

"Psyche Me Up"

A Monthly Newsletter : Brought to you by: Simpson University Wellness Center

Evil Prevails...

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When Good Men Do Nothing.

Stuebenville, Ohio. Saratoga, California. Just two of the most recent examples that **something is terribly wrong with our world**. Both tragedies involved young men sexually **assaulting a drunken victim**, too intoxicated to defend herself, **even if she could**. They took turns assaulting her, in multiple **dehumanizing ways**, then, to add to the degradation they took pictures and video. And shared them with their friends. In the case of the Saratoga assault, **the young girl hanged herself** a few days later. **Too ashamed, too humiliated, in too much pain.**

Any one of those phones **used to post photos** could have been used to call 911. Any one of those boys could have used his strength to **rescue and not revile**.

The liberty to drink, even to irresponsible extremes, is not license to victimize, nor permission to be victimized.

Rape, or any unwanted sexual attention, is **not the inevitable consequence** of immodesty or intoxication: These are **not permissions** to disrespect, degrade or violate.

Silence does not equal consent. Lack of resistance, or submission, to the use of force, or threat of force, does not indicate consent. **Consent must be freely and overtly given.**

Where were the real men? Where were the boys who respect girls? Where was even just one human being who stepped in to **rescue her from the violation**, the photos, the jokes, the objectification, the **dehumanization**? Every one of those boys came into the world in the exact same way: **through a woman**. No one comes into this world in any other way. **Every man owes his life to the woman who gave him life.**

Thank you to the men who are protectors, not perpetrators. To men who value, not violate, women. To men who honor the life of those who bear life.

"Like a muddied spring or polluted well is a righteous man who gives way to the wicked." - Proverbs 25:26

What To Do If You Are A Victim of Sexual Violence

- **Get to a safe place.**
- **Do not shower, bathe, douche, wash your hands, brush your teeth or use a toilet. You may destroy important evidence.**
- **Speak with someone in authority whom you trust.**
- **Seek medical attention as soon as possible. You may also contact the Simpson University Nurse at 226-4178**



How To Reduce Your Risk For Violence

First,

Avoid alcohol or other substances that impair judgment and self-defense.

- **Remember that past sexual behavior does not obligate you to future sexual behavior.**
- **Remember, it is the IMPACT of the behavior, not the INTENT which determines whether the behavior constitutes sexual violence.**

What are you willing to do to say "No more" to sexual violence? If you are a woman, what is your part, your response-ability? Men, what is your response-ability to whatever "opportunities" you may face?

Need More Help?

Talk to your roommate, a friend, your RA, CA or your SRD, or stop by the Counseling Center!

We're located at:
2211 College View Drive
Redding, CA 96003
Owen Center, Suite 208

Phone: (530) 226-4106

www.simpsonu.edu