

*Eastern Nazarene College
wants you to know
the Federal Regulations that impact
you as a student*

Eastern Nazarene College
Elm Avenue Campus
Annual Security/ Fire Report
2013
Drug-Free School Act
Hazing Act Campus
Safety Personal
Safety and
Law Enforcement



This brochure is provided as part of Eastern Nazarene College's commitment to campus safety and security and is in compliance with the Campus Awareness and Campus Security Act of 1990 as well as the Drug-Free Schools and Campuses Act of 1989.

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Drug-Free Schools and Campuses Act of 1989

In compliance with the Drug-Free Schools and Campuses Act of 1989, the Federal government requires that we explain the legal sanctions regarding alcoholic beverages and illicit drugs. In addition, we must discuss the effects of drug and alcohol use, disciplinary actions to be taken in case of violation, and sources of assistance and counseling. Ignoring this act can result in the loss of federal monies to the institution, which impacts everyone.

What is the policy?

At Eastern Nazarene College, we have long maintained a policy that the use, possession and/or distribution of alcoholic beverages and illicit drugs on or off campus are prohibited. Students under the age of 21 must understand that legal sanctions apply for unlawful possession of alcohol. For illicit drugs, legal sanctions apply for people of any age. By ENC's code of conduct, the use of tobacco in any of its forms is not permitted on or off campus.

What is ENC's response?

Students participating in such activities will be involved in a program of education, counseling, probation and/or suspension from school. Students who are concerned about their need for therapeutic treatment in these areas are encouraged to come to the Office of Student Life for assistance without disciplinary implications. The Office of Student Life and the Brickley Counseling Center have established networks with a number of substance abuse treatment programs in Massachusetts and New Hampshire and are able to work with students to make necessary referrals. In-house treatment is also available through campus counselors.

What are the effects of alcohol and drug use?

Generally, drugs and alcohol impair how your brain takes in and sort's information. They can distort what you hear, see and feel and can impair the ability to control your actions. Users may feel they are at their best when in reality they are performing poorly. Use can also motivate crime to finance the use and can leave a criminal record behind which effects future activities.

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and can cause death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described.

Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including sever anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life-threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent damage to vital organs such as the brain and the liver.

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants may have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Illegal drugs involve a wide variety of drugs with significant impact to the body. To highlight some of the more well-known illegal drugs, the following names, nicknames and description of effects is offered.

Marijuana (pot, grass, weed, reefer, doobie) damages lungs, reproductive organs, slows physical reflexes, alters judgment of space and distance, and promotes forgetfulness.

Cocaine (coke, snow, crack, rock, ice, and freebase) in its many forms is damaging to lungs, immune system, and impacts the heart. Its euphoric effect can be especially compelling for some and is highly addictive psychologically. A temporary “superhuman” feeling makes for very poor decision-making. Emotional problems and mood swings are frequent symptoms. Depression often follows the euphoria as the person is coming off the drug. Death can result even after only one application.

Heroin (junk, H, horse) is very addictive and withdrawal is difficult and painful. Heroin seems to take over leaving a disinterest in other things including work and relationships. Coma and death can come as a result of overdose. AIDS and hepatitis can be contracted from sharing contaminated needles and other drug-use paraphernalia.

Amphetamines (speed, uppers) can be addictive and cause brain damage. It speeds up activity and can push the users beyond their physical abilities. Long-term use can result in amphetamine psychosis.

Sedatives (downers) slow down mental processes and reflexes and can be addictive. Use can cause kidney and liver damage and death can result from overdose particularly when used with alcohol.

Hallucinogens (PCP, LSD, Shrooms, Special K, designer drugs) cause hallucinations in which the user sees or hears things that are not in reality. Perceptual distortions can lead to dangerous behavior. Some hallucinations can cause sudden, bizarre actions including violent behavior. Loss of concentration and memory, behavior problems, permanent brain function impairment can result from use.

