Rape and Sexual Assault

A Guide to Prevention, Reporting, and Changing the Culture on Campus
I. Introduction

Rape and sexual assault are unfortunate realities of society in general, but also on many college and university campuses as well. They are problems rooted in the very fabric of our society, in how we learn to treat one another, and in what we learn to expect from our relationships, our families, and our institutions. [1]Sexual assault and rape are crimes of violence and control, using sex acts as a weapon. They stem from aggression, rage, sexism, and the determination to exercise power over someone else. They are crimes of violence that affect women, men, and children. While rape is perpetrated mostly by men against women, anyone can be a victim or perpetrator—regardless of age, gender, sexual orientation, appearance, education, race, socioeconomic background, or religion.

There are no rapid solutions to the root causes of rape and sexual assault. The key to change is awareness and understanding. Confronting the problem of sexual violence is an important step in ending it. As a community, and as individuals, we have the power to make the journey to a safer society for everyone.

With the collaboration of both internal and external groups, the Berklee Public Safety Department has created this booklet to provide you with some specific information about sexual assault, and offer you some practical guidelines to reduce your risk of being assaulted. Its intention is to help us make a positive difference on our campus by cultivating and maintaining a campus environment that is safe and respectful of others.

Respectfully,
Roger H. Brown
President
Berklee College of Music

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Playing It Safe, issues security workshops for students and employees. Student Affairs staff members offer a number of

students are subject to appropriate disciplinary action through the campus system and may be held

violation of college rules, a sanction appropriate to the severity of the offense will be imposed. Sanctions

will range from a waiver of academic probation to suspension or expulsion. The process

at Berklee for handling sexual assault complaints is as follows:

1. Notify the accused.

2. Conduct an investigation.

3. Make a finding on the complaint and determine the appropriate sanction.

Appendix B: References


[11] National Coalition for1


Appendix C: Additional Resources

Hospitals:

• Boston Medical Center 617 726-2323
• Massachusetts General Hospital 617 732-5636
• Brigham and Women's Hospital 617 739-7300

Emergency Medical Services

• Emergency 617 747-2333 (2333 on campus)

Brigades:

• Perpetrators usually attack women of their same race. [2]
• Rape happens in the woman's place of residence in more than half of all cases. [2]
• Most rapes are planned. [2]
• Sixty percent of all rapes are committed by someone the victim knows. [2]
• Every year, one in four women on a college campus is raped or has suffered attempted rape. [2]
• One out of five boys is sexually assaulted by age 18. [3]
• Sixty-eight percent of all rapes occur between people who have previously had consensual sexual relations. [8]
• Sixty-eight percent of all rapes are committed by someone the victim knows. [2]

[1] National Coalition for1


[2] National Coalition for1


[3] National Coalition for1


[4] National Coalition for1


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Notes
I. Introduction

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There are no rapid solutions to the root causes of rape and sexual assault. The key to change is awareness and understanding. Confronting the problem of sexual violence is an important step in ending it. As a community, and as individuals, we have the power to make the journey to a safer society for everyone.

With the collaboration of both internal and external groups, the Berklee Public Safety Department has created this booklet to provide you with some specific information about sexual assault, and offer you some practical guidelines to reduce your risk of being assaulted. Its intention is to help us make a positive difference on our campus by cultivating and maintaining a campus environment that is safe and respectful of others.

Respectfully,

Roger H. Brown
President
Berklee College of Music
II. Berklee Policy

It is the policy of Berklee College of Music to maintain a working and learning environment that is safe, respectful, productive, and free from any actions that may inhibit such an environment. Violent crimes such as rape and sexual assault violate federal and state laws as well as college policy. Therefore, the college’s faculty, staff, customers, suppliers and students shall be held responsible for their actions and are subject to appropriate disciplinary action through the campus system and may be held personally liable in a court of law.

The college, as well as state and federal laws, prohibits retaliation against any person who, in good faith, reports, assists in reporting or participates in an investigation of possible rape or sexual assault. Any person who retaliates against such an individual will be subject to the college disciplinary procedures up to and including expulsion or termination of employment by the college.

