

Community Case Study Scenario 3

Sexual Assault

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HPRB 3700: Community Health

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November 25, 2025

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Assigned Case Study

Olivia is an 18-year-old freshman at the University of Georgia. She was downtown with friends recently and met a guy she thought was really cute. She does not remember most of the night, perhaps because she had too much to drink. She left the bar with the new guy, and her friends didn't worry too much about that— she seemed into him. Olivia woke up naked at his apartment with bruises on her arms and neck and feeling sore all over. He was there and acted like nothing was wrong. She left as quickly as she could. What should she do now? What is available to help her (and others in her position)?

Health Section

Definition

Sexual assault is defined as any sexual contact or attention made through force, threats, manipulation, pressure, or violence (Teens Participating in the Summer Wellness Programs, 2024). According to the U.S. Department of Justice, sexual assault encompasses completed or attempted rape, unwanted sexual contact, and forced sexual acts, including when the victim lacks the capacity to consent (Teens Participating in the Summer Wellness Programs, 2024). Sexual assault can be broken down into four degrees, which vary by state. First-degree sexual assault involves sexual intercourse or sexual contact without consent by using or threatening to use a weapon or force (University of Wisconsin River-Falls, n.d.). Second-degree sexual assault includes sexual intercourse or sexual contact with a person unable to consent due to intoxication or mental incapacity and through the use or threat of violence (University of Wisconsin River-Falls, n.d.). Third-degree sexual assault is sexual contact without penetration and sexual intercourse without consent (University of Wisconsin River-Falls, n.d.). Lastly, fourth-degree

sexual assault includes having sexual contact, such as unwanted touching directly or through clothing, without an individual's consent (University of Wisconsin River-Falls, n.d.).

On the other hand, rape is a form of sexual assault defined as attempted or completed unwanted penetration, either vaginally, anally, or orally, including situations where the victim is unable to consent due to being too drunk, high, or drugged (Centers for Disease Control and Prevention, 2024). Force includes physical force, psychological coercion, and threats to cause harm if the victim does not submit (Womens Law, 2017). The perpetrator of both sexual assault and rape is usually someone that the victim knows. It is estimated that 82% of all victims of sexual assault know their perpetrator (Sprague, 2021). This is referred to as "acquaintance rape" or "date rape," where the crime is committed by someone the victim knows or someone they just met (Teens Participating in the Summer Wellness Programs, 2024).

Drug-facilitated sexual assault (DFSA) is a type of date rape where victims are subjected to non-consensual sexual assault while they are incapacitated or unconscious through the effects of alcohol or drugs (Payne-James & Rogers, 2002). Alcohol by itself or mixed with another drug, such as ketamine, Rohypnol, or gamma-hydroxybutyric acid (GHB), is the most common substance used. Club drugs like ketamine, Rohypnol, and GHB can be tasteless, odorless, and colorless and can be inserted into victims' drinks without their knowledge. Consent means an individual voluntarily and willfully agrees to another's proposition. Consent requires the absence of coercion and fraud, and that the individual possesses sufficient mental capacity. Consent cannot be given if an individual is under duress, impaired, or developmentally disabled (Cornell Law School, 2022).

Risk Factors

Sexual Assault happens to one in four women and one in twenty-six men (Centers for Disease Control and Prevention, 2024). Most of these Sexual Assault cases occur before the age of 25; four in five women reported that their sexual assault happened before age 25, and almost half of these women were raped while a minor (Centers for Disease Control and Prevention, 2024). With sexual assault having an increased prevalence, it is important to break down its risk factors. Alcohol usage is most commonly paired with sexual violence or assault (National Institute of Justice, 2008). Half of the sexual assault cases among college students happen after one or both parties have consumed alcohol or a substance (National Institute of Justice, 2008). However, there are other risk factors, including gender, race, and social norms towards violence/hypermasculinity (Centers for Disease Control and Prevention, 2024).

Impacts of Assault

Sexual Assault can lead to several health concerns, including mental health issues, sexual health concerns, and physical health concerns. According to the National Sexual Violence Resource Center, most people feel varying emotions post sexual assault, such as guilt, shame, fear, numbness, and isolation (National Sexual Violence Resource Center, 2016). It is also noted that sexual assault survivors can see psychological impacts at any time post sexual assault, and it can be linked to many severe cases of PTSD, eating disorders, and anxiety/ depression (National Sexual Violence Resource Center, 2016). Victims who struggle with diagnoses such as PTSD post sexual assault have a higher prevalence of suicidal ideation (Mainali et al., 2023). As well as a higher comorbidity with PTSD and Major Depressive Disorder or Substance Use Disorder (Mainali et al., 2023). Sexual health concerns include vaginal infections, pain during future intercourse, chronic pelvic pain, STI contraction, and urinary tract infections (Stop Violence

Against Women, 2023). There is also the chance of an unwanted pregnancy that comes from the sexual assault. An unwanted pregnancy can lead to unsafe abortions in communities where abortions are not performed (Stop Violence Against Women, 2023). Physical health is also a concern in the impacts of sexual assault: Bruising, cuts, bodily injuries, vaginal injuries, and genital trauma are all common (Stop Violence Against Women, 2023). Sexual assault affects the victim mentally, physically, and sexually, and its impacts can last long-term (Stop Violence Against Women, 2023).

General Prevention

Sexual assault prevention can occur at multiple levels, from individual risk-reduction strategies to institutional programs. To combat DFSA, individuals are advised not to leave their drinks unattended, not to accept any open-container drinks, and not to accept drinks from someone they do not know well (Payne-James & Rogers, 2002). Drink covers are also advised for open drinks, and groups of friends are encouraged to stay together. At the institutional level, education needs to be provided on what sexual assault is. A study testing whether students can identify situations that constitute sexual assault through scenarios found that many did not have an accurate understanding of what sexual assault is (Sprague, 2021). By evaluating and discussing scenarios with their peers, students may comprehend and learn to detect sexual assault when it happens, either as bystanders who can intervene or as potential victims. Universities also require incoming or transfer students to complete an online alcohol and sexual assault prevention education course to help students practice safer decision-making when it comes to alcohol and other drugs and learn about issues associated with sexual assault and relationship violence (UGA Fontaine Center, 2025).

Bystander intervention training programs, such as the "Green Dot Intervention Program," can be used to teach students to recognize potentially dangerous situations and safely intervene before assault occurs. According to the National Institute of Justice, the goal of the program is to increase active-bystander behaviors and reduce dating and sexual violence among college and high school students. The program helps students understand how individuals target victims, how to assess a high-risk situation, consider appropriate options, and select a safe active-bystander behavior they are willing to carry out to prevent sexual violence on campus (Coker, 2017). This is done through two phases: a motivational speech is given in the first phase, and students are trained and provided with skills to be proactive bystanders in the second phase (Coker, 2017).

Treatment Options

There is an array of treatment options for those who are victims of sexual assault. Survivors of sexual assault should seek treatment and support options that are available. This health section will address the following treatment options for those who have been sexually assaulted: physical injury, reducing risk of infection, supporting mental health, and assisting with substance use or coping.

Sexually Transmitted Infection (STI) Care

Sexual assault exposes survivors to the risk of sexually transmitted infections (STIs) (Sachs, 2023). STI rates after sexual assault vary, with trichomoniasis and bacterial vaginosis having higher prevalence rates (Sachs, 2023). Routine testing for adolescents and adults may not be performed by Sexual Assault Response Teams in the United States in many cases, as testing is very selective; therefore, survivors should consult with their doctor about the best treatment options that are specific to their case (Sachs, 2023). Prophylactic treatment is highly recommended, including antibiotics for chlamydia, gonorrhea, and trichomoniasis as well as

preventative measures for hepatitis B, HPV, and HIV (Sachs, 2023). Exceptions to this practice could be child victims with symptoms of an STI (Sachs, 2023).

Bacterial Infections

Chlamydia and gonorrhea treatments at the time of the initial examination are recommended, as it is assumed that the perpetrator transmitted the bacteria to the victim, as symptoms have yet to be developed at the time of the initial examination (Sachs, 2023). This includes a prophylaxis, which is the term used for antibiotic administration (Sachs, 2023). The CDC currently recommends for gonorrhea that a 500 mg dose of ceftriaxone should be the choice of drug for preventing active infection for gonorrhea after sexual assault (Sachs, 2023). Ceftriaxone will be administered intramuscularly, which means it will be injected directly into the muscle. It is currently recommended for chlamydia that 100 mg of oral doxycycline be taken twice a day for seven days (Sachs, 2023). Side effects may include nausea and vomiting, diarrhea, abdominal pain, and dyspepsia (Geisler et al., 2015). Symptoms of bacterial vaginosis include malodorous discharge and vaginal itching, and recommended evaluation includes a vaginal pH measurement, a wet mount, and a Whiff test (Sachs, 2023). The prophylactic treatment for gonorrhea may prevent incubating syphilis from becoming clinical, as there is no current recommendation for treatment for syphilis (Sachs, 2023).

Viral Infections

If the victim's vaccination status is uncertain or if the victim has not received Hepatitis B, serologic testing is recommended by the CDC (Sachs, 2023). If the victim confirms to be vaccinated against Hepatitis B, testing may be omitted if the victim does not express signs or symptoms of the infection (Sachs, 2023). A vaccination will be administered contemporaneously to the victim if they confirm they have not been vaccinated within 24 hours of the assault (Sachs,

2023). To complete a series, vaccinations must be administered over a period of one to two months and followed by four to six months after the first dose (Sachs, 2023). The CDC recommends that individuals who have been sexually assaulted and are females between the ages of nine and twenty-six and males between the ages of nine and twenty-one receive the HPV vaccination (Sachs, 2023). The HPV vaccination requires three doses, with a second dose one to two months after the first dose and a third dose six months after the first dose (Sachs, 2023).