Other problematic substances include inhalants such as glues, cleaning fluids, paint thinner, etc. These can harm vision, memory, thinking, and coordination and can cause death. Steroids cause damage to the liver, heart and reproductive organs and can induce depression and aggression. Tobacco is very addictive and has long-term impacts including cancer, heart and lung disease and complications for pregnancies. It is the leading preventable cause of death in the U.S.

Summary - Legal Sanctions Covering Alcohol & Drug Abuse

Local, state, and federal laws make illegal use of alcohol and drugs serious crimes. Conviction can lead to imprisonment, fines and assigned community service. Courts do not lift prison sentences in order for convicted persons to attend college or continue their jobs. A felony conviction for such an offense can prevent you from entering many fields of employment or professions.

Cities and towns in Massachusetts prohibit public consumption of alcohol and impose fines for violation. The Metropolitan District Commission also prohibits public consumption of alcohol in its parks.

Massachusetts laws prohibit sale or delivery of alcoholic beverages by a person 21 years old or older to persons under 21 with a fine up to \$1,000, 1 year imprisonment, or both. Misrepresenting one's age or falsifying an identification to obtain alcoholic beverages is punishable by a mandatory license suspension for three months. First conviction of driving under the influence of alcohol has up to a \$5,000 fine, one-year revocation of driver's license, up to two and a half years in prison, and/or mandatory alcohol rehabilitation.

Massachusetts has criminal penalties for use of controlled substances, or drugs, with penalties varying with the type of drug. In general, narcotic, addictive, and drugs with a higher potential for abuse have heavier penalties.

Possession of drugs is illegal without valid authorization. While penalties for possession are generally not as great as those for manufacturing and distributing drugs, possession of a relatively large quantity may be considered distribution. Under both state and federal laws penalties for possession, manufacture and distribution are much greater for second and subsequent convictions. Many laws dictate mandatory prison terms and the full minimum term must be served.

It is illegal in Massachusetts to be in a place where heroin is kept and to be “in the company” of a person known to possess heroin. Anyone in the presence of heroin at a private party or dorm room risks a serious drug conviction. Sale and possession of drug paraphernalia is illegal in Massachusetts.

Persons convicted of drug possession under state and federal law are ineligible for federal student grants and loans for up to one year after the first conviction and five years after the second conviction. The penalty for distributing drugs is loss of benefits for five years after the first, ten years after the second, permanently after the third conviction.

Under Federal law, distribution of drugs to persons under 21 is punishable by twice the normal penalty with a mandatory 1-3 year in prison. These penalties apply to distribution of drugs in or within 1,000 feet of a college or school. Federal law sets greatly heightened prison sentences for manufacture and distribution of drugs, if death or serious injury results from use of the substance.

Hazing Act of 1985

Serious injuries including deaths have occurred as a result of “hazing” incidents prompted the Massachusetts legislature to enact the Hazing Act of 1985, Chapter 269, Section 17-19.

Section 17 defines hazing as “any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.” Section 18 states that anyone who is at the scene of such hazing activity must report the crime to the appropriate law enforcement officials as soon as possible if such a report can be made without peril to him/her. Those failing to report the crime will face a fine of not more than one thousand dollars.

Eastern Nazarene College takes this act seriously and will not condone any hazing activity. Steps were taken over ten years ago to change any ideas of “Freshman Initiation” to a positive and safe welcome for new students. Any hazing experiences are considered unacceptable.

CAMPUS SAFETY AND SECURITY

The issue of campus safety and security is vitally important for students, faculty, staff and administration alike. A cooperative effort from all sectors of the campus is needed to create an environment which is responsive and proactive in the issues of safety and security. The information in this brochure is meant to provide helpful information on safety and important law enforcement materials that will help all of us to work together to maintain a safe environment.

SAFETY IS EVERYONE’S RESPONSIBILITY

ENC’s security policies and procedures have been developed with your safety in mind. Knowing the procedures and resources available will help you become more safety conscious. While the information

in this brochure may be more relevant to the undergraduate student, much of the information is important for graduate students and employees as well.

