If you are a victim of sexual assault or rape, remember: IT IS NOT YOUR FAULT AND YOU ARE NOT ALONE!
Tips to Consider

If you are a victim, remember, there is no “right way” to react to experiencing sexual assault. Only the survivor can decide whom to tell and what steps to take next. Below are a few tips to consider:

Talk with someone.

Most survivors find some comfort in talking with someone about the assault. Journaling, and/or talking with a counselor. If possible, consider talking to a friend or relative. There is valuable information in the next section about the nearest resource included in this brochure, U.S. Embassy, Consulate, or Diplomatic Mission. Be sure to understand if the person you talk to is someone who will keep your information confidential and call the Aurora Center can offer confidential help: http://www.umn.edu/aurora

Get medical care.

The physical and emotional needs attended to a clinic or emergency room. If you have the required medical, evacuation, and security insurance through the University of Minnesota, your medical care will be covered. However, you may be able to receive advice on locating a hospital or clinic. More at http://global.umn.edu/travel/insurance/outgoing.html#policy-tab

Report the assault.

Consider whether you would like to make a police report. If there is any possibility of your insurer(s) not opening a criminal investigation upon your departure. If you have the required medical, evacuation, and security insurance to be valid.

Remember:

Survivors may change what has happened, but they do go to make their own decisions about what is best for their recovery. Some survivors find that it is a personal victory to finish their overseas experience while others feel their recovery will be hastened by returning home.

U.S. Embassies, your program director, and contacts in this pamphlet can tell you about local police and legal procedures, as these can often be different from in the U.S. Cultural and social attitudes toward rape and sexual assault victims may vary greatly in different countries. If you choose to report the incident to the police, ask someone to go to the police station with you — many survivors find it helps not to be alone. Remember, only you can decide if you want to take legal action; no one else can make that decision for you. In most countries, you must report the crime before leaving the country if you want to be investigated. Many countries will not open a criminal investigation upon your departure. You may be covered by your homeowners or travel insurance for any belongings you may have lost at the time of the assault. It is likely you will have to report the incident to the police in the country that you are in for the insurance to be valid.

This information in this handbook can also be found on the web: http://global.umn.edu/travel/assault/

International Centers for Survivors of Sexual Assault and Harassment

This information about sexual harassment and sexual assault is offered not because these things happen with great frequency, but rather because the University of Minnesota takes these matters very seriously and understands the importance of being prepared to handle them.

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Introduction

According to the University of Minnesota Policy (2.8.6) Sexual assault and violence, including threats of sexual assault and related violence, are attacks not only on a person’s body, but also on the person’s dignity, and are not tolerated.

Sexual assault: any sexual contact (including, but not limited to sexual intercourse) when one or both of the parties are under duress or fear of harm or violence.

Sexual violence: any sexual contact (including, but not limited to sexual intercourse) when one or both of the parties are under duress or fear of harm or violence.

Rape: sexual intercourse achieved without consent or with the use of force.

Consent: informed, freely and actively given, and not mutually understood. If physical force, constriction, or anything or threat is used, there is no consent. If victim is mentally or physically incapacitated or impaired. This includes conditions due to alcohol or drug consumption, or being asleep or unconscious.

Sexual harassment: any active or passive sexual behavior which an individual is not willing to experience and is not welcomed.

Anyone who experiences sexual harassment or sexual assault while abroad must deal with the stress of this unwanted event in a place and culture that may differ greatly from the one in which they are comfortable. Sexual harassment and assault can cause feelings of fear, confusion, anger, and loss of control. Keep in mind that although sexual violence of any kind can have a serious effect, most survivors of these incidents find a way to recover without dramatically altering their everyday lives.

Directory of Resources Abroad

The resources and contact details in this handbook are provided to assist victims of sexual harassment and assault. It should be noted that services differ widely around the world based on cultural norms and local financial support.

We have selected the best available quality resource based on the advice of our country partner as well as our students. Inclusion of a resource in this handbook does not indicate endorsement of the website, center, and crisis line has not been officially reviewed or approved by the University. If you have feedback or any of the resources included here or would like to suggest a resource to be added during the next round of edits, please contact Tracy Turner at Turner@emailminn.edu.

Worldwide Resources

University of Minnesota Aurora Center advocates are available 24/7 at 612-626-9111. RAINN (Rape Abuse and Incest National Network) is in the U.S. and Information for the U.S. Office of Overseas Citizens Services in the U.S. at 1-888-407-4774 (during business hours), 202-667-5225 (after hours), 202-501-4444 (after hours), 202-501-4444 (after hours), 202-501-4444 (after hours).

A list of rape crisis hotlines around the world: http://www.ibiblio.org/rcip/internl.html


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