

## Support and Resources

If you or someone you know has experienced sexual assault, it's essential to seek help and support. Remember, you are not alone, and there are resources to assist you:

### On-Campus Resources:

- Alabama A&M University Health and Counseling Center: (256) 425-4201
- Department of Public Safety: (256) 372-5555
- Office of Title IX: (256) 372-4499

### Off-Campus Resources:

- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- Crisis Services of North Alabama: (256) 716-1000
- AshaKiran Hotline: (256) 509-1882 (24/7)



**Contact:**  
**(256) 372-5555**

**In Case of a Power Outage:**  
**(256) 424-3393**

**Email:**  
**public.safety@aaamu.edu**



ALABAMA A&M UNIVERSITY



# SEXUAL ASSAULT AWARENESS



ALABAMA A&M UNIVERSITY  
DEPARTMENT OF PUBLIC SAFETY

## ***Together We Can Make a Difference!***

Dear Students, Faculty, and Staff,

Welcome to the Alabama A&M University Department of Public Safety's pamphlet on sexual assault awareness. This pamphlet aims to educate and inform members of our university community about the importance of recognizing, preventing, and responding to sexual assault. Together, we can create a safer and more supportive environment for everyone on campus.

### **Understanding Sexual Assault**

#### ***What is Sexual Assault?***

Sexual assault refers to any unwanted sexual contact or behavior that occurs without the explicit consent of all parties involved. It can include actions such as rape, groping, non-consensual touching, coercion, or any other form of sexual violence.

### ***How Can You Help?***

#### **Be informed:**

Educate yourself about consent, boundaries, and what constitutes sex.

If you want to remain anonymous and report an incident of concern, please scan the QR code to access our Safe Space Anonymous platform.



## **Recognizing the Signs:**

- Unwanted advances or touching or physical contact
- Coercion or pressure to engage in sexual activities
- Verbal threats or pressure for sexual acts
- Non-Consensual sexual acts
- Manipulation or intimidation tactics
- Emotional distress, withdrawal, or changes in behavior

### **The Impact: Sexual assault has severe and long-lasting effects on survivors and the community:**

- Physical injuries and health complications
- Emotional trauma, including anxiety, depression, and PTSD
- Academic and professional setbacks
- Relationship difficulties and trust issues
- Increased risk of substance abuses and self-harm

## **Preventing Sexual Assault**

### ***"See Something, Say Something"***

- Consent: Obtain explicit, enthusiastic consent for any sexual activity. Remember that consent must be given freely and can be withdrawn at any time.
- Awareness: Educate yourself and others about consent, boundaries, and healthy relationships.
- Bystander Intervention: Be an active bystander by stepping in and intervening if you witness a potentially harmful situation.
- Responsible Alcohol Consumption: Avoid excessive alcohol or drug use, as it can impair judgement and increase vulnerability.
- Trust Your Instincts: If a situation feels uncomfortable or unsafe, remove yourself or seek assistance.

## ***Your Well-being Matters!***