The following policy relates only to incidents in which the person accused of a sexual assault is a currently enrolled Berklee student.

1. Education
Through its educational programming and security measures, the college attempts to help students reduce their risk of being sexual assault victims. The Public Safety Department publishes the brochure Playing It Safe, issues security alerts when incidents in the surrounding community occur, and offers security workshops for students and employees. Student Affairs staff members offer a number of related educational programs as part of the Berklee Orientation Program, as well as Residence Life and Counseling and Advising Center programming, and encourage victims of sexual assault (or students with concerns or questions) to contact them for support, counseling, and referral information.

2. Reporting Assistance
A victim of sexual assault may contact local police to file a report and/or seek legal action. Whether or not the assault occurred on campus, the college’s Public Safety Department can be of assistance in reporting the assault. If a Berklee student is the alleged assailant, students also have the option to simultaneously or exclusively file a complaint through the Office of the Vice President for Student Affairs/Dean of Students.

3. Procedures
Students choosing to report an incident of sexual assault should contact the Office of the Vice President for Student Affairs/Dean of Students to discuss options and procedures. If the student files a complaint with the Office of the Vice President for Student Affairs/Dean of Students, this office will:

1. Notify the accused.
2. Conduct an investigation.
3. Make a finding on the complaint and determine the appropriate sanction.

If appropriate, both the accused and the accuser are entitled to:

1. Appear in person.
2. Identify witnesses and character references to be interviewed in their defense or as part of the fact-finding process.

The entire process will be conducted in a reasonable amount of time, usually not to exceed 15 working days. The finding and outcome will be communicated in writing to both the accused and the accuser.

4. Sanctions
If the finding of the Office of the Vice President for Student Affairs/Dean of Students is one of probable violation of college rules, a sanction appropriate to the severity of the offense will be imposed. Sanctions may range from a warning to suspension or dismissal from school.
III. Facts About Rape and Sexual Assault

- Every year, one in four women on a college campus is raped or has suffered attempted rape. [2]
- A rape occurs in the United States every two minutes. [3]
- Sixty percent of all rapes are committed by someone the victim knows. [2]
- One out of 10 men and boys will be raped in his lifetime. [2]
- One out of five boys is sexually assaulted by age 18. [3]
- Sixty-eight percent of rapes occur between the hours of 6:00 p.m. and 6:00 a.m. [2]
- Most rapes are planned. [2]
- Rape happens in the woman’s place of residence in more than half of all cases. [2]
- Perpetrators usually attack women of their same race. [2]

IV. Legal Definitions of Rape and Sexual Assault

In Massachusetts law, there are two major categories of sexual assault against adults: rape and indecent assault and battery.

The crime of rape occurs when the offender “has sexual intercourse or unnatural intercourse with a person and compels such person to submit by force and against her or his will, or compels such person to submit by threat of bodily injury (Chapter 265, Section 22, MGL).” Rape and attempted rape are punishable by up to 20 years imprisonment.

Under Massachusetts law, both women and men may be the victims of rape, and both may be the perpetrators of a rape. Rape may occur when the victim is unable to give consent because she or he is unconscious. Rape may occur between people who know each other, and between people who have previously had consensual sexual relations. The crime of indecent assault and battery occurs when the offender, without the victim’s consent, intentionally has physical contact of a sexual nature with the victim. This contact may include an offender touching a woman’s breasts or a man or woman’s buttocks or genital area. Indecent assault and battery may be punished by up to five years imprisonment.

V. Different Types of Rape and Sexual Assault

1. Acquaintance Rape
Acquaintance rape or assault is committed by someone known to the victim. This might be a friend, classmate, co-worker, instructor, relative, or casual acquaintance. It is important to remember that acquaintance rape is not a separately defined crime. Any person, whether an acquaintance or not, who compels a person to submit to sexual intercourse against her or his will, by force or by threat of bodily injury, commits the crime of rape. This can even include an intimate partner or significant other. Studies indicate that women are more likely to be sexually assaulted by a person known to them rather than by a stranger. In addition, most college women who have been raped knew their attacker, and the attacker was the woman’s date in more than one-half of the rapes. [4]
Victims of acquaintance rape are often involved in situations where they trust their acquaintance not to be an assailant. Some assailants foster a false sense of friendliness in order to sustain a level of trust in their intended victim. They use this technique to gain their victim’s initial cooperation in going to an apartment or vehicle where they can more easily exert force or threat of force on the victim. The following is a breakdown of the three stages of acquaintance rape: [4]

(a) Intrusion—Attempt by the offender to violate the victim’s personal space and level of comfort. May draw close by revealing personal information or through “accidental” touches and stares.

