



**NEW YORK UNIVERSITY**

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**SEXUAL ASSAULT  
FACT SHEET**

Sexual assault is a crime of violence, not sex. You did not bring this upon yourself. It is not your fault.

### **IMMEDIATELY FOLLOWING AN ASSAULT, WHAT SHOULD I DO FIRST?**

***Call the Wellness Exchange hotline at 212-443-9999 and ask for the Crisis Response Counselor.*** The Crisis Response Counselor (CRC) is a social worker who is available 24 hours a day, every day of the year. The CRC will discuss your medical, counseling and legal/judicial options with you.

If you decide you want immediate medical treatment, a CRC can accompany you to the emergency room. If you decide to go to a hospital for treatment, try not to shower, brush your teeth or go to the bathroom (urinate) before you go. If you have already showered or feel you cannot wait to bathe, place your clothing in a paper (not plastic) bag and bring it with you to the hospital.

### **WHAT ABOUT CONFIDENTIALITY?**

As you speak with different NYU staff, you may be concerned about what information will be kept confidential. Generally, information given to licensed health professionals (such as Wellness Exchange social workers, SHC nurses, physicians, and CBH counselors and psychologists) is kept confidential; information given to other NYU staff (such as RAs, CDEs, Public Safety Officers, and administrators) is not guaranteed to be kept confidential.

It is also important that you know that there are certain times when, even if you are speaking with a licensed health care provider, some of the information you discuss might not be kept confidential – this only happens when there is concern for the health and safety of people in the NYU community, including you.

**Please ask any questions you have regarding confidentiality before you reveal any details that you want to keep private to professionals both inside and outside of NYU.**

### **WHAT DECISIONS DO I NEED TO MAKE?**

There are a few things to think about. The CRC will help you. Here are some questions to consider:

- ***Do I want to go to a hospital for medical treatment, such as emergency contraception and/or help in preventing sexually transmitted diseases?***
- ***Do I want to have a rape kit done at a hospital?***
- If you do have a rape kit done, it will allow you to get many of your medical expenses paid for through the Crime Victims Board (also explained below). Rape kits (explained more below) can be done if you are considering reporting the crime to police. Note: You **do not** have to report to the police if you have a rape kit done. .
- ***Do I want counseling to talk about what happened?***  
This type of trauma is very distressing and can bring up all kinds of feelings. If they get bottled up, or if a victim has limited social and emotional support, emotional and behavioral symptoms may develop which can impact day to day functioning.
- ***Do I want to report the assault to NYU Public Safety, Judicial Affairs or the NYPD?***  
You do not have to decide whether to report the assault to police immediately – you can decide this later. You can discuss this with the CRC, another counselor, family, friends or other supports.

### WHAT KINDS OF MEDICAL TREATMENT SHOULD I CONSIDER?

You may want to consider medical treatment to prevent pregnancy and/or sexually transmitted infections including HIV. One of the first things that a medical facility will do is a number of tests to see whether you are already pregnant, whether you have existing sexually transmitted infections, and whether you are already HIV+. This will enable health care providers to better plan for your ongoing care.

### WHAT ARE THE TIMELINES FOR MEDICAL INTERVENTIONS?

There are some important timelines to keep in mind if you have been sexually assaulted. If you decide you want these services, it is best to ask for them as early as possible after the assault.

- A rape kit can only be done within 96 hours (4 days) of assault. A rape drug test can be done within 96 hours.
- Evidence collected during a rape kit is saved in the hospital for at least 1 month, to allow you time to decide whether or not to report the assault to police.
- HIV prophylactic treatment needs to be started within 36 hours of assault and lasts for 1 month.
- Emergency birth control must be given within 72 hours of assault.
- An IUD inserted within 1 week after an assault can help prevent pregnancy.

### WHAT IS A RAPE KIT, AND SHOULD I HAVE ONE DONE?

A rape kit is a set of tests performed at a hospital that is used to help collect evidence after either a man or woman is sexually assaulted – it looks like a box with little envelopes, microscope slides and bags for collecting and storing evidence. The evidence collected in a rape kit may later be used in court if you decide to press charges against the person who assaulted you. ***It is important to know that you can have a rape kit done even if you do not yet know if you will want to report the assault to the police and press charges.***

There are two benefits of having a rape kit done:

- 1) It allows you to file with the Crime Victims Board (see below) so that your ongoing medical and care expenses can be reimbursed.
- 2) It allows you to decide later to file a report with the police and to know that all evidence has been collected.

### WHAT WILL HAPPEN IF I DECIDE TO GO TO THE HOSPITAL?

An NYU Crisis Response Counselor (CRC) can go with you to the hospital and arrange for all the tests and medications that you decide you want.

Once you are at the hospital you will be assigned a rape crisis advocate in addition to the NYU CRC who is there to help you and to explain any legal or medical procedures that you may not understand.

