

## What Services Are Available Through the Nebraska Wesleyan University Victim Advocate?

- Free and confidential crisis counseling to victims and survivors of sexual assault, dating/domestic violence, stalking, and sexual harassment.
- Connecting students and staff with services offered by Voices of Hope.
- Providing assistance filling out and filing protection orders, making referrals, and providing resources to victims and survivors.
- Outreach and awareness materials to educate students on sexual assault, dating/domestic violence, and stalking.
- Prevention programming and bystander training to empower students to end sexual assault, dating/domestic violence, and stalking.
- Confidential assistance and information about Title IX reporting and the investigation process.

**All services are provided by appointment.**

**Contact: Lindsay, Victim Advocate  
402-465-2533**

**Lindsay@VoicesofHopeLincoln.org  
Roy G. Story Student Center  
Gender Advocacy Office**

## Voices of Hope Services

### 24-Hour Crisis Line: (402) 476-7273

Staff and volunteers answer a 24-hour crisis line for victims of relationship violence, sexual assault, and abuse. Support information and referral to other needed services, such as safe shelter, are provided.

### Advocacy

Staff members accompany victims of sexual assault or domestic violence through the criminal justice process. Victims are also met at the hospital emergency rooms by advocates who provide support, advocacy, and community referrals.

### Daily Walk-in

Walk-in services are provided Monday through Friday from 9 a.m. to 4 p.m. as well as on Wednesday evenings until 7 p.m. These services include safety planning, crisis counseling, and assistance with protection orders.

### Support Groups

Support groups are provided on an ongoing basis to help adult victims of relationship violence, sexual assault, and incest. Call for times and locations.

### Education/Training

Speakers are available to provide community awareness and professional training on the issues of domestic violence, sexual assault, stalking, and healthy relationships.

Voices of Hope  
2545 N St.  
Lincoln, NE  
402-476-2110

[www.voicesofhopelincoln.org](http://www.voicesofhopelincoln.org)

# On-Campus Victim Advocate

## Nebraska Wesleyan University

In partnership with



*Providing services to empower students, faculty, and staff who have experienced dating/domestic violence, sexual assault, stalking, and related forms of abuse.*

**Services provided by appointment:**

**Contact: Lindsay, Victim Advocate  
402-465-2533**

**Lindsay@VoicesofHopeLincoln.org**

Office location

Roy G. Story Student Center  
Gender Advocacy Office  
Nebraska Wesleyan University

## What you should know...

- **1 in 5 women** experience sexual assault or attempted sexual assault during college. (2007)
- Among college women, **9 in 10 victims** of rape and sexual assault knew their offender. (2000)
- **3% of college men** report surviving rape or attempted rape as a child or adult. (1998)
- **43% of college women** report experiencing violent and abusive dating behaviors, including physical, technology-facilitated, verbal or other forms of controlling abuse. (2011)
- **More than 1 in 8 female students** have been stalked within the previous 6 – 9 month period. (2009)
- **84% of female survivors** report being sexually assaulted during their first four semesters on campus. (2007)
- **Male college-aged students** are more likely than nonstudents to be a victim of rape or sexual assault. (2014)

## Terms you should know...

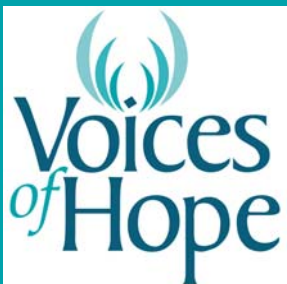
- **Sexual Assault:** Any unwanted, unwelcome, or nonconsensual sexual contact.
- **Consent:** Consent means that both people in a sexual encounter must agree to it, and either person may decide at any time that they no longer consent and want to stop the activity. Certain circumstances make it impossible for a person to legally give consent. For example, when a person is not mentally or physically capable of choosing to engage in sex because she/he is drunk or high on drugs, they cannot give consent.
- **Relationship Abuse:** Relationship abuse is a pattern of abusive and coercive behaviors used to maintain power and control over a former or current intimate partner. Abuse can be emotional, financial, sexual, or physical, and can include threats, isolation, and intimidation.
- **Stalking/Harassment:** Any harassing or threatening behaviors that places the victim in fear.

## Warning Signs of an Abusive Relationship...

- **Isolation:** Keeps you from spending time with friends and family, or interferes with activities that you enjoy.
- **Jealousy:** Gets mad when you talk to or spend time with other people.
- **Controlling:** Insists that you call to “check-in” or ask permission to do things.
- **Verbal Abuse:** Calls you names, humiliates you or tells you that you’re not good enough.
- **Violence:** Hits, punches, kicks, or shoves you, restrains you from leaving a room, drives recklessly with you in vehicle, threatens to harm you or others you care about.

## What can you do to help?

- Believe the victim!
- Call the On-Campus Advocate for information on how to help a friend or how to refer a victim.
- Remain as calm and reasonable as possible.
- Listen. Allow her/him to talk.
- Offer your support. Communicate compassion and acceptance.
- Counter any self-blaming statements. Victims are not responsible for the abuse or assault.
- Empower the victim by letting she/he make all of the decisions to give back a sense of control over the situation.



**Nebraska Wesleyan University**  
**On-Campus Victim Advocate**  
**Bringing Voices of Hope services to your campus.**  
**Free & confidential services.**  
**Call Lindsay at 402-465-2533 to set an appointment.**