(b) Desensitization—Occurs when the victim feels comfortable with the offender and has come to regard intrusive actions as no longer or, at least less, threatening. The victim of the desensitization may feel uneasy but convinces herself or himself that the feeling is unfounded.

(c) Isolation—The offender uses the victim’s trust to isolate her or him from others.

2. Drug-Facilitated Assault
In recent years a new kind of threat has increased in frequency at parties, on campuses and in nightclubs—drug-facilitated rape or assault. Perpetrators use alcohol or “rape drugs” in order to minimize the resistance and memory of the victim of a sexual assault. The goal of the perpetrator is to compromise an individual’s ability to consent to sexual activity. This state is called diminished capacity.

Diminished capacity exists when an individual does not have the capacity to consent. Reasons for this inability to consent include, but are not limited to: sleeping, drugged, passed out, unconscious, mentally incapacitated, etc. [5]

Most occurrences of drug-facilitated rape or assault happen at a social event, party, or club. There are no conclusive estimates as to the number of drug-facilitated sexual assaults that occur each year; however, nationwide law enforcement reporting indicates that the number of such assaults appears to be increasing. [6]

Most of the drugs typically used to facilitate sexual assaults—GHB, Rohypnol, and Ketamine—are designated as controlled substances under the Controlled Substances Act of 1970. The Drug-Induced Rape Prevention and Punishment Act of 1996 (Public Law 104-305) modified 21 U.S.C. § 841 to provide penalties of up to 20 years imprisonment and fines for persons who intend to commit a crime of violence (including rape) by distributing a controlled substance to another individual without that individual’s knowledge. [6]

Although the use of rape drugs gets most of the media coverage, research suggests more assaults are perpetrated on victims who have ingested drugs or alcohol voluntarily rather than on victims who were given the drugs covertly. [13]

3. Stranger Rape
Stranger rape is defined as nonconsensual, or forced sex, on a victim who does not know the attacker. The occurrence of stranger rape, in this society, is more widely thought to account for the majority of rapes rather than acquaintance rape. Generally, stranger rape involves more use of force, display and use of weapons, and physical harm, but also more resistance by the victim than acquaintance rape. [14] The classic vision of an estranged pervert lurking in the shadows who is unable to control his or her sexual desires does exist, but is far from the norm. This myth can actually cause a false sense of security for potential victims of acquaintance rape.
VI. Prevention

Often the best weapon against preventing any undesirable situation is knowledge and preparedness. The following information is provided to help you avoid becoming a victim of rape or sexual assault.

1. Acquaintance Rape Prevention

Certain contributing factors repeatedly surface in acquaintance rape situations: ineffective communication, the use of drugs and alcohol, and sex role stereotypes. [7] Understanding some of these factors can help prevent sexual assaults. Men and women need to comprehend their right to be free from harm; this understanding can be the difference between a quickly passing awkward moment or a sexual assault.

The following offers men and women ways to understand both their roles in intimate relationships and the issue of sexual assault in a college environment: [7]

- Being turned down is not a rejection of you personally. A person who says “no” to sexual relations is expressing her or his unwillingness to participate in a specific act at a specific time.
- Accept a person’s decision. “No” means no. Don’t read in other meanings, such as “playing hard to get.”
- Don’t force anyone either verbally or physically to have sex with you.
- Don’t allow others to attempt forced sex with another person.
- Don’t assume:
  – A person who flirts or dresses in a certain manner that she or he wants to engage in sexual relations.
  – That previous permission for sexual relations means a person is under a continuing obligation to have sex with you.
  – Your date wants the same degree of intimacy that you do.
  – Spending money on a date entitles you to sex.