Therapy and Counseling

Individuals who are survivors of sexual assault should seek psychosocial support, as many of these individuals will develop posttraumatic stress disorder, anxiety, and the ability to seek follow-up care and counseling after the assault (London, 2025). The definition of trauma can be experienced as violence, abuse, neglect, loss, war, and other emotionally or physically harmful experiences which is defined by the Substance Abuse and Mental Health Services Agency (London, 2025). Initiatives encourage survivors to seek medical care after sexual assault, as individuals may not seek support due to fear, disbelief, perceived stigma, and blame (London, 2025). It is important to emphasize that survivors should be reassured that seeking support is a valid and critical step in healing, and professional services exist to provide safe and non-judgmental care.

Culture Section

Social and Cultural Context

Many social and cultural factors impact sexual assault. These issues go beyond the definition of the topic and instead, look at factors in our society that encourage or increase the occurrences of sexual assault.

Systemic Issues of Blame & Rape Myths

Rape myths are misconceptions surrounding non-consensual sexual actions (Cleveland Rape Crisis Center, 2021). Rape myths are commonly accepted in society, despite their lack of accuracy. Typically, these statements are associated with victim-blaming and further solidify harmful rhetoric and attitudes. Victim blaming is the idea of questioning an individual who has experienced violence on their action, or inaction, that caused or invited the harmful crime (Sexual Assault Centre of Edmonton, 2025). Common rape myths include the following: “You drank too much. That is why you were assaulted.”, “You didn’t say no, so you must have wanted it.”, “You asked for it.”, “This is your fault.” (Cleveland Rape Crisis Center, 2021). The existence and circulation of these fallacies cause individuals in the general population, especially men, to continually reinforce and trust these ideals. Men who believe in rape myths are more likely to also engage in victim blaming, specifically in sexual crimes (Huck, 2024). Although these myths have been proven to be false, they are a prevalent social factor when discussing sexual assault due to their popularity. Some of this popularity is caused by a lack of education about sexual assault.

Lack of Education surrounding Sexual Assault

There is a severe lack of education about sexual assault in the United States. While there are many ways to learn about what sexual assault constitutes, many times, people rely on sex education in schools to instruct America’s youth on what sexual assault is, how to identify it, and ways to prevent sexual assault (Sexuality Information and Education Council of the United States, 2020). However, there is no mandate that schools cover sexual assault in their sexual education curriculum. In fact, only 29 states plus Washington, D.C. require any form of sexual education, with only 9 of those states plus D.C. having a mandate to discuss consent (Sexuality

Information and Education Council of the United States, 2020). This creates a wide range of variation in what children are learning about sex, sexual assault, and consent. When medically and scientifically accurate sexual education isn't standardized, which is currently only required in 15 states (Sexuality Information and Education Council of the United States, 2020), it leaves room for young adults to learn about sex through other unreliable sources, such as friends, the media, and pornography. When sex and sexual assault are not properly discussed, it increases the likelihood that individuals will engage in rape myths and victim-blaming.

Additionally, sexual assault is extremely underreported because of a lack of knowledge as to what is classified as sexual assault and harassment (Austin, 2023). When individuals are not aware of what constitutes sexual assault and harassment, they are more likely to be coerced into not reporting instances of assault by their assaulter (Austin, 2023).

Stigma, Shame, and Coercion

Often, sexual assault occurs after someone has attempted to coerce another person into doing something they are not interested in. Coercion is defined as the process of using power to achieve a favorable goal (Merriam-Webster, 2025). Perpetrators oftentimes will attempt to obtain consent from the survivor through emotional manipulation, bribes, or verbal threats. It is important to note that consent cannot be given if someone has been coerced into saying yes. Consent, the approval of an action, must be given enthusiastically, readily, and without hesitation or manipulation (Merriam-Webster, 2025). Coercion can take many forms, and it may not be obvious to some, making individuals who said yes to certain sexual actions feel as though they do not deserve to feel uncomfortable with what happened. This can lead to intense feelings of shame for the survivor. Contrary to some beliefs, consent can be withdrawn at any time, and as mentioned, consent cannot be given if coercion occurs. Survivors have no reason to feel ashamed

for what happened without their full consent. Assaulters may encourage this shame and play into one's feelings of shock and confusion to keep the victim silent about what happened (Keith & Skidmore, 2024).

There is a lot of social stigma surrounding sexual assault, which increases the difficulty for survivors to process, report, and heal. There is a strong connection between sexual violence and identity, making survivors often feel as though something is wrong with who they are, or they did something to deserve what happened to them (Mellen, 2024). Since society, and sometimes institutions or law enforcement, do not classify sexual assault with other violent crimes, like burglary, or other forms of physical assault, survivors often do not feel comfortable sharing their stories out of fear of dismissal or shameful responses (Mellen, 2024).

Among certain age groups, specifically young adults in high school, college, and graduate school, there is a social norm and expectation to party, drink, and club. There is a large amount of peer pressure that also influences people to drink and party, regardless of whether they want to or not. Although never the cause, drinking and partying are both risk factors for sexual assault (Campbell, 2011). These risk factors, mixed with peer pressure, endanger people, but the stigma behind not engaging in those activities typically pushes individuals to participate.

Traditional Ideas of Masculinity & Violence Against Women

Traditional ideas of masculinity contribute to a high prevalence of sexual assault. Men who believe they are superior to women have displayed sexually violent tendencies such as a disbelief in consent, a perceived lack of control over their actions, and participation in rape culture (Isaacs, 2022). In patriarchal societies, like the United States, the sexual objectification of women, misogyny, and misrepresentation of sexual harassment add to the narrative that sexual assault is acceptable to a degree (Southern Connecticut State University, 2025).

Racism & Sexism

Sexual assault typically examines a power dynamic where the assaulter believes they have more power over the survivor. Systemic racism adds to many assaulters' power dynamic, since people of color have historically been forced into poverty and given less opportunity for equity in the United States' social system (Sexual Assault Centre of Edmonton, 2025). People of color are more often targeted by assailants due to the power imbalance that our country has set up and nurtured (Sexual Assault Centre of Edmonton, 2025). Additionally, people of color tend to have fewer reliable sources for treatment, recovery, and justice after an attack has happened, leading to underreporting, an increase in shame and blame directed towards the victim, and disregard of one's traumatic experience by those in power.

In the United States, gender inequality is a large factor in predicting sexual assault. Women are disproportionately affected by sexual violence, although it is important to understand that men also experience sexual violence (Kearns et al., 2019). There is a significant association between sexual assault and gender inequality. When gender inequality is more prevalent, sexual assault is too (Kearns et al., 2019). Also, women are more likely to experience rape caused by physical force, leading to severe physical, mental, and emotional trauma (Kearns et al., 2019). Gender can be a predictor of who has a higher rate of sexual violence and identifying as female is a risk factor for sexual assault and harassment in our society.

Economic Context

Sexual assault imposes both direct and indirect costs. Immediate direct costs include medical bills and legal fees while indirect costs that are more subtle, but cumulative include loss in productivity, academic disruption, and mental health treatment. Many of these costs are a

burden for most of the college aged population as students have limited financial resources, are dependent on parents, or lack sufficient insurance coverage.

Medical and Health-Care Cost

One of the immediate costs for sexual assault is the cost of medical treatment which would include rape kits and forensic exam services. According to the Violence Against Women Act (VAWA), which was signed into law in 1994, establishes support and cost-effective responses to domestic violence, sexual assault, dating violence, and stalking. (NNEDV, 2025). The VAWA Reauthorization Act of 2022 further strengthened and modernized the law as it provides survivors with thousands of local programs. (NNEDV, 2025). As this act was strengthened, the intention of it is to guarantee full coverage for rape kits and forensic exam services but there are times where people still get charged for services. (Ramaswamy et al., 2022). Some instances when survivors get charged include getting examined by an individual who is not recognized by the state as a provider of covered Medical Forensic Exams. (Ramaswamy et al., 2022). Unrecognized examiners are typically Sexual Assault Nurse Examiners. (Ramaswamy et al., 2022). Along with this, hospitals' billing services may not be aware the services should not be charged and can send a bill to the victim. (Ramaswamy et al., 2022). If the victim is charged, on average, a privately insured women pays around \$347 dollars out of pocket. (Ramaswamy et al., 2022). Emergency departments in hospital would typically charge \$3,551 dollars for urgent medical care coded as “caused by sexual violence.” (DLG, 2022). Pregnant women that are sexually assaulted face higher charges with an average of \$4,553 and those who choose to pay out-of-pocket or are uninsured are billed around \$3,673. (DLG, 2022).

Due to many college students depending on their parent's insurance plan, some college students are afraid to use their parent's insurance in the fear of them finding out. They might not feel comfortable discussing this issue and tend to want to fix it themselves. Along with this, some college students are on their own and have limited income. Due to these reasons, survivors might delay or decline medical services and follow up care which would lead to long-term health consequences. These consequences could affect the students' studies and achievements in classes, which leads to a drop in grades. This would also cause some mental health problems that can not only affect their current class status, but also their future career.

