

Reporting Options

Campus Advocate
The advocate will provide confidential services.
909-537-5040 • Marina.Wood@csusb.edu

Counseling and Psychological Services (CAPS)
Counseling staff will provide confidential services.
909-537-5040

Title IX
Complaints may be filed with Title IX through the CSUSB Title IX website or by calling or emailing them. Title IX is a federal civil rights law that prohibits gender-based discrimination including sexual harassment, sexual violence, dating violence and stalking. Title IX is mandated to investigate all known reports of Sexual Violence, Dating Violence and Stalking.
909-537-5669 • TitleIX@csusb.edu

University Police Department (UPD)
Criminal reports may be filed with the University Police department. Some students file both a Title IX complaint as well as a police report. The police are required to report the incident to Title IX but will not release the victim/ complainant's name without their consent. You have the right to ask that your name does not appear in official records.
9-1-1 • 909-537-7777

Student Conduct & Ethical Development
Policy violations may be reported to Student Conduct & Ethical Development. They are not confidential and must investigate all reports.
909- 537-7172 • student-conduct@csusb.edu

Campus Professional Staff and Faculty
CSUSB staff or faculty members can provide you support and access to resources but are mandated to report to campus authorities.

Student Health Center (SHC)
The Student Health Center staff will provide confidential medical care but must report if there is physical injury consistent with dating/domestic violence or sexual assault.
909-537-5241

If someone you know has been sexually assaulted, we offer confidential advocate services for survivors on campus:

(909) 537-5040 Marina.Wood@csusb.edu

There are also services off-campus.
San Bernardino Sexual Assault Services
24 hour hotline: 909-885-8884
National Sexual Assault hotline: 800-656-4673
Chat with an Advocate: www.rainn.org

Other Important Contacts
University Police: 911 or 909-537-7777
Campus Escort Service: 909-537-5165
San Bernardino City Police: 909-383-5311
Student Health Center: 909-537-5241
Residence Life Office: 909-537-4155
Student Conduct & Ethical Dev.:
909-537-7172
Counseling & Psychological Services:
909-537-5040
National Domestic Violence hotline:
800-799-7233



If you have been Sexually assaulted

Cal State University San Bernardino
Counseling and Psychological Services
Advocate Services
5500 University Parkway,
San Bernardino, CA 92407
HC-165

Common reactions to sexual assault

•Fear and Anxiety

It is natural to be fearful, even long after the assault. Reminders of the assault may trigger anxiety or panic. You may worry that you will never feel safe again, even in situations that you never used to consider dangerous.

•Reliving the Assault

Survivors often have unwanted thoughts about the assault, replaying it in their minds over and over again. It is also common to experience nightmares and/or flashbacks.

•Hyper vigilance

You may feel easily startled by sudden noises or movements. You may feel alert all the time which can lead to lack of sleep, trouble concentrating, impatience and irritability.

•Avoidance

You may try to push away painful feelings or memories. Blocking feelings may lead to your feeling numb to all emotions.

•Depression

It is normal to experience feelings of sadness, hopelessness, and depression after an assault.

•Lowered self-image

Many survivors feel worse about themselves after an assault. It is common to experience self-blame, guilt, and shame.

•Anger

You may feel extremely angry at the perpetrator. You may also feel angry at loved ones or others who don't seem to understand what happened to you.

•Changes in your feelings about sex

It is completely normal to feel confused or conflicted about sex or to abstain for a while.

Sexual Violence* means physical sexual acts, such as unwelcome sexual touching, sexual assault, or rape, perpetrated against an individual against his or her will and without consent or against an individual who is incapable of giving consent due to that individual's use of drugs or alcohol, status as a minor, or disability. Sexual

Violence may include physical force, violence, threat, or intimidation, ignoring the objections of the other person, causing the other person's intoxication or incapacitation through the use of drugs or alcohol, or taking advantage of the other person's incapacitation (including voluntary intoxication).
Consent* means an informed, affirmative, conscious decision by each participant to engage in mutually agreed-upon sexual activity.

- Consent must be voluntary, and given without coercion, force, threats, or intimidation.
- Consent can be withdrawn or revoked. Consent to one form of sexual activity (or one sexual act) does not constitute consent to other forms of sexual activity (or other sexual acts). Consent to sexual activity given on one occasion does not constitute consent to sexual activity on another occasion.
- Consent cannot be given by a person who is incapacitated

**Adapted from definition in CSU Executive Order 1095*

What to do immediately after an assault:

- Find a safe environment - anywhere away from the attacker. Ask a trusted friend to stay with you for moral support.
- Call the campus advocate or San Bernardino Sexual Assault Services for confidential support.

After being sexually assaulted, you have many Important decisions to make.



Here are some of them:

1.Getting Medical attention

It is very important that you get medical attention after being assaulted. Depending on how you were assaulted, you may be physically injured, or there may be a chance that you have contracted a sexually transmitted infection, or that you will become pregnant. If the assault happened within 72 hours you have the option of having a forensic exam to preserve evidence. Do not shower, bathe, douche, or change your clothes. Even if you do not want to file charges now, you can file a “Jane/John Doe” police report and have the exam just in case you would like to file later. To have a forensic exam whether it be anonymous or not, contact the police department in which the assault occurred.

2.Deciding Who to tell about the assault

You have the right to decide who and when to tell about the sexual assault. You have the right not to tell people who you think will not be understanding or supportive. You do not have to tell anyone who you think will judge you or make you feel bad about yourself. You can also decide to wait before you tell anyone.

3.Reporting The Assault

You have several options when it comes to reporting. The campus advocate can provide education about your options so you may make an informed decision.