The following are specific preventative measures that you can use to avoid becoming a victim: [7]

- Communicate your limits clearly. Say “no” when you mean no. Know what you are feeling, and express yourself clearly.
- Be assertive. Passivity might be misunderstood as permission. Be direct and firm with someone who is pressuring you sexually. If someone starts to offend you, respond promptly and firmly. Overly polite approaches might be misunderstood or ignored.
- Trust your intuition. If you feel you are being pressured into unwanted sexual relations, don’t hesitate to express your unwillingness, even if it might appear rude. Leave the situation as soon as possible.
- Think ahead about getting home. Be prepared when you are away from home to be able to leave the situation if you need to. Coordinate plans with friends and arrange transportation. Always carry cab fare.
- Attend large parties with friends you can trust. Agree to look out for one another.
- Avoid excessive use of alcohol and drugs. Alcohol and drugs interfere with clear thinking, effective communication and your ability to respond in your own best interest.
- Never leave a bar or party with someone you have just met. Don’t let yourself be isolated.
- Offer to share expenses so there is no question of “owing” your date.
2. Drug-Facilitated Assault Prevention
Sexual assaults have long been linked to the abuse of substances, primarily alcohol, that may decrease inhibitions and render the user incapacitated. In addition to alcohol, the drugs most often implicated in the commission of drug-facilitated sexual assaults often render victims unconscious—an effect that is quickened and intensified when the drugs are taken with alcohol. A person also may become a victim after taking such a drug willingly. Because of the sedative properties of these drugs, victims often have no memory of an assault, only an awareness or sense that they were violated.

The following are measures to take to avoid becoming a victim of a drug-facilitated rape or assault:

- Don’t drink beverages that you didn’t open yourself.
- Don’t share or exchange drinks with anyone.
- Don’t take a drink from a punch bowl.
- If possible, bring your own drinks to a party.
- If someone offers you a drink from the bar, accompany the person to order your drink, watch the drink being poured, and carry the drink yourself.
- Don’t leave your drink unattended, and if it has been, discard it.
- Don’t drink anything that has an unusual taste or appearance (i.e., salty taste, excessive foam, unexplained residue).
- Never mix drugs with alcohol.
- Appoint a designated sober person to periodically check on you and friends.
- Be aware of drugs associated with sexual assault and their effects.

The most frequently used drugs in drug-facilitated assaults are alcohol, Rohypnol, GHB, and Ketamine. These drugs all share a similar trait: they decrease inhibitions or render victims unconscious, allowing perpetrators to take advantage of their victim. The following gives details of the potential effects of the aforementioned drugs. The effects can vary depending on factors such as amount ingested and other substances taken.

Rohypnol
The most widely used and most known rape drug is Rohypnol. It is a potent and fast-acting sedative, and its effects are noticeable within 20 to 30 minutes after ingestion. It causes drowsiness, confusion, impaired motor skills, dizziness, impaired judgment, and reduced levels of consciousness. Victims may also slur words or have difficulty walking. Rohypnol’s original packaging consists of foil-backed, clear plastic “blister packs” or “bubble packs.” It dissolves in any liquid, and is odorless, tasteless, and colorless. It is also known as: Roofies, Roaches, Forget Pill, and Poor Man’s Quaalude.

Simple possession of Rohypnol is punishable by up to three years in prison and a fine. Distribution or administration to another person without their knowledge and with the intent to commit a crime of violence is punishable by up to 20 years in prison. [6]

GHB (Gamma Hydroxy Butyrate)
GHB is a powerful synthetic drug that acts as a depressant on the central nervous system. The effects of the drug can be felt within 15 minutes of ingestion and can cause dizziness, nausea, vomiting, confusion, seizures, respiratory depression, intense drowsiness, unconsciousness, and coma. In some cases, GHB can cause amnesia and when taken with alcohol or other drugs, consequences may be life threatening.