Legal Costs

Legal costs for victims of sexual assault can include hiring an attorney, paying for consultation, and filing fees. Due to the sound of so many fees, many victims underreport or choose not to report at all due to the fear of being billed for large amounts. Although some attorneys or law firms charge large amounts, many aren't aware that some attorneys don't actually charge consultation fees to review a case. (FileAbuseLawSuit, 2025). Along with this, most attorneys work on a contingency basis, so they don't charge upfront. (FileAbuseLawSuit, 2025). This means that if the case doesn't win, there is no fee needed to pay. (FileAbuseLawSuit, 2025). If the case does win, the fee usually comes from the settlement where attorneys take around 30-40%. (FileAbuseLawSuit, 2025). Free and low-cost help exists through legal aid and pro bono service. (FileAbuseLawSuit, 2025). On the other hand, some attorneys can charge a range between \$250-\$500 an hour. Since this hourly rate is so high, many attorneys don't charge an hourly rate as they don't want to scare their client or have them worry about the financials of the case. (TheWaltonFirm, 2024). Instead, lawyers may ask for a flat fee or retainer where they get the payment upfront but then repay their client at the end of the case if any remaining funds

are left. (TheWaltonFirm, 2024). At the end of the day, every case is different and has its own complexity. Depending on the circumstances, legal fees can vary depending on the factors of the case and victim.

Indirect Costs in the Long Run

An indirect cost for sexual assault is loss in productivity. Survivors of sexual assault face many mental health problems and trauma due to their situation. This can lead to missing classes, dropping courses, changing majors, etc. which can lead to delayed graduation time. The time required for recovery indirectly affects a victim's future career and how soon they start in the work field. The average lifetime per-victim cost of rape is \$122,461. (Peterson et al., 2017). The population economic burden over victim's lifetime is \$3.1 trillion US dollars. (Peterson et al., 2017). From this, it is estimated that \$1.2 trillion dollars goes in medical costs, \$1.6 trillion dollars goes in loss in productivity, \$234 billion dollars goes in criminal justice activities, and \$36 billion goes in other costs which can include property loss or damage. (Peterson et al., 2017).

What is Needed

Immediate Medical Help

Medical care is recommended as soon as possible for victims of sexual assault to treat injuries related to the assault, both visible and invisible, even if they are not planning to immediately make a police report (SafeHouse Center, n.d.). A medical evaluation is important for the well-being and personal health of the victim. Here, the healthcare provider can address concerns such as sexually transmitted infections (STIs) and pregnancy risks (SafeHouse Center, n.d.). At the medical evaluation, a sexual assault forensic exam (SAFE), which is sometimes referred to as a rape kit, can be provided. This is both a medical exam to evaluate injury and provide medication and a forensic exam to collect evidence (SafeHouse Center, n.d.). SAFE is an

essential step toward a victim protecting their health and preserving evidence of the crime, even if they are not currently interested in reporting to law enforcement (Coursey, 2025). A SAFE connects the victim with a sexual assault nurse examiner (SANE) who will make the best aftercare decisions for their physical and mental health and may also provide expert testimony if a case goes to trial (Coursey, 2025). This kit will be preserved for a year before being discarded, and it is recommended to get a SAFE within 72 hours of the assault or within the last 5 days (Coursey, 2025; SafeHouse Center, n.d.). It is recommended to obtain a SAFE as soon as possible after a sexual assault because it increases the chances that the SANE will collect undamaged forensic evidence (Coursey, 2025). Lastly, a victim should not stress about the cost of a SAFE due to the Violence Against Women Act, which requires states to provide zero-cost SAFEs if they wish to receive federal anti-crime funds (Coursey, 2025). After the assault, Olivia woke up with bruises on her arms and neck and was feeling sore all over, so going to the clinic will be beneficial for her to treat those wounds, and receiving a sexual assault exam will help her get a better picture of what occurred.

For an STI exam, Olivia will need a nucleic acid amplification test (NAAT), which is used to test chlamydia trachomatis and gonorrhoeae and any other STIs at the site of penetration or attempted penetration. This is the preferred test for diagnostic evaluation of adolescent or adult sexual assault survivors (Centers for Disease Control and Prevention, 2021). In addition to an STI test, Olivia would be required to receive a post-exposure hepatitis B vaccination since she is unaware of the hepatitis status of her assailant and an HPV vaccination if she has yet to be vaccinated or is incompletely vaccinated (Centers for Disease Control and Prevention, 2021). These vaccinations would be administered at the time of the initial examination, and follow-up dosages will be scheduled based on their dose schedule. Finally, emergency contraception should

be considered if the assault could result in pregnancy (Centers for Disease Control and Prevention, 2021). Since Olivia cannot remember what occurred, taking emergency contraception will serve as a good prevention measure.

Lastly, she could request a toxicology test to detect the presence of drugs outside of alcohol that are in her system, which may help confirm what happened and support any legal actions she may choose to take (Boston University, 2025). A toxicology test is a medical procedure where urine, blood, or other bodily fluids are tested for the presence of drugs, alcohol, or other substances, but it is recommended to get tested within 12 to 24 hours of the incident (Boston University, 2025). This exam will be beneficial to Olivia because she does not remember most of the night, and memory loss or severe intoxication warrants a toxicology screening (Examination Process- Alcohol and Drug Facilitated Sexual Assault, n.d.).

Psychological Services

After a sexual assault, survivors feel shocked, confusion, shame, and self-blame and may not fully acknowledge what happened or may downplay the experience to cope with the intense emotional impact of it (Keith & Skidmore, n.d.). Olivia may be experiencing these emotions as well, which is why she needs someone to speak with as soon as the event occurs. These symptoms can also disrupt functions such as work or school and prevent survivors from coping well or accessing support (Keith & Skidmore, n.d.). A hotline will be beneficial in these situations. Sexual assault hotlines provide confidential support from trained specialists who will listen and respond with genuine compassion and care and provide resources for helping survivors heal and recover (What to Expect When You Contact RAINN, n.d.). As a college student, Olivia will also need a way to receive support for requesting days off or extensions on assignments when the aftermath of the assault is affecting her academic performance.

Police Reports

It is also encouraged for survivors to contact the police so that they can ensure their safety, document that the event occurred, and ensure that the survivor has access to free, confidential advocates specifically trained in the area of sexual assault crisis intervention and support (Sexual Assault Prevention and Response | Safe & Secure, n.d.). Olivia can contact her campus police department so they can document that the event occurred and ensure her safety, without pressure to go forward with a criminal investigation. Contacting the police does not commit the survivor to having the assault investigated or prosecuted; this choice can be made later (Sexual Assault Prevention and Response | Safe & Secure, n.d.). Lastly, survivors are encouraged to preserve evidence of the assault by preserving clothing, bedding, and undergarments in a paper bag rather than a plastic bag (SafeHouse Center, n.d.).

Therapy

Therapy is essential for Olivia because she is a first-year college student navigating a high-risk environment where heavy drinking, casual hookups, and blurred boundaries are normalized, especially at large SEC schools like the University of Georgia. The University of Georgia has a huge bar scene that is located just right outside the college campus, within walking distance of the freshman dorms. A study found that one in four college women has experienced some form of sexual violence (*College sexual assault statistics 2025*). Additionally, the study reported that 65% of rape incidents and 66.7% of sexual touching incidents involved offenders who had been drinking alcohol at the time of the attack (*College sexual assault statistics 2025*). Furthermore, between 67% and 90% of women who experienced non-consensual penetration were also under the influence of alcohol (*College sexual assault statistics 2025*). As a freshman, she is still learning how to navigate a new setting and how to balance independence, peer

pressure, and safety. Because Olivia is only a few months into her freshman year, she may not feel like she has someone she can trust to tell what happened, and after the incident, she may now feel fear, shame, self-blame, or confusion, especially because she cannot remember what happened. This support is essential for Olivia, as it will enable her to process the emotional and psychological impact of what happened in a safe and guided manner. She may experience feelings of fear, distrust, anxiety, and embarrassment. Having a structured, professional environment will help her understand that her reactions are normal and allow her to begin healing at her own pace. A trained therapist can assist her in regaining a sense of safety, reducing self-blame, and rebuilding control over her emotional and daily life. Through therapy, she can learn effective healing strategies and identify what works best for her, helping her to hopefully return to a life of normalcy. It is crucial to address these issues early to prevent long-term effects such as depression and PTSD.

Support Groups

Support groups designed specifically for college-aged sexual assault survivors would be especially valuable for Olivia because they connect her with other young women navigating the same freshman experience at a large campus like the University of Georgia, where heavy drinking, downtown Athens nightlife, and social pressure to “act fine and move on” are normalized. As a first-year student where everything is new to her, she may be afraid to open up to friends or roommates. In a survivor-focused support group, Olivia would be surrounded by other girls going through the same or similar experiences as her. In this setting, Olivia will feel safe, supported, and like she has people to trust. Hearing other freshman girls' stories may help her realize that what happened to her is not her fault. These spaces will allow her to safely process emotions without worrying about gossip, social consequences, or being misunderstood.

Being a part of a community like this, where she can feel validated and not blamed, will help her rebuild her confidence and reduce those feelings of shame or guilt. She will not feel isolated as she has a support group behind her. She will be able to reclaim her control over her identity and regain strength, confidence, and safety.

Resources/Asset Map

The Cottage

The Cottage is a non-profit organization that aims to aid survivors of sexual assault of all ages, genders, races, and backgrounds, as well as provide education and raise awareness about sexual assault. Anyone is eligible to call The Cottage's hotline, and there are no additional requirements. Their advocacy work is mostly focused in Athens-Clarke County, and for most of their in-person services, such as educational campaigns, prevention services, healing services, and community training, individuals typically reside in Athens-Clarke County or a surrounding county. Additionally, someone may also qualify for immediate services if the sexual assault took place in Athens-Clarke County, even if they are not a resident. However, if neither of these things applies, The Cottage will help individuals connect with resources in their respective local areas. The Cottage offers a variety of services to different groups of individuals. Their building is located at 3019 Lexington Rd, Athens, GA 30605, and they have a telephone hotline that is available 24/7 for people to use (phone number: 1-877-363-1912). They have available parking spaces, and they are located on the bus line. On Route 25, the stop at Lexington at Springtree is a very short distance away from The Cottage.

