

Wellness InSTALLments

November 2021 — Volume 9, Issue 5



Sexual Assault

This Month's Author: Megan Foley

Upcoming Events

11/1– Cash Cab: Nutrition
8AM, Main Campus

11/10– Healthy Hump Day:
Stop The Stigma
11AM, Student Plaza

11/16– Rally at the Roc
5PM, Outside Alico Arena

11/17– Student Leader
Workshop Series: Start With
Yourself
3PM, Merwin 111

11/19– Cash Cab: Sleep
2:30PM, Main Campus

11/30– Tips Tuesday:
Stress Management
12PM, Library Computer Lab

Please see Eagle Link for a full,
updated schedule!

Wellness Tip

Feeling unsafe to walk
home or to your car?

Call UPD for an escort!
(239) 590-1900

Question of the Month

True or False: If you ask for
consent and they don't say "no"
that means you can keep going.

Scan the QR code to RSVP on Eagle
Link with the correct answer to
enter into a drawing for \$10 of
Eagle Dollars!



Sexual assault is a prevalent issue in university life. Did you know that college women ages 18-24 are **3x more likely** to experience some form of sexual assault than women not in college? In fact, among undergraduate students **26.4% of females and 6.8% of males** are victims of rape, sexual incapacitation, or some form of sexual violence (RAINN, n.d.).

It is important that we as university students become informed on consent, such as knowing who can and cannot give consent, to help lower cases of sexual assault. Sexual assault is defined as an individual being coerced, tricked, or forced into performing sexual acts without giving consent. If you or anyone you know is actively seeking help after an incident of sexual assault, there are resources available on campus. Please read on to learn more about consent and these resources!

Got Consent?

Consent. We have all heard it before but do we really know what it means? Consent is the mutual assent by words or actions to engage in a particular sexual activity that must be made voluntarily and competently by all parties. Read on to find out more about consent.

CONSENT:

- Under FGCU's definition of consent, you must be at least 18.
- Verbal consent is strongly encouraged, but not required.
- The absence of a "no" does not mean "yes".
- You must be sober.
- You must give consent with free will. Consent does not apply if it is coerced, i.e., pressured.
- Consent must be given each time and before every act. It can be revoked at any time.



Help for Survivors

Surviving sexual assault and processing the aftermath is not a journey someone has to take alone. If you or someone you know is seeking help for trauma whether it be sexual, emotional, etc., there are resources put in place on campus.



Counseling & Psychological Services (CAPS)

3rd Floor Student & Community Counseling Center
239-590-7950

Group & Individual Therapy, Survivor Healing, etc.

Prevention and Wellness' Victim Advocate: Aisha Lewis

Cohen Student Union 161
239-745-4344

Many survivors have found it very beneficial to participate in therapy, whether it be individual or with a group because it can give these individuals ways to cope and techniques used to help with anxiety. Other resources, like victim advocacy, can aid with finding additional help!



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