health) to schedule an appointment online or walk-in to their office in the Burns Recreation Center, Monday-Friday, 8 a.m. to 5 p.m.

If you say that you have been a victim of Sexual Assault, sexual violence, Domestic Violence, Dating Violence or Stalking, you will be offered a general medical examination by a licensed health care provider. You will also be offered a referral to Student Psychological Services (SPS) for counseling and support.

#### **H. Utilize counseling services — 310.338.2868**

SPS has mental health professionals available for students in crisis. During regular office hours you can call SPS or come to the office located in the Burns Recreational Center, Monday-Wednesday, 8 a.m. to 7 p.m., and Thursday-Friday, 8 a.m. to 5 p.m.

To schedule an appointment online, visit [lmu.edu/counseling](https://lmu.edu/counseling). After hours, please call 310.338.2868 and follow the prompt to access a therapist.

#### **I. Other Resources**

We recognize that you might not be ready to report what happened immediately. We have several resources for you to utilize when this is the case:

1. Private Resources: Professional and licensed counselors, pastoral counselors and student health services staff acting in their professional capacity are not obligated to report details of an incident of sexual or interpersonal misconduct to the University. For more information about private resources, please visit: [studentaffairs.lmu.edu/wellness/lmucares/report/confidentialresources/](https://studentaffairs.lmu.edu/wellness/lmucares/report/confidentialresources/)
2. Private Reporting: Community Resource Advisors (CRAs) may speak with students regarding incidents of sexual or interpersonal misconduct without automatically triggering a University investigation into the matter. For more information on private reporting, please visit: [studentaffairs.lmu.edu/wellness/lmucares/report/privatereporting/](https://studentaffairs.lmu.edu/wellness/lmucares/report/privatereporting/)