Multiple services are available for adults at the Cottage. These services include a 24-hour Crisis and Information Hotline, Crisis Counseling, Medical Advocacy, Legal Advocacy, Free

Counseling Referrals for Survivors, Other Referrals as Needed, Support Groups, Support for Secondary Survivors, and Support for Male Survivors of Sexual Assaults.

The 24-hour Crisis and Information Hotline (phone number: 1-877-363-1912) is a resource that is available every single day of the year, including holidays, and it serves as the first point of contact for many people looking for help or information on the services and details that The Cottage offers. Due to the sensitive nature of sexual assault, many specific details about The Cottage are not publicly published, but they are always accessible for those who may need it through this hotline. Additionally, the hotline offers translation services for various dialects, therefore removing a major constraint. Olivia may be interested in calling the Hotline at The Cottage to discuss her situation and discover any services that may be of use to her. She may be confused since she does not remember what happened, but the telephone hotline would be able to help her find resources available at The Cottage to process these feelings and any additional trauma she may have from the assault.

Crisis Counseling is an in-person and virtual service offered to survivors of sexual assault that provides support in various ways. Methods mentioned on their website include immediate assistance with coping after an attack, emotional support following an attack, and talking through triggers and/or flashbacks. Although not a resource available 24/7, counseling can be a good way to start to work through the trauma associated with sexual assault. These resources could be beneficial for Olivia to use after her sexual assault occurs. With all of the services that the Cottage offers, Olivia would have the power to decide what she wanted to move forward with, whether it be treatment, enrolling in mental health and wellbeing programs, and/or pressing charges. Putting power and choice back into the hands of those it was taken away from is a

healthy way to start the recovery process from traumatic sexual events. For more information about this service, survivors may reach out to the 24-hour Hotline.

Medical Advocacy is a service designed to help survivors with medical services they may need after an assault. The Cottage offers Forensic Medical Examinations, which collect evidence of the assault up to 5 days after the event occurs. Additionally, STI preventative medication and emergency contraception can be provided upon request. Staff members are available for an escort at future medical examinations in order to ease some emotional hardships for the patient. The Cottage offers all of its medical services for free. At many places, it is difficult for sexual assault survivors to afford the care they need after an attack, so The Cottage has removed the financial barrier to best serve customers. Olivia is a college student, and she may not be able to afford proper medical care if she went to a hospital, clinic, or urgent care. Even if Olivia could afford services, most healthcare providers will bill her insurance company, and the likelihood that Olivia is still covered under her parents is high. She may not want her parents to know about the attack, which could prevent her from seeking help at other locations. However, she could access crucial services at The Cottage for no cost while maintaining her privacy.

Legal advocacy provides aid to survivors in the reporting process to authorities, should they choose this path. Emotional support is essential to many survivors, and The Cottage employees are there for this portion of reporting. Should the legal case progress to court, a Cottage representative can be present at all meetings and appearances with the District Attorney's office. Facing one's assaulter can be stressful and traumatic, so the trained professionals at The Cottage are prepared to provide emotional support and a positive, familiar face through the legal battles. More information is not publicly available, but it can be accessed through their 24-hour Hotline. If Olivia decided to press charges, she may not be sure how to

approach the process since she is young, and this program at The Cottage would be able to help her through this tricky and lengthy trial.

Free counseling referrals for survivors are for individuals who may not feel that The Cottage is the best location for them to receive help and/or treatment. This also includes financial referrals for locations or services that fit the budget of the customer, whether it be completely free or based on income, using a sliding scale model. This service is also for those without insurance or who are underinsured.

Other referrals, as needed, pertain to topics such as food, clothing, shelter, and other medical services that The Cottage does not provide. The staff are available to help connect individuals with these necessary services in the areas to best serve their needs.

Support for secondary survivors is a service that provides counseling, education, and support groups for those who belong to the survivor's inner circle of supporters. The Cottage understands that sexual assault can affect those who were not attacked but are supporting those who were, and they want to provide services to help these people as well. It is detailed as well that when secondary survivors are supported, the primary survivor is also supported. Olivia's friends in college could seek out help from The Cottage on how to best support Olivia, as well as learn important strategies to cope with their own challenges that have stemmed from the event. Education and information on this topic are essential to healing for both the primary and secondary survivors.

The Cottage also provides healing and medical services for men who have survived sexual assault, whether it be in childhood or as an adult. Nationally, men who have experienced sexual assault tend to be neglected and denied proper care. The Cottage is a resource for anyone

who has experienced sexual assault, and they provide specific services for men who have survived sexual assault, like counseling, support groups, and referrals.

Children who have experienced abuse are a subgroup that the Cottage focuses heavily on providing services for. Included in their services for children are forensic interviews, medical accompaniment, advocacy, referrals, counseling, Victim's Assistant Program (VAP), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Children's Support Group, and Non-Offending Caregiver Support Group.

Other services for parents, LGBTQ+, teens, and adults who speak Spanish are available at The Cottage, and more information can be received through calling their hotline or visiting their website (<https://www.northgeorgiacottage.org/>).

If Olivia wanted to utilize the services at The Cottage, she could call their Hotline (phone number: 1-877-363-1912) that is available 24/7 and get more information on what she is interested in, or she could visit their building at 3019 Lexington Rd, Athens, GA 30605, and talk to staff about her experience and her needs (The Cottage, n.d.).

Project Safe

Project Safe is a non-profit organization that aims to end domestic violence of all kinds through providing support services, emergency help, crisis intervention, prevention, education, and advocating for systemic policy change. Located in Athens, GA, their primary customer base is Athens-Clarke County, Madison County, Oconee County, and Oglethorpe County residents, but they can serve anyone in the state of Georgia. They can also assist people in receiving help in their local areas at a national level. The only eligibility requirement is that the customer is experiencing domestic violence. Project Safe has a bus stop on route 21 (955 Hawthorne Avenue) that people in Athens-Clarke County can utilize. Although Olivia did not experience

domestic violence in this specific scenario, it is very common for those experiencing sexual assault to also be experiencing domestic violence, making this a good resource to mention.

The most notable services Project Safe offers include emergency shelter, outreach resources, bilingual services, a thrift store, and the Breaking Silence Program. The emergency shelter provides a safe and confidential place for individuals or families experiencing domestic violence to stay for up to 90 days. Although this is designed to be a temporary, short-term solution, it helps people in these dangerous situations have a safe and secure location to sleep and recuperate. Availability of beds can be a large barrier to this service, but Project Safe is dedicated to making families and individuals experiencing domestic violence feel safe. They also have contact with other local services that they can refer people to if availability becomes an issue. Outreach services include counseling, support groups, temporary protective orders and legal advocacy, referrals, and public advocacy. Counseling and support groups can be essential to processing domestic violence, so these services provide a tangible location for people to receive help and positively connect with others. Temporary protective orders and legal advocacy are essential for legal well-being, and they can promote long-term well-being. By allowing people to temporarily have legal protection from their abuser(s), it gives them time to collect legal evidence, make a case, and process and start to recover from the events they have experienced. Providing legal advocacy and helping those with their legal case aids in success in court and formal hearings, hopefully to further avoid violence and abuse from taking place, especially without consequences for the abuser. Bilingual services allow people who speak Spanish to access the services that Project Safe offers. The bilingual advocate helps those living in the emergency shelter and within the community. They can help connect people with appropriate services, both at Project Safe and elsewhere. The advocate can also meet individuals

and families at different locations in the area if they feel most comfortable somewhere else or if they're having trouble reaching the Project Safe building. The thrift store at Project Safe allows people utilizing Project Safe's services to shop for different items that they need, like clothing, furniture, and home goods. Those who have survived domestic violence can get all of those goods for completely free, while others can shop at the thrift store, and all proceeds go towards funding Project Safe's initiatives. The Breaking Silence Program is designed to prevent domestic violence, abuse, and unhealthy relationships before they occur through education and raising awareness, specifically among teenagers.

Project Safe has a Hotline that is available 24/7 (phone number: (706) 543-3331), and they have a textline that is available 24/7 (phone number: (706) 765-8019) for people to receive information and support who are experiencing domestic violence. Their address is 995 Hawthorne Ave, Athens, GA 30606, and people can go to their location Monday-Saturday from 11am to 5pm (Project SAFE, n.d.).

RAINN (Rape, Abuse, & Incest Network)

RAINN is the nation's largest anti-sexual violence non-profit organization. Anyone who has been affected by sexual violence, harassment, and assault is eligible for RAINN's services. However, they focus much of their energy on young adults, college-aged people, and members of the military. The primary services that RAINN offers include confidential support services, education, community intervention, policy change, and consulting services. RAINN does not have a physical building, but its primary form of support is through the national sexual assault hotline (phone number: 1-800-656-HOPE). The hotline is available 24/7 for support services and additional information about RAINN's services and sexual violence prevention. Additionally, RAINN's website (<https://rainn.org/>) has an online chat that is live 24/7 for help,

and there is an option available for individuals to text HOPE to 64673 for additional services and information. All of RAINN's services are free for everyone who wants to use them.

