

Sexual Violence Resources



At OSU, 1 victim of sexual violence is 2 many. There is trauma-informed support available for individuals impacted by sexual violence. **We believe survivors** and trust survivors to make the best decisions for themselves.

It is not your fault. You are not responsible for someone else's actions, and **you have the right to ask for help.** It is normal to have a range of responses to trauma, and you may need assistance with navigating next steps. There are many resources on campus and in the community who are willing and ready to help.

1is2many.okstate.edu
405.744.5470
1is2many@okstate.edu



Immediate Steps

- Ensure your safety. If you are not safe and need immediate help, call the police or 911.
- If you need assistance understanding your options or processing your response, reach out to a Victim Advocate to talk to someone 24/7.
- After a sexual assault, consider a Sexual Assault Nurse Exam (SANE), which are important for injury/infection treatment and evidence preservation. These exams are completely free and confidential, and it is your choice to involve law enforcement. These exams must be performed within 5 days of a sexual assault. Stillwater ER - 1323 W. 6th Ave, **405.742.5454**
- As you feel comfortable, talk to a trusted person and do what you need to do to feel safe. Trauma responses look different for everyone, and there is no “normal” reaction.
- When you’re ready, reach out to campus and community resources for help.

Supportive Measures

OSU is committed to ensuring that students impacted by sexual violence receive support. These supportive measures are available at any time following an incident of sexual violence, regardless of whether you choose to make a report to the university or law enforcement:

- Academic support
- Living arrangements
- Safety resources & planning
- Emergency Protective Order referral
- No Contact Order
- Change in work schedule
- Assistance in reporting
- Referrals to medical or counseling services

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Confidential Support

Victim Advocates are available 24/7 via call or text to confidentially support you. They can assist with processing experiences and considering options for next steps. Victim Advocates provide accompaniment services for SANE exams, law enforcement meetings, student conduct meetings, and court appearances. Victim Advocates can also support students who need guidance on supporting a friend.

405.564.2129 | advocate@okstate.edu

These campus services are not required to report information to the university.

University Health Services
uhs.okstate.edu | 405.744.7665

University Counseling Services
ucs.okstate.edu | 405.744.5458

Mental Health

Many survivors experience trauma responses following an incident of sexual violence that may impact their mental health:

- Avoidance
- Denial
- Shock and numbness
- Fear/feeling unsafe
- Disruption of daily life
- Anger

Some trauma reactions require additional support from a counselor, which is a normal part of the healing process. OSU has many mental health resources available to you.

You have options in how you access support.

okla.st/cowboys-care

Report

Student Conduct / Title IX

Victims of sexual violence may choose to file a formal complaint to begin a Title IX or Student Conduct process, which typically involves an investigation and hearing. The university prohibits retaliation against anyone who reports sexual violence or participates in a Title IX process.

studentconduct.okstate.edu
214 Student Union | 405-744-5470

Law Enforcement

Victims are encouraged to report to the local police where the incident occurred.

On Campus:
OSU Police Department
405.744.6523 | 224 N Orchard St #104

Stillwater (Off Campus):
Stillwater Police Department
405.372.4171 | 723 S. Lewis

Community Resources

Wings of Hope Family Crisis Services

3800 N. Washington
24/7 Helpline: 405-624-3020 | www.wingsofhopeok.com

Iowa Tribe Victim Services

335588 E. 780 Rd, Perkins, OK 74059
24/7 Hopeline: 405-880-1749 | victimservices@iowanation.org