WHO'S INVOLVED WITH SAFETY AND SECURITY AT ENC?

John Gelormini (Ext. 3719) serves as the Director of the Office of Safety and Security at ENC. The security officers receive training through in-service sessions. Security officers do not carry guns and do not have police arrest powers. They conduct regular tours around the Main Campus and Old Colony Campus 24/7. On duty security officers can be immediately accessed by dialing x3911 from campus phones or 617-745-3911 from cell phones. Security officers are equipped with mobile radio/phone units, which give officers immediate access to outside resources such as the fire department, police or ambulance services. Students requiring an escort after dark may contact a security officer for assistance. If minor offenses involving ENC's rules and regulations are committed by an ENC student, campus security will report these incidents to the Director of Safety and Security and the Office of Student Life. Officers will immediately notify the Quincy Police Department in instances of major offenses when such illegal acts become known. All suspected thefts or crimes should be reported to Mr. Gelormini as soon as possible. In his absence, the report should immediately be made to the security officer on duty.

The Office of Safety and Security works cooperatively with Facilities Management to maintain frequent inspections of the buildings and areas of the campus grounds to determine any possible problems for safety and security. The night security officers are also instructed to note any lighting problems and communicate this to Facilities Management as well.

Safety and security is everyone's concern. If there is a situation of concern or possible suggestions, please contact Facilities Acting Director Michael Johnston, Ext. 3581 or Mr. Gelormini, Ext. 3719.

RESIDENT HALL SECURITY

ENC maintains housing for resident students on campus in six dorms. All dorms secured by card readers 24 hours a day. Students are issued identification cards that will give the access to their dorm building and common hours on campus. The Young Apartment Complex is controlled by card access. The front door and the two side doors on the third, fourth and fifth floors have card readers. The third floor side doors as well as the doors near the elevators are equipped with card access. Other dorm access units are located at the front and first floor door of Spangenburg Hall and Williamson Hall, the front door of Munro facing Gardner Hall and side door facing Angell Hall, door of Memorial facing the Lahue gymnasium, rear door of Memorial, the door that leads to the Memorial Underground and the door in the Underground that leads to ground floor of Memorial.

Students are prohibited from allowing other students or guests to use their access cards. Such use will result in disciplinary action. Male students are only permitted in the lounges of Spangenburg Hall, Williamson Hall, and Munro Hall during the hours listed in the student handbook. Female students are only permitted in the Memorial Underground lounge during the hours listed in the student handbook. There are scheduled Open Houses run by the Office of Student Life in which there is open door visitation in the dorms.

Each dormitory floor has a Resident Assistant and each dorm has a Resident Director who lives in the dorms and provides on site supervision for the dorms. These students and staff members are trained by the Office of Student Life and the Office of Safety and Security. Residents gain access to their dorm rooms through individual keys issued by Facilities Management. The Resident Assistants and/or Resident Directors provide accessible contacts in situations where you require assistance or have safety or security concerns.

The Resident Directors are as follows:

Young Apartments 3rd-5th floors – Julita Bailey

Munro Hall-Julita Bailey

Spangenburg Hall and Williamson Hall- Priscilla Ozodo

Memorial Hall and Shields Hall- Jason Govoni

It is extremely important that residents of the dorms do not compromise the security of all residents by propping fire doors or exit doors open, leaving windows open or unattended, or doors unlocked. Please report broken locks, windows, screens, and grates to Facilities Management and/or your Resident Director

immediately. Keep your room door locked for your own safety and the protection of your belongings. Guard your credit cards as you would your money. Report any suspicious activity immediately to Security.

VACATIONS

During the Christmas break, the dorms are closed for security reasons because of low occupancy.