Confidential support services are available via the three methods previously mentioned. All of the individuals who work with RAINN's hotlines and support services are trained professionals. RAINN's support services also offer information about local organizations and local laws for customers. If Olivia needed to talk to someone about her experience, she could call or text for help at any time, and she would be able to contact RAINN's professional staff. She could be connected to recovery and healing resources, as well as local organizations and locations that could provide long-term care. RAINN could also provide legal information to Olivia about her potential next steps in Athens, GA, if she were interested in pressing charges or any other kind of legal action.

RAINN also offers educational sessions and runs educational campaigns to teach children, young adults, and adults how to prevent, identify, and respond to sexual violence of all kinds. These resources are done through their website, as they have various tabs and training sessions available for free. They also provide education through their numerous partnerships with universities and colleges that develop strategies for prevention, identification, and teach college students how to handle student-to-student misconduct. Although RAINN does not have a partnership with UGA, Olivia could still access their services through their online platform and resources.

Legislative change and advocacy are an important component of RAINN's mission. They release briefs on important legislation that has been created, proposed, and debated so that the public can stay informed on anti-sexual violence initiatives taken at the federal and state levels. Additionally, they work with law enforcement to help survivors access and report sexual abuse,

using Sexual Assault Forensic Exams, also known as rape kits. If Olivia chose to report her sexual assault, RAINN would be able to help her through this lengthy process.

RAINN has a separate consulting group that works with companies and institutions to prevent sexual violence, misconduct, harassment, and abuse of any kind. The consulting sector works with entities of all sizes, whether they be small private businesses, large public businesses, or other non-profits. Establishing anti-violence norms, encouraging safe and confidential reporting systems, educating staff, and increasing accountability within the workplace or organization all help work towards a future where sexual violence is not accepted and hopefully does not occur at all (RAINN, n.d.).

Student Outreach Program

The University of Georgia offers a program called the Student Care and Outreach program for all currently enrolled students. The Student Care and Outreach Program's mission is to coordinate care and assistance for all students, undergraduate and graduate, who experience complex hardship and/or unforeseen circumstances, by providing individualized assistance and tailored interventions. Some of the services they provide are well-being programs, digital and in-person, mental health resources (both on campus and off campus providers), as well as withdrawal options for students who are facing sickness or mental health hardships.

The digital well-being programs include Headspace, which is a free mindfulness and meditation app that helps students learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness. Together, which is a free, safe, anonymous peer support. It offers a peer-to-peer platform offering an anonymous space to give and get support. There are also free virtual counseling services that allow students to connect remotely with a live counselor from anywhere. Thriving campus, which is a service that makes it easier for students to connect with off-campus

mental health care in person and online. Having digital sources may be more helpful to students who have busy schedules but also want to maintain their mental health. These resources may be helpful for Olivia if she does not feel comfortable meeting with a therapist on campus.

Headspace may be helpful if she needs assistance with coping and mindfulness exercises to go along with online therapy if she chooses to go this route.

The mental health resources include free virtual counseling services available, in which the students can connect remotely with a live counselor from anywhere. UGA also has a psychology clinic that is open from Monday through Thursday, 8:00 am to 8:00 pm, and Friday, 8:00 am to 5:00 pm. The UGA psychology clinic is in the basement of the psychology building on campus, which makes it easily accessible to all students. The Psychology Building can be found at 139 Psychology Bldg, and it is on the UGA and Athens Transit bus lines. The UGA buses that can take you there are the Milledge, West Campus, E23/IM Limited, Main Campus, North-South, Central East, Campus Housing, and Chicopee lines. The Athens Transit lines that can get you there are the #9, #12, and #14. Their billing is on a sliding scale fee based on income and can range from \$5-\$75.

There is also the UGA Center for Counseling and Personal Evaluation. This service is open Monday – Thursday, 8:00 am to 8:00 pm, Friday, 8:00 am to 5:00 pm. It is located on the 4th floor of the Aderhold building in room 424, and also runs on a sliding scale, but is only \$10 per session for UGA students. The Love and Money Center is an interdisciplinary unit within the College of Family and Consumer Sciences. Their purpose is to support and facilitate innovative clinical training, client services, and outreach programs that enhance the relational and financial health of individuals, couples, and families. They have a low-to-no cost program and are open Monday – Friday, 9:00 am to 5:00 pm at 202 Carlton St., Athens, GA. There is a sliding fee scale

of \$15-\$65 per session, based on annual income and family size. The cost for UGA students is \$15, and undergraduate students can inquire about receiving services at a cost through available grant funding.

Hardship withdrawals are for when a student experiences a significant personal hardship, whether it is a medical or family emergency or a prolonged illness. Student care and outreach can approve a hardship withdrawal from all courses in the term for which a student is currently enrolled. This is not for students doing poorly in their class without a good reason. In the case of an approved hardship withdrawal, the Registrar will assign grades of W for those classes. This could affect a student's financial aid.

These resources would be helpful for Olivia because she is a student who has gone through what can be a traumatic event, not only physically but mentally as well. Having resources to support her and learn to cope with what has happened to her can help mitigate the mental effects that sexual assault. Having many different options is important as well because she may or may not want to speak with someone on campus. Having the anonymous options allows Olivia to have a safe space where she does not have to label herself in any way. (Student Care and Outreach, n.d.).

University Health Center

The University of Georgia's University Health Center offers many different services for physical health. It is located at 55 Carlton Street, Athens, GA 30602. It is on the UGA bus line on the East Campus Shuttle, Bulldog Housing, and the Park & Ride Routes. The University Health Center has a Gynecology Clinic, which offers annual wellness exams, appointments for specific issues, as well as telehealth appointments. The University Health Center's Mission Statement: With the unique needs of each patient in mind, the Hynecology Clinic provides

comprehensive and personalized gynecological care for UGA's students and spouses using best practices in the field. Services are available to UGA students and their spouses/partners. The services offered are annual wellness exams, pap smears, contraception (IUD/Birth control pills/Implant), emergency contraception, vaginal infection and urinary tract infection assessment and treatment, and pregnancy and STD testing. The Gynecology clinic treats a variety of additional concerns for patients, as well as referrals for services including infertility treatment and prenatal care. Seeing a gynecologist would be beneficial for Olivia, to ensure she gets STI tested, pregnancy tested, as well as overall wellness post assault. A gynecologist could offer helpful insight to Olivia about her vaginal health and how to care for her physical injuries.

The mental health resources include counseling and psychiatric services (CAPS). These services have no out-of-pocket fees and are open Monday through Friday from 8:00 am to 5:00 pm at the University Health Center, on the second floor. CAPS provides 24/7 support for those who need support outside the in-person hours by calling their number, 706-542-2273. After 5 pm on weekdays and on weekends, and holidays, students can call CAPS and press #1 to connect with an on-call clinician. The University Health Center also supports sexual assault survivors with follow-up care, referral for additional care if needed, and connecting survivors with support within the health center, such as RSVP. These mental health resources would be beneficial for Olivia after her experience because it can affect the survivors of sexual assault mentally. (The University of Georgia Health Center, n.d.).

Office of Relationship and Sexual Violence Prevention (RSVP)

The UGA Office of Relationship and Sexual Violence Prevention (RSVP) provides resources and support for students at the University of Georgia who have been impacted by interpersonal violence. Their services are free and confidential for any UGA student. The office

is located at 55 Carlton Street, Athens, GA 30602, and their office hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. RSVP also offers a confidential hotline and on-call advocacy 24/7, ensuring that help is available at any time of day or night. The 24/7 advocacy and support hotline number is (706) 542-SAFE (7233), and the RSVP outreach and education line can be reached at (706) 542-8690.

The services RSVP provides include crisis intervention, emotional support, accompaniment, reporting options, academic assistance, housing assistance, legal assistance, safety planning, medical services, and education and outreach. The 24-hour support and crisis intervention hotline offers support whenever it is needed most. Trained advocates walk individuals through all available options if they have just experienced an assault and can arrange to meet in person for additional support. Even if an individual experiences distress or a nightmare in the middle of the night related to interpersonal violence, RSVP staff are there to talk through the situation. If the victim is unsure of what they need, RSVP recommends calling anyway so that they can help figure out the next steps and ensure the person receives proper care.

The 24-hour on-call advocates are specially trained individuals who provide in-person support and advocacy to victims. These advocates can be reached at any time of day or night by calling the RSVP hotline. Once contacted, they will meet the victim at an emergency room or another safe location to accompany them for a forensic evidence collection exam or to report the incident to a police agency.

The confidential counseling offered by RSVP is free and led by trained therapists who provide trauma-focused counseling to survivors of interpersonal violence and sexual assault. If a survivor prefers to receive counseling outside of UGA, RSVP can refer them to trusted services outside the university. RSVP advocates also discuss counseling options and provide referral

options for survivors, including several on- and off-campus counseling choices at varying costs, with some available at no cost to the survivor.

In addition to emotional support, RSVP advocates discuss medical treatment options, such as testing for sexually transmitted infections (STIs) and related treatment services. They provide information about where these services can be accessed both on and off campus, discuss the approximate costs for testing and treatment, and help the survivor determine the best plan of action. RSVP also ensures that all discussions and assistance regarding medical care and costs remain completely confidential.

On the legal side, RSVP assists survivors with reporting options and obtaining legal assistance for filing a report. Advocates maintain complete transparency about what the reporting process looks like and help survivors determine the best decision for themselves. RSVP emphasizes that they will never pressure a student to make any type of report, as they believe it is important for survivors to move forward in whatever way best supports their healing process. If a survivor decides to report, an RSVP advocate can accompany them to meetings with police, investigators, or court personnel if the survivor requests this support.