GHB is most commonly made in a clear liquid, but can also be produced as a white crystalline powder. It is colorless and odorless. It is also known as: Grievous Bodily Harm, Liquid X, Liquid Ecstasy, “G,” and Georgia Home Boy.
**Ketamine**
Ketamine is a legal drug sold as a veterinary sedative or hospital grade anesthesia. When used in humans the drug acts as a dissociative anesthesia; it renders the user vaguely aware of, but comfortably detached from, all bodily sensations. Ketamine is very fast acting and can cause: distorted perceptions of sight and sound; dream-like feeling; impaired motor function; numbness; loss of coordination and depression.

Ketamine comes as a liquid but is often cooked into a white powder. It is also known as: K, Cat Valium, K-Hole, and Special K. The effects last less than three hours and the drug is detectable in the system up to 48 hours depending on the method of ingestion. [6]

**3. Stranger Rape Prevention**
The following are measures you can take to help minimize becoming a victim of stranger rape:

**General**
- Discuss your schedule with a few close friends.
- Carry a cell phone with preprogrammed numbers.
- Trust your instincts.
- Always be aware of your surroundings. Ask yourself: Are my friends still around? Who else is in the apartment/house/residence hall?
- Don’t wear earphones in both ears; hearing what’s around you can help you avoid potential dangers.
- Know the location of all blue emergency phones (which connect you to the Public Safety Control Center 24/7):
  - 22 The Fenway – (a) front exterior (b) rear exterior
  - 31 Hemenway Street – rear exterior (TBC Theater)
  - 32 The Fenway – (a) front exterior (b) rear exterior
  - 54 The Fenway – rear exterior
  - 146 Massachusetts Avenue – front vestibule
  - 150 Massachusetts Avenue – rear trash room
  - 150 Massachusetts Avenue – rear interior (room A87.5)
  - 150 Massachusetts Avenue – front exterior
  - 150 Massachusetts Avenue – rear exterior (ADA)
  - 142 Massachusetts Avenue – Public Safety rear interior (ADA)
  - 186 Massachusetts Avenue – rear exterior
  - 921 Boylston Street – front exterior
  - 98 Hemenway Street – rear interior (CMC Apartment)
  - 1108 Boylston Street – 1st floor (near stairwell to basement)
  - 1108 Boylston Street – 2nd floor (stairs)
  - 1108 Boylston Street – 3rd floor (stairs)
  - 1140 Boylston Street – Room 2W
  - 1140 Boylston Street – Room 3E
  - 1140 Boylston Street – front exterior

**At Home/Dorm**
- Use deadbolts; window locks; peep holes; timers for lights, radio, TV, and outside security lights.
- Never open door to strangers; require ID of service or repair people.
- Plan several escape routes from your home.
- If you come home and something looks wrong or different: do not enter; go to a safe place and call police.
On the Street/Public Place

- Do not take poorly lit paths.
- When going to a party or a bar, always use the “buddy system.”
- Vary routines; go different ways at different times.
- Know where the safe places are; businesses that are open late, homes where people are up late, etc.
- If a situation feels wrong, get away fast.
- Stay away from bushes and parked cars; walk in the center of the sidewalk or road.

In Your Car:

- Always lock doors—when you are in the car and when you leave it, even if only for a short time.
- Park near lights at night.
- Have keys in hand when leaving building for car, or leaving car for building.
- Drive with windows mostly closed.
- Keep car in good working order and keep gas tank at least 1/4 full.
- In case of a breakdown, stay in locked car; if assistance is offered, request that police be called.

On the Job:

- Do not work late alone; keep company with others.
- Go to the parking lot with others or request an escort from Public Safety.
- Vary route (and time, if possible) to and from work.
- Maintain assertiveness with coworkers.

VII. What a Survivor Can Do

I. Immediate Actions

Get to a safe place and call the police. Get to a place where you will be safe from further attack. For your own protection, call the police (911) immediately, especially if the assailant is still nearby. The police will help you whether or not you choose to prosecute the assailant. For an assault on campus, you can call Berklee Public Safety at 617 747-2333

Call someone you trust. Don’t try to deal with this situation alone; it is important to tell someone. It is an enormous burden to bear alone. Call a friend, family member, or someone whom you feel you can talk to.