REPORT OF CRIME STATISTICS

As of August 1, 1991, the Crime Awareness and Campus Security Act of 1990 established a uniform standard for all colleges to begin collecting statistics for the following crimes on campus: murder, rape, robbery, aggravated assault, burglary, and motor vehicle theft. In addition, colleges must also maintain records of all arrests for liquor law violations, drug abuse violations and weapons possession. These statistics are to be made available to all current students and employees through an annual report and are to be made available to any applicant for enrollment or employment upon request. ENC also makes timely reports to the campus community on crimes reported to campus security or local police agencies which are considered to be a threat to students or employees. Compliance with this aspect of the law is meant to aid in the prevention of similar occurrences. The period covered by the annual report is the calendar year not the school year. ENC has already established a record of informing the campus community of situations that would be perceived as threats to the campus. Students are encouraged to promptly and accurately report suspicious or criminal activity by dialing Campus Security at Ext. 3911 and/or contacting Quincy Police.

In situations such as rape, date rape, sexual assault, etc. victims are encouraged to seek out personnel from the Office of Student Life or the Brickley Counseling Center who can sensitively provide counseling assistance and support during this time. Mr. Gelormini is in charge of maintaining the statistics and preparing the necessary reports.

CRIMES REPORTED

Category/Venue	2011	2012	2013
Criminal Homicide- Murder & Non-Negligent Manslaughter			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Negligent Manslaughter			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Forcible Sex Offenses			
On Campus	0	0	0
In residence halls	1	1	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Non-Forcible Sex Offenses			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Robbery			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	1	0

Aggravated Assault			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Burglary			
On Campus	1	0	0
In residence halls	1	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Auto Theft			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Arson			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Arrest for Weapons Possession			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Judicial Referrals for Weapons Violations			
On Campus	1	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Judicial Referrals for Drug Law Violations			
On Campus	6	2	0
In residence halls	0	2	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Arrests for Liquor Law Violations			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0
Judicial Referrals for Liquor Law Violations			
On Campus	5	16	13
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	1	0	0
Bias Based Crimes			
On Campus	0	0	0
In residence halls	0	0	0
In or on a non-campus building or property	0	0	0
On public property	0	0	0

FIRE REPORT

On-campus Residence Halls (2013)			
	Fires	Injuries	Deaths
Memorial Hall	0	0	0
Munro Hall	1	0	0
Shields Hall	0	0	0
Spangenburg Hall	0	0	0
Williamson Hall	0	0	0
Young Hall	0	0	0
On-campus Residence Halls (2012)			
	Fires	Injuries	Deaths
Memorial Hall	0	0	0
Munro Hall	0	0	0
Shields Hall	0	0	0
Spangenburg Hall	0	0	0
Williamson Hall	0	0	0
Young Hall	0	0	0

*Spangenburg Hall fire related to mechanical issue not in student living area.

ALCOHOL, DRUGS & TOBACCO

The use, possession or distribution of alcoholic beverages and illicit drugs on or off campus is prohibited. Students participating in such activities will be involved in a program of education, counseling, and/or suspension from school at the decision of the Assoc. Dean of Students and the Vice President of Student Retention and Development. Students under the age of 21 must understand that in Massachusetts possession or distribution of alcohol is illegal. For illicit drugs, legal sanctions apply for any age. The use of tobacco is not permitted on or off campus. For more information, please refer to the student handbook distributed to each student at registration.

WEAPONS

Possession of firearms, air guns, paint ball guns, deadly weapons, knives with blades longer than 2 inches, wrist rockets, sling shots, fireworks, BB guns, pellet guns, martial arts weapons and the like are expressly forbidden on campus. Local laws prohibit the use of fireworks and use or possession on campus will result in a fine of \$100. Arrests for violations of laws or ordinances prohibiting the manufacture, sale, purchase, transportation, possession, concealment, or use of firearms, cutting instruments, explosives, incendiary devices, or other deadly weapons are also part of the statistics that must be kept for the Crime Awareness and Campus Safety Act of 1990.