Lastly, RSVP also provides safety planning, housing assistance, and academic support to help survivors manage disruptions in their daily lives. These services can be discussed either in person or over the phone when a survivor calls the hotline.

This resource would be especially helpful for Olivia, as RSVP always maintains strict confidentiality, which may ease her fears about others knowing her situation. Additionally, the 24-hour crisis hotline would allow her to reach out whenever she feels scared, worried, anxious, or even stressed about what happened. Through RSVP, Olivia can receive comprehensive care like emotional, medical, academic, and legal, while knowing she is supported in a safe and

understanding environment focused on her well-being and recovery. (Relationship and Sexual Violence Prevention, n.d.).

SANE Inc.

SANE are Sexual Assault Nurse Examiners who are specially trained to provide forensic medical examinations and collect evidence for survivors of sexual abuse and assault. Their website is saneinc.org and located at 3035 Lexington Rd, Athens, GA. The two closest counties to the University of Georgia they work with is in Clarke County and Oconee County along with 8 others in the North East region of Georgia. They emphasize that a client will never be turned away based on residence or location of assault. Their phone number is (706) 613-3808 and their email address is info@saneinc.org. For emergency services including forensic exams, they are open 24/7 and the administrative office is open Monday-Friday from 9:00 a.m. to 5:00 p.m. Their mission is to provide victims with forensic medical examinations, evidence collection, forensic interviews, advocacy, court testimony, and education related to sexual assault of children and adults. Services offered by SANE Inc. are offered at no cost to the survivors and their families. This gives a major access advantage to any victims and survivors of sexual assault. Along with this, anyone who has experienced sexual assault or abuse, whether they are a child or adult, is eligible for their core services.

The services provided are forensic medical examinations/evidence collection, advocacy and emotional support, court testimony/legal support, education and prevention outreach, and after-care referrals. Forensic medical examinations/evidence collection is done by specially trained forensic sexual assault nurse examiners. Along with that the nurses and advocates work with survivors to provide support before, during, and after the forensic exam. They are there for emotional support throughout the entire process and also help explain it, answer questions, and

provide reassurance. In regard to legal support, SANE Inc. staff can provide testimony and support in legal processes associated with the assault. They also engage with the community and spread education around sexual violence and survivors' rights which helps raise awareness in the community and helps reduce future risk. Lastly, they provide after-care referrals such as local agencies for counseling, medical follow-ups, and legal advocacy. They help survivors navigate the next steps.

The SANE Inc phone number (706) 613-3808 can be used for immediate contact if a victim has been sexually assaulted recently or some time ago. When arriving at the location, parking is free and they provide 24/7 emergency exams. The trained SANE nurse will meet the victim to perform the forensic exam and evidence collection in a sensitive and supportive environment and will also walk them through their options and help decide whether the victim wants to report the assault, seek medical treatment, or pursue other forms of follow-up. Even if the victim is unsure or delayed in seeking help, they will not turn you away based on location or timing.

For Olivia, this resource is appropriate because it is located in Athens which makes it easier to access. Along with that the services are free which helps reduce any financial barriers at a time when she may be shocked or unsure of her next step. The 24/7 availability ensures that even if she is delayed in getting examined or unsure what to do, they will still be ready to help her and won't turn her away. Along with this the advocacy and support from the nurses and staff members will allow her to be accompanied and will make the navigation process of further actions, such as medical or legal systems easier and less stressful since she won't be alone. Since this service is trauma-informed and designed for sexual assault survivors, it is aligned with her

needs for emotional support, medical care, evidence preservation, and empowerment to decide how she wishes to proceed. (Athens-Clarke County Sexual Assault Nurse Examiners Inc., n.d.).

St. Mary's Hospital

St. Mary's is a nonprofit healthcare ministry and part of Trinity Health, one of the nation's largest Catholic healthcare organizations. Their mission is to serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities. Their vision is to become the national leader in improving the health of communities and each person they serve as a mission-driven, innovative health organization. They also aim to be the most trusted health partners. St. Mary's Hospital is located at 1230 Baxter St, Athens, GA 30606 and can be contacted at (706) 398-3000. The hospital is open 24 hours a day, seven days a week. The best mode of transportation to the hospital is by car, but Athens Public Transit offers two bus routes that bring individuals close to the hospital. Individuals can take bus 5 and get off at the St. Mary's Hospital OB stop, then walk three minutes to the hospital. They can also take bus 20 and get off at Broad 2170 West Broad, then walk eight minutes to the hospital. Parking is available to patients but comes with a fee. Patients and visitors are invited to park in the parking deck (A) in front of Baxter Street. Parking is free for 0-30 minutes, \$4 for 31-120 minutes, and \$6 for 121 minutes to 5 hours. Rates repeat every 24 hours, and there is a \$10 fee for lost tickets. All-day passes, which allow up to seven exits per pass per 24 hours, are \$8; two-day passes are \$16, while weekly passes are \$40.

The Emergency Care (ER) unit provides 24/7 services, including nights, weekends, and holidays. This unit consists of board-certified emergency physicians and specialized healthcare teams and ranks in the top 5% nationally for clinical excellence, patient safety, and patient experience. The team delivers care tailored to individual needs and offers private, comfortable

treatment rooms for patient privacy and advanced technology for precise, fast diagnoses. Emergency services include trauma and acute care, fast response for life-threatening injuries, and on-site imaging along with lab services to speed up diagnosis and treatment. The ER is located at the same address as St. Mary's Hospital. Olivia can go here to seek immediate medical care and have a sexual assault nurse examiner provide her with a sexual assault forensic exam.

St. Mary's Primary Care is located at 1500 Oglethorpe Ave Ste 200-A, Athens, GA 30606 and can be contacted at (706) 548-5833. Patients must schedule an appointment before going, and their business hours are Monday through Thursday from 8:00 a.m. to 5:00 p.m. and Friday from 8:00 a.m. to 12:00 p.m. Patients can drive here or take the Athens Public Transit bus 5. If they choose to take bus 5, they will need to get off at Oglethorpe Ave at Resource Medical, then walk three minutes to the location. St. Mary's Primary Care consists of board-certified primary care physicians, nurse practitioners, and physician assistants who take the time to listen, understand your concerns, and create personalized care plans that fit your unique needs. They offer same-day and next-day appointments for urgent concerns and women's health services, including wellness exams and screenings. They also serve as a first point of contact for medical concerns, offering continuity of care, coordination with specialists, and a focus on preventive health to keep you feeling your best. A primary care provider can serve as a place for follow-up appointments after attending the ER for vaccinations or other medical services.

St. Mary's Center for Wound Healing would be a good place for Olivia to go if her wounds have not healed after more than 30 days. Their wound healing services specialize in the diagnosis, treatment, and ongoing management of complex, non-healing wounds. They treat traumatic wounds from accidents or injuries and chronic non-healing wounds, meaning wounds that have not improved after four weeks. They are located at 4017 Atlanta Hwy, Suite A, Athens,

GA 30606, and their phone number is (706) 389-3065. Patients can choose to drive, but there are two Athens Transit buses that can bring them near the center. Bus 20 will take them to Georgia Square Mall, and they will have to walk 12 minutes to the location. Bus 21 will take them to the ACCGov Fire Station #6/Cooperative Extension, and they will have to walk 10 minutes from there. It is unclear if there are sidewalks that make it safe for pedestrians to walk that distance from these stops. Their business hours are Monday through Friday from 8:00 a.m. to 4:30 p.m. Patients will need to schedule an appointment prior to visiting.

While cost can be a barrier to care, St. Mary's Hospital accepts most insurance companies and offers financial assistance and charity care at the hospital. They accept commercial plans, marketplace exchange plans, Medicare, Medicaid, local and national networks, and military network insurance plans. Commercial plans that are accepted include Aetna, Anthem BCBS/Pathways, Cigna (IFP and LocalPlus Benefit Plan not participating), and United Healthcare. For marketplace exchange plans, they accept Ambetter (Select Plus & Select Wellstar non-participating), CareSource, and United Healthcare Exchange (X and all Metals). For Medicare Advantage Plans, they accept WellCare, United Healthcare, PruittHealth Premier, Medicare (Parts A & B), GA Health Advantage/American Health Plans, Clear Spring Health, Cigna Medicare, and CareSource (Dual Special Needs Only). They accept Evolutions, First Health, Multiplan/BeechStreet, NovaNet, and PHCS for local and national networks. Lastly, they accept Tricare/Humana Military and VA Community Care Network for military networks. If Olivia has any of these insurance plans, it will help cover some of her care if the insurance company accepts the bill. However, her parents will be able to see what she was billed for if she is under her parents' insurance. For price transparency, St. Mary's Hospital has a price estimator and a downloadable list to see how much a service will cost with insurance or self-pay.

St. Mary's offers financial assistance and charity care for patients who require financial assistance or are experiencing temporary financial hardship. They offer several assistance and payment options, including charity and discounted care, short-term and long-term payment plans, and online patient payment capabilities. A form, which can be accessed from their website, will need to be completed, meaning Olivia needs access to a printer, a computer, and an internet service. The form is offered in English, Spanish, Chinese, Vietnamese, and Korean, and if a patient needs an application in another language, they can request it by contacting the hospital by phone. Their phone number is (844) 853-7359. Copies of the application can also be obtained by emailing billing@stmarysathens.org or mailing the hospital. Financial assistance is only available for those living in these counties: Athens-Clarke, Banks, Barrow, Elbert, Franklin, Greene, Hart, Jackson, Madison, Morgan, Oconee, Oglethorpe, Putnam, Stephens, Taliaferro, and Walton. For assistance, patients may contact a financial counselor at the hospital who can assist in determining qualification for financial assistance and help determine the best option available for them. Their business hours are Monday through Friday from 8:30 a.m. to 11:00 p.m. and Saturday through Sunday from 11:00 a.m. to 11:00 p.m. (St. Mary's Hospital, n.d.).