Berklee Counseling and Advising: 617 747-2310
Boston Area Rape Crisis Center: 617 492-7273
Berklee Public Safety Department: 617 747-2333

Get medical attention. Beth Israel Deaconess Medical Center, Mass General Hospital, Brigham and Women’s Hospital, and Boston Medical Center are experienced and prepared to help sexual assault victims (see back page for phone numbers). It is extremely important that you seek medical attention immediately to assess and treat physical injuries you may have sustained. Some treatments must be initiated within 24 to 72 hours following the assault to be effective. Regardless of the time that may have passed, a medical exam is strongly recommended even after the fact.
Try to preserve all physical evidence of the assault. Do not drink, bathe, douche, brush your teeth, change your clothes, or comb your hair. It’s only natural to want to do these things, but you may be destroying evidence that could be helpful in prosecution of the perpetrator. In the course of your medical examination a specially trained nurse will collect this evidence. If changing clothes is necessary, clothing worn during the assault should be placed in a paper bag.

Note: Neither seeking medical attention or preserving evidence forces a survivor to report an attack to the police or to move forward with prosecution.

Emotional care. Regardless of whether you report the assault, it is often helpful to seek counseling for the traumatic experience you have survived. Remember, the survivor is never to blame; the perpetrator is always responsible for their behavior.

Counseling and Advising Center Services
The Berklee Counseling and Advising Center is available to you regardless of where the assault may have happened. The center is staffed with personal counselors who are trained and experienced in helping victims of rape and sexual assault. Confidential counseling is designed to help the survivor to regain a sense of control over one’s life to heal from the assault. Personal counselors can provide referrals to private therapists and to local agencies that can also help. To make an appointment, call 617 747-2310.

Boston Area Rape Crisis Center (BARCC)
The Boston Area Rape Crisis Center (BARCC) operates a 24-hour confidential hotline that provides survivors of sexual assault with telephone counseling and personal support. Specially trained rape crisis counselors may also be available to provide support and advocacy in dealing with police, hospital, and judicial proceedings. BARCC has many other services, including support groups and referrals to help sexual assault survivors. The hotline telephone number is: 617 492-RAPE (7273) or 800 841-8371.

2. Reporting An Incident
Reporting rape or sexual assault is the decision of the survivor, and Berklee College of Music treats every report seriously and appropriately (see section II). However, many rapes and sexual assaults are not reported. Victims often are reluctant to report incidents because of a sense of embarrassment, guilt, or perceived responsibility, or because they lack specific recall of the assault. [2] Survivors may also fear a loss of privacy. Although this concern is understandable, survivors should be aware that the college will do everything possible to ensure that their privacy is protected.

If the survivor chooses, an assault can be reported to Public Safety without identifying either the survivor or the assailant. There are important reasons for a survivor to choose to report: [8]

- Reporting an assault immediately will allow valuable evidence to be collected and provide official documentation necessary for criminal prosecution or civil redress if a survivor later chooses to pursue that course of action.
- Reporting the crime gives a survivor a chance to regain personal control by doing something about the violent crime.
- Reporting is empowering because it gives survivors the opportunity to talk about what happened.
- Reporting attests to the fact that numerous sexual assaults occur, and that this crime will not be tolerated in silence.
- Many perpetrators are repeat offenders. By reporting an assault, a survivor can help police establish a pattern of aggressive or violent behavior of that individual.
- Anonymous reporting assists the college in collecting accurate statistics on the incidence of sexual offenses and in taking measures to provide a safe campus.
Reporting a sexual assault to the police does not commit you to further legal action. The earlier you report an assault, the easier it will be for police to investigate the crime, and to prosecute the case successfully if that is your choice. It helps to preserve your options for the future. Many police departments, including Boston, have officers who have undergone special training and are certified by the state in rape investigation. In the initial meeting with the police, you will be asked to tell the police what happened, where it happened, and what your attacker looked like.

Judicial/Disciplinary Options

External: If you wish to have the assailant prosecuted, the police and district attorney’s office will handle the legal proceedings without expense to you. You do not need to hire an attorney.