EMERGENCY NUMBERS

ENC SECURITY	Ext. 3911
QUINCY POLICE (routine calls)	(617) 479-1212
(Emergency)	911
QUINCY FIRE DEPT.	911
QUINCY AMBULANCE	911
POISON INFORMATION	(617) 232-2120
DIRECTOR OF RISK MANAGEMENT	Ext. 3719
SECURITY OFFICE	Ext. 3728

BE SMART...PROTECT YOURSELF

Although there is no guarantee that someone will never be a victim of rape or assault, there are several things one can do to minimize the chances of being victimized.

The following are suggestions for you to incorporate into your daily living routine.

On the street...

- **Don't walk alone** unless you absolutely have to!
- **Walk briskly: look alert and confident.** Be aware of what is happening around you. Know where you are and where you are going. If you walk home from work regularly, vary your route. Don't be predictable! Walk away from bushes, alleys, and dark entryways. **Stay in well-lighted areas!**
- **Don't let yourself be surprised.** Attackers rely on the element of surprise. Don't wear headphones while walking alone.
- **Trust your instincts.** If you think you are being followed, walk towards a busy, lighted area. Scream loudly to attract attention. Tell someone you see that you are being followed and ask them to call the police. **DO NOT** walk directly to your apartment, home, or car. You could lead the would-be-attacker to a place where he would be able to force you into a dangerous situation.
- **If someone bothers you from a car,** turn around and walk in the opposite direction. If possible, get his license plate number. This may scare them away. Then, when you are in a safe place, notify the police. Avoid verbal exchanges with youth who are cruising in the area.
- **When you are walking,** keep one hand free. Keep your purse close to your body. If you are carrying books or packages, be prepared to drop them. **Nothing you are carrying is worth your life.** Drop it and run!
- **If you are going to use an elevator,** don't get into it if a person on the elevator makes you feel uneasy. If you are already in an elevator, position yourself near the emergency button.

On the "T" (the subway) or bus:

Wait for the buses at well-lighted stops and/or wait with groups of people. If anyone bothers you on the bus or subway, say in a loud voice, "Leave me alone." Let the driver and passengers around you know what is happening!

Be aware of who gets off at your stop. Make certain you are not being followed. When you use public transportation at night, try to stay near the ticket booth or security guard.

In you car...

Have your keys in your hand as you approach your car. Don't be fumbling around with your attention focused on something other than what is happening around you.

Always look inside the car to check the back seat and the floor before you get in.

Keep you car doors locked and your windows up when you drive.

Don't let the gas run close to empty. You don't want to have to stop for gas in places where you would not want to walk.

Be prepared for emergencies...

Carry a flashlight and flares or reflectors and an emergency manual in the car. During winter, carry blankets for extra warmth in the event of a breakdown or accident.

Know how to change a tire. Make certain the spare is in good condition and that the proper jack and all its parts are in the car.

If you breakdown at night, tie a white cloth on your antenna or door handle, put on your emergency flashers, then **remain in your car** with the doors locked and the windows closed until the police arrive.

If another motorist stops, roll the window down a crack and ask him/her to call the police or a towing service.

Always carry enough money for an emergency phone call.

RAPE: FACT OR FICTION?

There are many misconceptions about sexual assault. People in every segment of society have developed their own "ideas" about rape and the rape victims. The "blame it on the victim" attitude makes it difficult for the victim to seek help and to begin the recovery process. It is through the myths and misconceptions about rape that not only do many women increase their chances of becoming victims, but many others are allowed to turn the victim into the villain.

Here are some of the common and inappropriate beliefs about rape.

FICTION: Rape won't happen to me or someone I know.

FACT: One in every six women you know will be a victim of sexual assault. Men, women, and children...old people, young people...people from every socioeconomic group, every religion have been victimized. Rape is the most unreported crime in the U.S. It occurs every five minutes.

FICTION: Rape doesn't happen at schools like our college.

FACT: Every college is a potential ground for rapes to occur. Most women are concerned about the possibility that a stranger may come on campus to commit rape; however, many campus rapes are committed by "friends."

FICTION: The rapist is almost always a stranger to the victim.

