

## Sexual Assault

Any sexual contact (including, but not limited to sexual intercourse) when such contact is achieved:

- Without consent; or
- With the use of physical force, coercion, deception, or threat; or,
- When the victim/survivor is mentally incapacitated or impaired, physically helpless, asleep, or unconscious.

## Consent

is informed, freely and actively given, and mutually understood.

Consent:

- “yes”
- “I would like to do that”
- Touching back
- Pulling in closer
- Head nodding and smiling

No Consent:

- “No”
- “I don’t think so”
- Pulling/Pushing away
- No response
- Being drunk (incapacitation)

## Relationship Violence

An abusive relationship often has one or more of the following behaviors used by the abuser as a means of control.

- Calling you names, referring to you in degrading terms
- Manipulation
- Emotional abuse
- Isolating you from friends and family
- Intimidating you
- Controlling what you wear and who you talk to
- Using jealousy as an excuse for the abuse
- Threats
- Physical abuse such as hitting, kicking, pushing, punching; and
- Stalking
- Sexual violence

## Stalking

“Unwanted pursuit” is probably the best way to define stalking. There are many different behaviors that can be called stalking, but all share two common features: They involve actions not wanted by the victim and they cause the victim to feel threatened or afraid. Stalking often includes:

- Following or surveillance
- Uncomfortable approaches & confrontations
- Appearing at a place of work or residence
- Unwanted phone calls or text messages
- Unwanted email or social website messages
- Unwanted letters
- Threats
- Threats to family & friends
- Unwanted gifts or threatening packages
- Damage to property
- Physical assault
- Sexual violence, including assault



24 hour help line (612) 626-9111  
Business: (612) 626-2929  
[www.umn.edu/aurora](http://www.umn.edu/aurora)  
407 Boynton Health Services

UNIVERSITY OF MINNESOTA  
Office of Student Affairs



## **Interested in Volunteering?**

Students can train to volunteer at The Aurora Center as:

**Crisis Line Advocates** answer our 24 hour help line to provide support to victim/survivors of sexual assault, relationship violence, and stalking

**Violence Prevention Educators** give presentations on primary prevention of gender violence and develop leadership skills

**Legal Advocates** write restraining orders, attend court, and facilitate the legal process for people hurt by violence

**Next Volunteer Training: February 2009**

Download a Volunteer Application Packet at:  
[www.umn.edu/aurora/involved/volunteer.html](http://www.umn.edu/aurora/involved/volunteer.html)