Piedmont Athens Regional Medical Center

Piedmont Athens Regional Medical Center is a nonprofit hospital located at 1199 Prince Ave., Athens, GA 30606. This is a great resource for Olivia because this hospital is in the same city as the University of Georgia, where she attends college, making it easily accessible to her without needing to travel far from her college city. This hospital serves as one of the largest and most comprehensive healthcare providers in Northeast Georgia to patients of all ages. It was founded in 1919 by physicians and currently operates with 427 total beds and employs over 3,300 staff members. This hospital serves 17 counties in Athens and Northeast Georgia, which

include: Athens-Clarke, Oconee, Oglethorpe, Madison, Jackson, Barrow, Walton, Morgan, Greene, Taliaferro, Wilkes, Elbert, Hart, Franklin, Banks, Stephens, and Habersham.

Piedmont Hospital has a level 2 trauma center, a level 3 neonatal intensive care unit (NICU), and a 24-hour emergency service. The Emergency services include: heart care, cancer care and support services, breast health center, home health, wound and hyperbaric center, neonatal intensive care unit, pediatric care, orthopedic care, rehabilitation and therapy services, neurology services, women's care including midwifery services, and surgery services. These 24-hour emergency and specialized women's services are important for Olivia as she would receive immediate medical attention and sexual assault forensic exams at any time of the day. The average wait time for an emergency room at Piedmont in the Athens Region is updated by the minute and is located at piedmont.org. To contact Piedmont Athens Regional Medical Center, go to the piedmont.org website, under "about piedmont," click the "contact us" tab, and fill out the information, or call the phone number 706-475-7000.

The mission of Piedmont Athens Regional is to improve the lives and health of those they touch. It contributes over \$800 million annually to the economy. Piedmont Athens is also the official healthcare provider for the University of Georgia Athletic Association and recently renewed a 10-year sports medicine and marketing partnership that began in 2016.

The hospital enforces visitor guidelines, as visitation guidelines vary by department and are updated on December 4th, 2024. General visiting hours are between the hours of 7:00 AM and 9:00 PM daily. For visitor issues like disrespectful behavior or not adhering to visiting hours, call 4444 for help. For end-of-life visitation, contact Patient Experience at 3397. For the emergency department, only two visitors are allowed per patient, and children under 16 are permitted by exception only. Visitors may be able to swap, as the two visitors per patient is still enforced,

hallway patients are limited to one visitor, and waiting room visitors are not allowed once the patient is inside a room. Exceptions must be approved by the Patient Affairs Coordinator (PAC) or Flow Coordinator. In the Family Care Center and Pediatrics, siblings of all ages are allowed in. Piedmont encourages the use of electronic devices to communicate with patients who are hospitalized. The facility also complies with Georgia's No Patient Left Alone Act, signed into law on May 6, 2024, and effective as of July 1, 2024, ensuring patient visitation rights in hospitals statewide. Building hours are regulated for safety. The main Tower entrance is open Monday - Friday from 4:30 AM to 9:00 PM. After hours, patients must use the emergency department entrance. These safety and visitation policies would allow Olivia to feel like she is in a safe and comfortable environment while she is at the hospital.

The hospital provides free 24/7 interpreter and language services through Stratus Video Interpretation Services for anyone with a hearing impairment or who speaks a language other than English. This hospital offers a financial assistance program that provides free or reduced-cost services to eligible patients based on federal poverty guidelines and uses MEdAssist, Inc. This hospital offers over 50 insurance plans, including Medicare, Medicaid, and Champus. If Olivia had insurance, this would be especially beneficial for her, as it would eliminate any cost barriers to receiving medical treatment. She could then focus on her health without worrying about how her care would be covered.

Directions to Piedmont Regional Medical Center from the Atlanta Area are as follows: take Interstate 85 north to Highway 316, Exit No. 106. Take Highway 316 for approximately 40 miles to Athens, where it intersects GA Loop 10. The entrance to Loop 10 is on the right, across from the bridge. Turn right onto GA Loop 10 North and continue for 6.3 miles to the Prince Avenue exit. Exit, then turn left onto Prince Avenue. The hospital is about 1 mile down on the

right between Talmadge Drive and King Avenue. There are two bus stops near the hospital, and routes 7 and 21 serve them. There are two locations to note: one at stop ID 93 and another at stop ID 73. Visitor parking is conveniently located right outside the Main Hospital Entrance, clearly marked with appropriate hospital signage. Additionally, there is visitor parking next to the Emergency Department parking area, also marked with hospital signage. These convenient transportation options and nearby bus routes make it easier for Olivia to safely travel to the hospital for immediate care without needing a personal vehicle. (*Piedmont Athens Regional | Athens, GA Hospital | Piedmont Healthcare, n.d.*).

The Office of Student Conduct

The Office of Student Conduct (OSC) at the University of Georgia educates students about their rights and responsibilities as members of UGA, provides a fair and educational conduct process, creates opportunities for learning and development, and offers outreach to the campus community. They are located at 247 Memorial Hall, Athens, GA 30602, on the 2nd floor of Memorial Hall, and check-in is at room 247. The best way to find the entrance is to use the upper-level entrance on Hooper Street. Their phone number is (706) 542-1131 and their email address is conduct@uga.edu. Their office is open Monday through Friday from 8:00 a.m. to 5:00 p.m. except for University holidays. A student community leads them, and they administer the university's student conduct process. These services are only for students enrolled at the University of Georgia.

The OSC investigates alleged violations of the UGA Code of Conduct and related university policies, including the UGA Sexual Misconduct Policy. For survivors, they offer pathways to formally report the incident to campus authorities and pursue the conduct process. This can include interim measures, investigation, resolution, sanctions, and appeals. This process

is designed to ensure fairness and due process for all parties involved. The OSC is not a counseling or crisis intervention unit, but it connects survivors to institutions of accountability, provides options for academic or campus housing accommodations, and offers an alternative or complement to criminal/legal prosecution.

Any UGA student, whether they are undergraduate or graduate, who has experienced or witnessed misconduct or is accused of misconduct, is eligible to engage with the OSC. This process only applies within UGA's jurisdiction. There is no cost to the student for participation in the conduct process or for seeking interim measures through OSC. The conduct process is separate from external legal or medical services, which can add costs or obligations. The OSC can recommend resources without charging the student directly for the investigation.

Steps to access the services of the OSC include making a report, interim measures, investigation/conduct solution, sanctions/follow-up, and appeals. First, students report an incident of sexual misconduct to OSC directly by contacting their office. Any survivor, victim, witness, or other community member can make a report. Then the OSC works with other UGA offices, such as the Equal Opportunity Office, to impose interim protections if needed, such as housing reassignment, no-contact orders, and academic accommodations. After that, the OSC continues to investigate the facts under the Code of Conduct, and the students involved get notified of the alleged violations and will have the opportunity to respond. This could also lead to a hearing, depending on the situation. If a violation is found, OSC issues sanctions that can include educational requirements, probation, suspension, or expulsion, depending on severity. Along with that, both complainants and respondents have the right under the Code of Conduct to appeal decisions according to specified criteria and deadlines.

This is a critical resource for Olivia as it gives her a formal campus-level method to report what happened, seek accountability, and ensure that UGA's community standards are applied. If she is worried about confidentiality, she can request interim measures such as no contact with the suspect and housing or classroom changes to help her remain safe. This process is free, so Olivia does not need to worry about cost, and she simply has to initiate a report. Along with that, the OSC allows her autonomy to choose a path that aligns with her comfort level so she won't be forced to make any unwanted decisions. (Student Conduct, n.d.).

NSVRC: National Sexual Violence Resource Center

The National Sexual Violence Resource Center is a national platform for those to get information about sexual violence and the next steps to take after being sexually assaulted. This is a good resource for victims of sexual assault to utilize because it offers links and websites for them to connect with local resources. The NSVRC has a directory that offers a list of organizations that include state and territory sexual assault coalitions, victim/survivor support organizations, and local communities of color sexual assault organizations. The NSVRC also offers information about sexual assault that informs victims of their situation and if they are confused about whether what they went through was truly sexual assault. They also offer a space for friends and family of the survivor, and how they can help manage/support their friend or family. In Olivia's case, this could be a great resource for her to look into right after what happened to her. Even though this is just a website, it offers great information about sexual assault and where to get help post assault. This would also be a helpful resource for her friends if they are concerned about what they saw that night in the bar and if they felt they needed to assist Olivia. (National Sexual Violence Resource Center, n.d.).

Sustainable Solutions

Green Dot for College

Alteristic is a nonprofit organization that provides education, training, and intervention work focused on domestic violence, harassment, and bullying. They have designed a program specifically for colleges that aims to lower levels of violence, harassment, bullying, and sexual assault. The Alteristic Bystander Intervention Programs for Colleges and Universities, also known as the Green Dot Program, equip students and adults on college campuses with the skills and information necessary to intervene in dangerous situations and demonstrate safe behaviors that limit harassment of all kinds. This is done through workshops, social marketing campaigns, and evaluations.

Workshops through the Green Dot Program have been designed specifically for students, faculty, and staff. They are interactive educational sessions that train members how to intervene in high-risk situations and increase safety from assault and harassment across campus. Additionally, participants work on ways to increase student achievement and success through safe actions and minimizing risky practices.

