

# FIND SUPPORT

## For Urgent Concerns

Call the 24-hour Support and Information hotline. The hotline is answered by trained professionals who are able to provide immediate crisis counseling, referrals to resources, or just listen. These calls are confidential.

(617) 495 - 9100

## For Non-Urgent Inquiries

Reach us through any of the options below or set up an appointment on the OSAPR website.

(617) 496 - 5636  
Smith Campus Center #731  
osapr@fas.harvard.edu  
osapr.harvard.edu

Monday through Friday from  
9AM to 5PM or by appointment

## Spectrum of Violence

OSAPR conceptualizes incidents of verbal, emotional, sexual, or physical harm on a continuum. Harmful or antagonistic language can occur as a single incident or may escalate to acts of physical violence. If you have, or think you have experienced any incident on this spectrum, you are welcome to seek support at OSAPR.

# OSAPR VOCABULARY

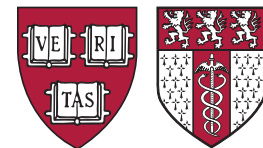
**Consent** has meaning beyond the legislative and legal framework. In our programming we refer to consent as essential to fostering an equitable and respectful community. Consent is an ongoing physical and emotional process between people who are willing, equally free of coercion, communicating unambiguously, and sincere in their desires. It is a mutual agreement to be fully present with one another throughout all interactions and to understand that someone may choose to disengage from the experience at any time. The absence of a definitive 'yes' from all partners is a no.

**Sexual Violence** is an umbrella term encompassing a range of behaviors. It not only includes interpersonal violence (sometimes referred to as domestic or dating violence), sexual assault, and rape but also non-contact unwanted sexual experiences, such as sexual harassment. We use this term, not interchangeably, but to signify the connection between acts on the spectrum of violence.

**Gender-based Violence** is a term that draws attention to the gendered nature of sexual and relationship violence. Though no one gender exclusively commits or is victim to acts of violence, women, trans\*, and gender nonconforming individuals are disproportionately impacted. Gender inequity in a society is the number one predictor of gender-based violence.



# OFFICE OF SEXUAL ASSAULT PREVENTION & RESPONSE



# OSAPR SERVICES

## Support & Advocacy

### Emotional Support

Seek free support at any stage of the healing process or learn how to help support a survivor.

### Options Counseling

Explore options confidentially to find a path that works for you.

### Accessing On-Campus Accommodations

Receive support in finding academic and housing accommodations.

### Medical & Legal Accompaniment

Find support when seeking medical care and pursuing legal or administrative actions.

### Referral to On/Off-Campus Resources

Identify appropriate resources that fit your specific needs or requests.

## Education & Outreach

### Philosophy

Gender equity is at the center of our work. We collaborate with the community to design culturally competent, relevant curricula rooted in a public health approach to ending violence.

### Workshops

Creating a Culture of Consent  
Intersectionality and Systems of Oppression  
Gender Inequity and Rape Culture  
Bystander Intervention  
Activism and Allyship  
Behavior Change Communication  
Power, Privilege, and Identity Mapping

# SUPPORT A SURVIVOR

**Survivor** refers to anyone who has been harmed as a result of gender-based violence. Using 'survivor' attempts to center the agency of the person impacted by trauma. Not everyone will identify with the terms 'survivor' or 'victim.' OSAPR respects how individuals choose to name their experiences - if at all.

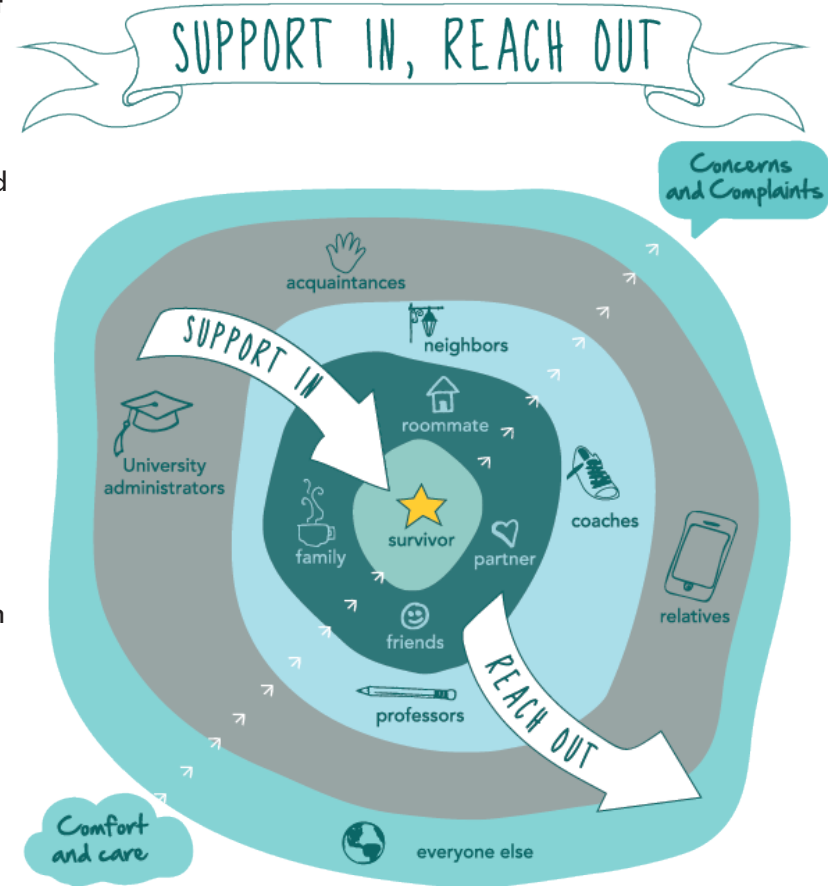
**Support In, Reach Out.** When you communicate with a survivor the goal should be to listen, express concern, and demonstrate compassion.

**Let the survivor direct the conversation.** Follow their lead; don't ask "Why?" questions. These questions can make an individual feel as if they are at fault. It is important to be mindful of what we are asking and why. Do we need to know the answer or are we just curious?

**Give the survivor options instead of advice.** You can help the survivor regain power over their lives by letting them make their own decisions about what to do next.

**Take care of yourself.** It can be very traumatic when a friend has been harmed. Try to keep the Support In, Reach Out model in mind when venting or expressing concern. Unloading toward the center can make it difficult for people to process their own feelings and ultimately help the person who needs the most sensitivity and understanding- the survivor. OSAPR is available to help individuals in all rings.

Where does your relationship to the survivor fall in this model? At the center of the model is the survivor. Each circle contains people in the survivor's life, assuming closer relationships in the smaller rings. A survivor's close friends and family can offer support to a survivor while seeking it for themselves by those less directly affected.



## Get Involved

All members of the Harvard community are welcome. Please contact [osapr@fas.harvard.edu](mailto:osapr@fas.harvard.edu) to learn how to support our work and join the movement!