These are the options you will have once you are at a hospital:

- having a rape kit done;
- being able to file later for reimbursement of medical expenses if you have had a rape kit done;
- getting tested for sexually transmitted infections;
- getting emergency birth control;
- getting a Hepatitis vaccination;
- getting prophylactic treatment for HIV; and
- talking with a rape crisis counselor.

Keep in mind that, if you decide to go to the hospital:

- You can have a friend, NYU Crisis Response Counselor, or hospital rape counselor with you during any and all tests and exams.
- *You can choose to decline any test and medication.* Just because you begin an exam, it does not mean you must complete it.

#### **HOW CAN I PAY FOR ONGOING MEDICAL CARE AND COUNSELING? WHAT IS THE CRIME VICTIMS BOARD AND CAN IT HELP ME?**

The Crime Victims Board covers all medical costs for sexual assaults if the survivor is either seen at a hospital for a rape kit, or reports the rape to the police. If you decide that you will neither have a rape kit done nor file a police report, you will have to pay for your care through your insurance or on your own.

#### **SHOULD I REPORT THE ASSAULT TO NYU OFFICIALS AND/OR THE NY POLICE DEPARTMENT?**

If you choose to report the crime to the police, NYU Public Safety has an assigned liaison that will guide you through the procedure with the NYPD. You can also choose only to report to NYU Public Safety and not the NYPD. You can also choose to pursue the matter with Judicial Affairs at NYU only. The NYU Crisis Response Counselor will be available for emotional support and to answer any questions you may have about these options.

#### **WHAT KIND OF ONGOING HELP CAN NYU PROVIDE?**

NYU has many health care professionals who can assist you during this difficult time.

- The NYU Student Health Center has a Women's Health Service for ongoing OB/GYN treatment.
- HIV testing, prophylaxis, and counseling are available at the Student Health Center.
- The Wellness Exchange, located inside the Student Health Center, has counselors who can meet with you to discuss any special arrangements that need to be made to assist you in school. Social workers can also provide counseling, support, and help you coordinate medical care.
- **YOU DO NOT NEED AN APPOINTMENT TO MEET WITH A COUNSELOR.** Our walk-in schedule is posted at [www.nyu.edu/999/counseling](http://www.nyu.edu/999/counseling). Remember that you can also call the CRC (via the Wellness Exchange hotline: 212 443 9999) anytime of the day or night.

#### **WHAT ELSE SHOULD I KNOW?**

You are likely to have complicated feelings about the assault. There are supports for you both at NYU and in the larger community. We are here to help you. You are not alone. See <http://www.nyu.edu/999/faqs/sexualassault.html> for more information.

The NYU Wellness Exchange (212-443-9999) and NYU Public Safety (212-998-2222) are available 24 hours a day, 7 days per week.

## Additional Health and Mental Health Resources at NYU

### **Wellness Exchange**

The Wellness Exchange is your key to accessing NYU's extensive health and mental health resources. A central feature common to all these services is a private, 24/7 hotline that puts you in touch with professionals who can help you. The Wellness Exchange is available for students who just need to talk—for whatever reason. You can access the Wellness Exchange anytime at 212-443-9999 or at [www.nyu.edu/999](http://www.nyu.edu/999).

### **Wellness and Crisis Services at the Student Health Center**

Students can speak with counselors in person (no appointment necessary) by coming to counseling walk-in hours at the Student Health Center. These hours are posted at [www.nyu.edu/999/counseling](http://www.nyu.edu/999/counseling). Students can also write a private email to a counselor at <[wellness.exchange@nyu.edu](mailto:wellness.exchange@nyu.edu)>. Crisis Response Counselors are also available to manage emergencies and oversee students' care 24 hours a day, 7 days a week.

### **The Student Health Center**

The Student Health Center (212-443-1000) offers an array of services directed at student wellness and prevention. Medical services such as primary care, women's and men's health, and emergency care (without an appointment) are available at the Student Health Center.

### **Counseling and Behavioral Health Services at the Student Health Center**

Counseling and Behavioral Health Services (212-998-4780) provides free consultations, short-term psychotherapy, psychiatric services, group therapy, and outreach services. Though CBH does not provide long-term psychotherapeutic or psychiatric services, they can provide referrals and help students utilize a variety of options in the community.

**Health Promotion at the Student Health Center** (212 443-1234) provides comprehensive wellness information, advocacy and referrals on topics including sexual assault. Peer educators (your fellow students) are also available to provide you with assistance.

### **Residential Education**

Residential Education staff members reside in each residence hall and provide a variety of services and support. In addition to addressing academic, personal, and social issues, staff members are on call 24 hours/ 7 days a week to provide assistance in emergency situations. To reach a member of the Residential Education staff, stop by the Residential Education office located in your residence hall. For after hours or emergency assistance, contact your residence hall security desk.

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Students may request a list of services outside of NYU by calling the Wellness Exchange hotline at (212) 443-9999.