Internal: If the perpetrator is a member of the Berklee community, you also have the option to file a complaint through the college’s disciplinary system (see section II).

VIII. Reactions to Rape and Sexual Assault

Rapes and sexual assaults are terrifying and traumatic. After a sexual assault, it’s not uncommon to feel fearful, confused, guilty, ashamed, or isolated. Many survivors can be greatly affected by these feelings.

1. Rape Trauma Syndrome

Initial Phase
- Victim experiences shock and disbelief
- Symptoms may include emotional numbness: dissociation from the event; may appear stunned or dazed; outwardly calm, subdued, withdrawn, distant
- Flat affect: sometimes confused for victim being “not hurt”; emotional containment can mask psychological trauma making it “invisible”
- “I can’t believe this happened to me…”

Denial Phase
- Victim actively attempts to block/suppress memories
- Can be an adaptive defense
- Behavior may include washing, not seeking medical attention, not telling anyone, engaging in routine tasks
- “I don’t want to talk about it…”; “I want to forget it ever happened…”

Acute Distress Phase
- Victim can no longer suppress strength of emotions in response to assault.
- Symptoms may include disturbing fears about personal safety.
- Overwhelming anxiety: preoccupation with event (intrusive thoughts and feelings); anxiety; guilt and shame; irritability; mood swings; helplessness; depression; anger; fatigue
- “I feel like I’m going crazy…”; “I feel like I have no control…”; “Why me?”

Resolution Phase
- Survivor may incorporate and integrate the experience
- May remain fixated on trauma, compartmentalize it, or repress it
- No victim/survivor will ever be the same as she was prior to the assault
- Healing can take place
A Note about Phases
As with all models of human behavior, movement through these stages is not necessarily linear, victim can recycle back to previous stages or get stuck in one stage. How a victim moves through the stages—and subsequently presents self to public—is dependent on many factors including relative violence of the assault, victim’s internal coping resources, whether or not victim had been previously assaulted, strength of social support, access to resources, personality variables, and other circumstantial factors.

2. Family and Friends
Even though the emotional impact of rape or sexual assault might not surface for days or weeks, the survivor needs immediate attention from family, friends, and professionals. To aid in recovery, the survivor needs you to: [15]

• Believe her/him without question and without blame. Whatever the circumstance, she/he did not want to be raped.

• Respect her/his fear. Rapists commonly threaten to kill their victim if she/he does not comply with all their demands. Although, rationally the survivor knows she/he is safe from the perpetrator, the fear remains long after the rape.

• Accept: her/his strong feelings and mood peaks and valleys.

• Listen without judgments or giving advise.

• Care about and nurture the survivor. Encourage her/him to resume her/his decision-making responsibilities to regain control over her/his life.

IX. Rape Culture

1. Attitudes about Rape and Sexual Assault
Rape culture is best defined as a culture in which rape is prevalent and pervasive and is sanctioned and maintained through fundamental attitudes and beliefs about gender, sexuality, and violence. [9] Traditional gender roles, which polarize the sexes, offer a framework or blueprint for both male and female sexuality. These rigid principles serve to label men as sexual subjects and women as sexual objects.

Both men and women should begin to look at the conditions in our culture, including the less explicit forms of sexism and sex-role stereotyping that can give rise to rape and sexual assault. Most men are not physically or sexually violent by nature. But sexual violence against women is embedded in cultural norms, in the numerous inequalities between men and women, and in the ways men learn to express “manhood.” Rape and sexually coercive behavior exist as part of a continuum that begins with disrespect and ends with violence. [10]

Women’s vulnerability to rape and sexual assault is a direct result of their subordinate relationship to men. The set of beliefs and attitudes that divide people into classes by sex and justify one sex’s superiority is called sexism. There are a number of sexist dictates that serve to maintain this subordinate relationship: [11]
1. Women’s status in society: Women occupy a relatively powerless position in society and are the recipients of fewer advantages and privileges. Men’s benefits are built into a patriarchal system.
2. Rape as a means of control over women: Rape plays a role in maintaining patriarchy by perpetrating the threat of violence. The acts of just a few violent men can terrorize all women and can control women’s lives. The indifference of other men reinforces this effect.
3. Women’s dependence on men: Many women receive most of their benefits through men rather than through their own ability. This dependence is reinforced by the cultural belief that dependence is a “womanly” trait. Women are dependent on men for political representation, economic support, social position, and psychological approval.

