

If You or a Friend has Experienced Sexual Violence

Experiencing sexual violence can be traumatic. Trauma is a personal response to something distressing or overwhelming, and there is no single “right” way to react or heal. Everyone’s experience and timeline are valid. What happened is not your fault. Support is available—whether the incident happened recently or in the past.

- 1. Go somewhere safe.** If you are in danger or need immediate help, call 911 or Campus Safety's emergency line at (719) 389-6911.
- 2. Seek medical attention.** Even if you’re unsure about reporting, a medical provider can check for injuries, provide emergency contraception, and preserve evidence if you choose to report later.
- 3. Talk to someone you trust.** You can reach out to a confidential resource on or off-campus.
- 4. Consider your options.** The Campus Advocate can walk you through choices for medical care, safety planning, and reporting (or not reporting) to the college or to law enforcement—it’s always your choice.
- 5. Be Supportive.** Listen without judgment, believe them, and encourage them to connect with confidential support. Avoid victim-blaming.

CC Confidential Resources

Campus Advocate | (719) 227-8101 (M-F, 9-5)
campusadvocate@coloradocollege.edu

College Chaplain | (719) 389-7986
kholbrook@coloradocollege.edu

Counseling Center | (719) 389-6093
counselingcenter@coloradocollege.edu

TimelyCare | (833) 484-6359
(24/7 Mental Health Support)
[TimelyCare.com/cc](https://www.timelycare.com/cc)

Ombuds Office | (719) 389-6110
ombuds@coloradocollege.edu

Student Health Center | (719) 389-6384
Yalich Student Services Center #212

Private Resources (Not Confidential)

Campus Safety
Non-Emergency: (719) 389-6707
Emergency: (719) 389-6911

Office of Civil Rights & Title IX | (719) 389-6881 or
(719) 389-6886
titleix@coloradocollege.edu

Butler Center | (719) 389-6338
butlercenter@coloradocollege.edu

Wellness Resource Center | (719) 389-7316
wellness@coloradocollege.edu

Off Campus Resources

UCHealth-Memorial Hospital Emergency Room Forensic Nurse Examiner
(719) 365-8333 or (719) 365-8767

CSPD Victim’s Advocacy | (719) 444-7777

National Sexual Assault Hotline (RAINN)
(800) 656-4673
Text HOPE (64673)

National Domestic Violence Hotline
(800) 799-7233
Text BEGIN (88788)

Navigating Sexual Harm

Strengthening Safety
Supporting Survivors
You Are Not Alone.



Wellness Resource Center (WRC)

Yalich Student Services Center
719-389-7316
wellness@coloradocollege.edu



Prevention - Education - Advocacy

Who is the Campus Advocate?

- The Campus Advocate is a confidential, trauma-informed resource for students affected by sexual assault, relationship violence, stalking, or gender-based harm. No information is shared without your express permission unless required by law. **Meeting with the CC Campus Advocate does not generate a report to the Title IX Office or Campus Safety.**
- You set the pace. In the first meeting, the Advocate explains their role, listens to what you choose to share, and outlines your options—without pressure. Whatever you decide, the Campus Advocate is there to help you navigate.

How the Campus Advocate Can Help

- Trauma-informed emotional support, privacy, nonjudgement
- Safety planning and housing concerns
- Academic or campus employment supportive measures
- Medical and forensic exam information and accompaniment
- Reporting options (Title IX, law enforcement) and accompaniment
- Referrals to counseling, legal, and community resources

Confidential v. Nonconfidential Resources

(listed on backside)

Confidential Resources

At CC, “confidential” means what you share stays private and isn’t reported to the College or anyone else. These resources help you sort through options, get support, and manage the impact of harm on your well-being and academics.

Mandated Reporters

Most CC employees are mandated reporters. If they receive specific information about potential sexual harm or harassment, they must follow federal law and share it with the Title IX Coordinator. This includes faculty, staff, coaches, student employees, RAs, and other college employees.

What to Do if You’ve Been Assaulted

When Can I Report to CC?

Any time. Reports can be made online. CC Title IX Coordinators can assist with supportive measures and resolution options. Report a Title IX concern to <https://www.coloradocollege.edu/offices/titleix/index.html>

Supportive Measures may include:

- No contact orders
- Modifications to living or work arrangements
- Class-related adjustments

What to Do if You’ve Been Assaulted cont.

When Can I Seek Medical Care?

Ideally within 5 days, even if you do not want to file a police report. You may seek care weeks or even months following an assault with health concerns such as possible sexually transmitted infections (STIs) or pregnancy, and should be offered appropriate care whenever it is sought.

A healthcare provider can:

- check for injuries, even if none are immediately visible.
- discuss concerns such as emergency contraceptives, STIs, HIV, and pregnancy.

Where Do I Go for Medical Care?

Within 5 Days: UCHealth Memorial Hospital ER. You will be seen in a discrete wing of the ER by trained Sexual Assault Nurse Examiners. Even if you have showered, bring clothes or any DNA evidence to hospital.

After 5 Days: CC Student Health Center or your primary care provider.

When Can I Go to the Police?

Any time. Campus Safety or CSPD are available 24/7 to discuss your options or take a report.

When Can I Seek Additional Confidential Support?

Any time. The Campus Advocate and all CC confidential campus resources are available to listen and believe you.