**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

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**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.

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**Office of Sexual Assault Prevention & Response**
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.