

Sex-Esteem

what they didn't tell you in high school...

Sex-Esteem is a peer education group of the Syracuse University R.A.P.E. Center

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What to Do If Your Friend is Sexually Assaulted

Be a good listener. If you hear your voice more than your friend's, you're talking too much and not listening enough.

Don't feel as though you have to have all the answers. That is not your role.

Support the decision your friend makes regardless of whether you agree with him/her.

Know that each experience is unique. If you've had other friends who experienced a sexual assault, avoid making comparisons.

Do not judge your friend, regardless of the circumstances.

If your friend is not taking control over his/her situation, it doesn't mean you have to jump in to do it. Let your friend sort out where she/he is heading and be there to support the decision.

Take care of yourself and continue with your life and routine as usual. This may seem very difficult to do, but it allows both you and the survivor to broaden the perspective beyond this experience.



Don't let the focus of every discussion you have with your friend revolve around this topic. There was more to both of you prior to this experience and there will be again.

Know that there is no set period of time for recovery. It is an individual process that cannot be predetermined.

Be mindful of the survivor's timetable for socializing again.

Make the offer of support, create the environment and then allow the survivor to come to you.

About the R.A.P.E. Center...

The R.A.P.E. Center provides a safe, caring space for students who have experienced sexual violence and promotes recovery from the effects of sexual violence through personalized intervention and support services.

The R.A.P.E. Center provides 24-hour support and assistance, 7 days a week, year-round, to Syracuse University/ESF students.

If a friend of yours has experienced a sexual assault and YOU need someone to talk to, please call the R.A.P.E. Center, 315-443-7273. We're here for you, too.

315-443-7273

Save the Date

Vagina Monologues

Friday, February 16

Saturday, February 17

8:00 p.m. in Hendricks Chapel

Sunday, March 4, 4:00 p.m. (Greek performance)

(tickets: Schine Box Office, \$8 for students)

Take Back the Night

Wednesday, April 18

Rally 7 p.m. at Hendricks Chapel

March and Speak Out to follow

Sex-Esteem is a R.A.P.E. Center peer education group geared toward creating opportunities for students to engage in meaningful discussions about responsible and respectful sexuality and relationships. We are available for programs Sunday – Thursday nights. Please call 443-7126 or email jasneide@syr.edu to schedule a program.

Useful numbers...

For an emergency while on campus: 711

Counseling Center: 315-443-4715

Goldberg Couple & Family Therapy Center: 315-443-3023

Health Services: 315-443-2666

Hendricks Chapel, Pastoral Counseling: 315-443-5044

Judicial Affairs: 315-443-3728

Public Safety (24 hours a day): 315-443-2224 or 711 for emergencies

University R.A.P.E. Center: 315-443-7273

Syracuse University R.A.P.E. Center
111 Waverly Avenue, lower level of the Health Center, 315-443-7273
Appointments and walk-ins, M-F daytime. Advocates
are available 24 hours a day, year-round, to respond to
students seeking R.A.P.E. Center services.
<http://students.syr.edu/rapecenter/>

Office of Prevention Services
Division of Student Affairs

Source: A Guidebook for Parents and Friends of the Sexual Assault Survivor
(Available at the R.A.P.E. Center)

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