2. What Males Can Do
In order to stop the cycle of rape culture, rape and sexual assault must not only be a women’s issue, but a men’s issue as well. Men can help stop rape, but they must want to assert their responsibility for ending it. Before that goal can be achieved, men must educate themselves about what they as individuals can do.

The traditional definitions of masculinity are the root of the problem of men’s violence, particularly towards women. In order to change this, men must challenge the current definitions of masculinity and begin to form new definitions.

Here are a few ways you can resist and disrupt the order on a daily basis:

- Interrupt jokes of a sexist nature. If you laugh or say nothing when someone tells one of these jokes you are not only perpetuating the cycle of exploitation, you are sending a clear message that you don’t mind.
- Identify and label oppressive behavior—calling people on their sexism is a confrontational act and may make you feel uncomfortable. Find your own way to be assertive that suits your personality and still serves your purpose.
- Send letters of complaint to artists, advertising agencies, magazines, broadcasting companies, newspapers, etc. who participate in the production of images that degrade women or that glorify violence against women.
- Refuse to buy products wherein the producer engaged in any of these oppressive practices.

X. Conclusion

“The transformation of a rape culture demands a revolution of values.” [12]

As was stated in the introduction to this booklet, there are no rapid solutions to the root causes of rape and sexual assault. If we are to successfully deconstruct rape culture, we must act collectively as well as on an individual level. [9] Each of us must take responsibility for our own actions and purposely choose to be a social agent dedicated to enacting change.

A sound strategy for eliminating rape and sexual assault involves altering the balance of power in the relationship between women and men. They will not end with individual change alone; there will have to be social change as well. The standard assumption of male superiority will have to be negated. Rape must be viewed as a political issue, because it keeps women powerless and reinforces the status quo of male domination. [11]
We as a community of scholars, activists, students, practitioners, advocates, professionals, and survivors must shift our focus from the victims of rape to the perpetrators and the systems that support them. Rape culture must be identified and made public, with the intention of elimination. Commonly held attitudes about male and female sexuality require re-thinking, as well as the system of gender categorization that remains in place today.
## Appendix A: Resource Directory

### Berklee Public Safety
- Main: 617 747-2682 (2682 on campus)
- Emergency: 617 747-2333 (2333 on campus)

### Police Departments:
- Boston Police: 911
- (Outside of Boston): 617 343-4200

### Emergency Medical Services
- Boston: 911

### Hospitals:
- Beth Israel Deaconess Medical Center: 617 754-2450
- Boston Medical Center: 617 414-7612
- Brigham and Women's Hospital: 617 732-5636
- Massachusetts General Hospital: 617 726-2121
- New England Medical Center: 617 636-5566

### Crisis and Counseling
- Berklee Counseling and Advising: 617 747-2310
- Boston Area Rape Crisis Center: 617 492-7273
Appendix B: References

[1] “About Sexual Assault and Rape.” Jane Doe Inc. (janedoe.org/now.htm)
National Institute of Justice. December 2005
(rainn.org/get-information/types-of-sexual-assault/acquaintance-rape)
(rainn.org/get-information/types-of-sexual-assault/drug-facilitated-assault)
(usdoj.gov/ndic/pubs8/8872/8872p.pdf)
(emerson.edu/student_life/handbook/upload/Sexual-Assault-Information.pdf)
Bentley Gender Issues Council.
[10] “Rape and Sexual Assault: What You Should Know.” Binghamton University
(students.haverford.edu/masar/documents/RapeCulture.pdf)
National Crime Victims Research and Treatment Center, 2007, p 58
Greenwood Press. 1999, p 97
[15] Dorothy Neddermeyer. “Sexual Assault & Rape: Healing is Possible.”
womensweb.ca/violence/rape/healing.php)