

TITLE IX

WHAT IS PROHIBITED CONDUCT?

- Sexual Assault – sexual contact and/or sexual intercourse
- Sexual Exploitation
- Intimate Partner Violence – dating/domestic
- Stalking
- Sexual or Gender-Based Discrimination
- Retaliation

IF YOU HAVE EXPERIENCED PROHIBITED CONDUCT

WHAT TO DO

A person who experiences an incident of prohibited conduct should consider the following immediate actions:

1. Contact La Roche Public Safety at 412-536-1104 or call 911, especially if you need immediate assistance.
2. Seek medical attention.
3. Contact your RA or residence hall staff if you need assistance after regular business hours.
4. Report the situation to the Title IX coordinator by calling, emailing, making an appointment or stopping by the office:

Colleen Ruefle
412-536-1069 or colleen.ruefle@laroche.edu
Zappala Campus Center, Room 200C
Office hours are Monday through Friday from 8:30 a.m. to 4:30 p.m.

5. If you need pastoral counseling, contact Campus Ministry: 412-536-1053.
6. If you need professional counseling, contact Counseling and Health Services: 412-536-1051.
7. Contact parents, friends or support persons.
8. You can choose to seek help immediately, but if you wait, it's okay to report incidents later on your own terms.

WHAT TO KNOW

- You set the pace.
- You have the right to choose who you will speak to, what resources you will use, what you will say and when you will say it.
- There are many resources available to you, both on and off campus.
- It is **your choice** whether to name the other person(s).
- Your information will be kept **private** and only shared with those who need to know. In some cases, this includes law enforcement, but the decision on whether to contact law enforcement remains with you. La Roche, if requested, will assist you in contacting law enforcement. We want to help ensure your wellbeing and the wellbeing of our community members.
- You do not have to make any decisions immediately, but if there is any chance you might pursue a criminal investigation, it is important to preserve evidence.

In cases of sexual assault: Please do not shower. If you do remove items of clothing, place them in a paper bag, not plastic. If oral contact took place, try not to smoke, eat, drink or brush your teeth.

Consider seeing a health care provider who will be able to check you for injuries, talk to you about possible pregnancy concerns and/or sexually transmitted infections, and collect evidence by completing a Forensic Rape Exam (FRE).

FREs can be collected anonymously, meaning you do not have to report the assault to the police right away, or at all if you choose not to do so. FREs can be collected up to nine days after an assault, even if someone has bathed or showered, and can be collected at most hospitals. UPMC Passavant is staffed with trained sexual assault nurse examiners.

An exam can be billed directly to the Commonwealth of Pennsylvania, free of charge to you, and it will not appear on your personal health insurance. In addition, Pittsburgh Action Against Rape (PAAR) advocates are available 24/7 to meet you at any hospital.

PAAR can provide you with information on your options and provide support throughout the process. Advocates can be sought by calling PAAR any time, day or night at 1-866-END-RAPE. This is a 24-hour, seven-day-a-week number answered by trained staff and volunteers, ready to provide free and confidential support. Information relayed to an advocate is confidential and not reported to La Roche, unless you want them to report it.

FOR MORE INFORMATION

Contact Title IX Coordinator Colleen Ruefle at 412-536-1069 or colleen.ruefle@laroche.edu

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