FACT: Most women are raped by someone they know—a date, an acquaintance, a neighbor, a relative. These rapes generally go unreported and, in fact, almost half never get reported. Any woman forced into having sex against her wishes has been victimized by rape. If the rape occurs with a friend or relative, the victim often feels somewhat "responsible" for the act and is unwilling to "confess" it to others and is discouraged from seeking professional help.

FICTION: Women really want to be raped. They "ask for it" by the way they dress or act.

FACT: No person ever wants to be a victim of a violent, life-threatening act. Most victims have feelings of terror, humiliation and degradation.

SEXUAL ASSAULTS & OFFENSES

DEFINITION

Any sexual act directed against another person, forcible and/or against that person's will; or not forcibly or against the person's will where the victim is incapable of giving consent.

POLICY

In keeping with its Christian standards and with efforts to establish an environment in which the dignity and worth of all members of the institutional community are respected and in keeping with the standards set in the 1992 Campus Sexual Assault Victim's Bill of Rights, it is the policy of Eastern Nazarene College that sexual assaults on students of Eastern Nazarene College are totally unacceptable and intolerable.

PROCEDURES AND SERVICES

Victims of sexual assaults need to know that they are encouraged to report offenses immediately to the Student Life Personnel, the staff at Brickley Counseling Center on campus, on-campus security personnel and/or go to the hospital emergency room. The student can avail him/herself of the counseling and support opportunities on campus or through outside agencies. Norfolk County also offers excellent support services through the Norfolk County District Attorney's Office Rape Unit (617-326-1111). Quincy Medical Center and the Quincy Police Department have staff trained for rape crisis intervention. If you feel you are in danger contact security at extension 3911 for a protective escort.

The victim has choices open to him/her on many different levels. It is your choice to ask that on-campus disciplinary procedures be activated by going to the Office of Student Life. It is the right of the accuser and the accused to have others present during the proceedings and to have both parties informed of the outcome. Sanctions may involve counseling, probation, suspension or dismissal from school. It is also your choice to go directly to the local police department and if you desire have on-campus personnel assist you in that process. The Student Development Office will also work with the victim to change academic and living situations after a sexual assault incident if requested by the victim and if these changes are reasonably available.

Whether you want to pursue the offense through any kind of judicial proceedings or not, it is important to go to the hospital to receive proper medical attention and preserve evidence in the event of future decisions to pursue the offense judicially. It is also important to contact Student Life and/or the Brickley Counseling Center so that you can receive the emotional support that is needed.

WHAT TO DO IF YOU HAVE BEEN RAPED

GET TO A SAFE PLACE. Go someplace where you feel safe and can get emotional support. Contact Security. Find a friend and/or your Resident Assistant or Director. They will assist you in getting the appropriate help and support you need. If you want, call a rape-crisis hotline.

Even though you may feel "dirty," **DO NOT** douche

bathe or shower
change clothes

GO TO THE HOSPITAL. It is important that you get medical attention for treatment of injuries and for other tests which are for your benefit both physically and legally.

REPORT THE RAPE. The decision to report the rape is yours if you are of legal age. Reporting a rape is an important part in the fight to end this type of crime, but you must choose to do what is comfortable for you.

GET COUNSELING. Counseling is an essential step in the recovery process. Even if you do not report the rape and pursue the legal action against your attacker, you will need the help of a trained counselor. Counselors who are trained in rape-crisis can be found in hospitals, rape-crisis centers or mental health centers.

About DATE RAPE...

No one ever thinks that a dating situation with a friend will ever get out of control...BUT it can. Your best defense for minimizing your chances for a problem is precaution. Here are a few suggestions:

On first dates, enjoy an evening activity in a well-lighted public place.

Go out with another couple, or at least let your roommate or friend know where you are going, who you are going with and what time you expect to return.

Avoid getting into places and situations which may lead to a compromise (dark "parking" spots, your date's apartment, etc).

Be aware of non-verbal and verbal clues, which may warn you of a potentially dangerous situation.

Trust you instincts. It may not just be your imagination!