Social marketing campaigns are designed to educate the public on prevention and intervention techniques that are effective for assault, harassment, and bullying. These campaigns are consistently run in colleges and universities to ensure that positive, healthy behaviors continue long after people see the campaign message, and they carry beneficial beliefs and behaviors into adult life.

Evaluations are an aid to college campuses and Alteristic to determine the effectiveness of the Green Dot Program, and how to improve the intervention. Pre- and post-surveys are given to participants after workshops, and other follow-up surveys are given to students and staff

throughout the year to determine the effectiveness of the work and messages being presented to those on campus. Through these evaluations, Alteristic can also include suggestions for how to improve each campus's specific program and how to implement these changes. In these evaluation meetings, Altruistic invites stakeholders to attend to get a better overall picture of how the program is affecting groups, making any changes even more tuned to the needs of their target population.

The Green Dot Program has statistically proven to be effective in its goal of decreasing sexual harassment, assault, bullying, stalking, and domestic violence. Through services that provide flexibility, scalability, hybrid delivery, and multi-year follow-up for college campuses, it ensures that the program's goals are met. The Assistant Dean of Students at the University of Wyoming stated that the Green Dot Program was the only intervention the campus had tried that showed definitive evidence of a reduction of domestic violence, sexual assault, and stalking. The University of Georgia (UGA) could partner with Alteristic and implement a Green Dot Program to work on decreasing rates of these negative behaviors and actions. This would likely help solve some of the issues caused by sexual assault and violence that occur among UGA students by preventing them from ever occurring in the first place (Alteristic, 2025).

Bringing in the Bystander for College Students

Bringing in the Bystander for College Students is a sexual violence prevention program that is designed for potential bystanders or witnesses. Their goal is to further prevent sexual violence in communities where the program has been implemented and educate people that every single individual within a community can play a role in decreasing sexual assault. College-aged adults are typically exposed to sexual violence more often than other adults, making this program's goals even more important. They raise awareness and create behavioral change

through educational sessions that take place over a 4.5-hour session. In order to accommodate and reach a larger audience, they also offer 90-minute educational sessions. These sessions are hosted by trained adults who have been educated on this topic, the program and its goals, and have leadership experience.

During these educational sessions, participants are taught about what sexual violence, assault, and harassment are, and they're given real-world examples of each. Then, information is shared about bystander responsibility during risky situations of sexual violence. Participants are taught how to make a difference in these situations while keeping themselves safe as well. Activities are then given to individuals to practice how to act correctly in situations where one witnesses sexual violence or assault.

This program showed positive follow-up results 2 months after the course. There were increases in bystander efficacy, knowledge of what constitutes sexual violence, likelihood of interference, and bystander behavior helping friends avoid sexually violent situations. There was a significant decrease in the belief in rape-myths among participants 2 months after the course was administered when compared to individuals who did not participate in the course. The University of Georgia could implement this program to inform the student body and staff on how to help prevent sexual assault and intervene when sexual violence is occurring. If this initiative could become university-wide, rates of sexual violence may decrease, and awareness of how to play a role in decreasing sexual violence would increase (National Institute of Justice, 2011).

It's On Us

It's On Us is the nation's largest nonprofit program that is a public awareness campaign to prevent sexual assault on college campuses. It is a national network of student-led campus chapters that are trained to become peer educators, develop suites of prevention education

programs, and conduct and publish research to expand knowledge on violence prevention and to inform the work. Their mission is to shift cultural attitudes and promote collective responsibility. They encourage students, faculty, and staff to recognize and intervene in situations that could lead to assault and to foster a culture of consent and respect.

This program has free educational toolkits, video PSAs, and workshops that teach bystander intervention, consent education, and survivor support. Student members of the chapters are trained by It's On Us through in-person and webinar events. The It's On Us Campus Organizing Toolkit offers detailed guidance for building and maintaining successful chapters. This includes step-by-step instructions for running pledge drives, holding awareness events, leading workshops, and establishing leadership succession plans. The toolkit also includes sample communication templates, event registration links, and social media graphics to help with consistent branding. The Peer Education Tools offer interactive material for student-to-student learning about consent and active bystander behavior. The Athletics Playbook provides prevention training tailored to athletes and teams, which addresses gender norms and locker room culture.

The University of Georgia can implement It's On Us and register the university through their website via "Register a Chapter." First, there would need to be a recruitment for student leaders, and they would need to be trained on consent education, bystander intervention, and campaign leadership. After that, it is simple; the leaders can utilize the toolkit to plan events such as pledge drives during orientation, bystander workshops in residence halls, "Commit to Consent" rallies, safe-ride partnerships, and athlete-team trainings. They can also run workshops, tabling, and interactive sessions throughout the semester. By integrating this student-led

initiative, campus life at the University of Georgia can foster a lasting culture of safety, consent, and collective responsibility.

Sweden — Gender Equality & Consent Curriculum

UGA should implement a comprehensive, integrated consent education program modeled after Sweden's compulsory sexuality education where students learn about sexuality, consent, and relationships in all their subjects. Sweden's model shows that when consent education is woven throughout students' academic experience rather than confined to a single orientation session, students develop deeper understanding of boundaries, healthy relationships and how to critique gender norms. UGA should establish a Consent Education Implementation Task Force, led by the Office of Institutional Equity in partnership with the University Curriculum Committee, the Health Center, and the Center for Teaching and Learning. This task force would be responsible for integrating consent education across all subjects and every school year. Sweden focuses on subject integration which is an interdisciplinary work where concepts such as sexuality, relationships, equality, norms, and identity are included in several subject syllabi whether it be history, music, biology and natural sciences, civics etc. (UNESCO, 2024 & Skolverket, 2024).

UGA should require all academic departments to incorporate consent, healthy relationships, and gender equality concepts into existing courses, mirroring Sweden's interdisciplinary approach. The University Curriculum Committee should work with department heads to identify natural integration points within their current syllabus. For example, communication courses could teach assertive communication skills and boundary-setting while biology and health classes could address bodily autonomy, and sexual health. To make this possible, the National Agency for Education in Sweden offers teachers free online courses and

distributes support materials to teachers about sexuality, consent, and relationships (UNESCO, 2024). The Center for Teaching and Learning should develop faculty training modules and provide teaching resources to ensure instructors feel equipped to facilitate these discussions, regardless of their discipline. This training should be offered through existing professional development workshops and made available online for flexibility.

Sweden also encourages instructors to facilitate a safe environment where students can discuss these topics. For seizing spontaneous opportunities, conversations regarding consent and relationships should be had whether a student asks a question or based on their interactions inside and outside the classroom (Skolverket, 2024). This also provides opportunities for discussions regarding current events and issues related to relationships, equality, and bodily integrity (UNESCO, 2024). The Office of Institutional Equity at UGA should develop a standardized protocol and talking points for these conversations while the Health Center Fountaine Center and Health Promotion Department should have awareness campaigns throughout the academic year, such as Sexual Assault Awareness Month programming, Consent Week events, and healthy relationship workshops. They can also collaborate with student organizations, particularly those in Greek life, and residential communities.

Self Defense Courses

The University of Georgia does offer self-defense courses, which are semester-long and one credit hour. In this course, students learn basic knowledge of fundamental skills and the strategy of self-defense. Not only is it an added exercise, but it also offers skills that can improve overall health in life. Students in this course are taken through modules that offer a better understanding of physical health and how it relates to a healthy lifestyle. The course also has a section about mental health and wellness, which is important when it factors into when to use the

self-defense taught. Universities could consider adding this to the required freshman introduction course to ensure that all students know how to protect themselves and maintain physical health activities during their first year of college.

The Ramsey Student Center also offers a small group fitness class called Defensive Arts & Well-Being. This class is not free to students; it is 60\$ for the entire course, which breaks down to about \$3.75/ class. This could be beneficial for those who want more one-on-one training because the class is smaller. Many of the martial arts studios in Athens also offer classes for those with no experience in martial arts or self-defense. SBG Jiu Jitsu offers women-only classes for women who feel uncomfortable being in activity classes that are coed. There are classes for those with experience and classes for beginners as well. This may be a good option for students who do not have time within their class schedule but want to learn how to defend themselves. Though self-defense classes may not be a traditional solution, they are a great way for students, especially female students like Olivia herself, to empower themselves and learn ways to protect themselves.

Take Back The Night

Take Back the Night is a charitable 501 © foundation that aims to end all forms of sexual violence, sexual abuse, trafficking, stalking, gender harassment, and relationship violence. The organization hosts events to raise public awareness of sexual violence as a concern of public health, safety, and social justice. These events' goals are to help survivors know they are not alone, educate the community about the forms of sexual violence, and form improvements in safety, laws against sexual violence, and policies to provide informed legal and medical support for victims. (*Take Back the Night*)

Some of these events include Shine Your Light Yoga, Global Virtual events, Online Yoga courses aimed to give healing tips, in which the classes are instructed by renowned therapists, Vigials, Speak-outs, and Walks that raise awareness and inspire change. Alongside events, Take Back the Night raises money to go towards awareness and spread information about sexual violence. These events can encourage survivors and peers to speak out about their own experiences, create communities that guide and help them on their healing journey, and create a conversation about how communities can fight back against this kind of violence. Take Back the Night supports survivors globally and takes every chance they can to speak up for those who may not be able to speak for themselves. (*Take Back the Night*)

Start By Believing

Start By Believing is a national public awareness program launched in April 2011 by End Violence Against Women International, and the main goal of this campaign is to end the cycle of silence around sexual assault, stalking, domestic violence, and child sexual abuse by changing how people respond when someone discloses that they has been assaulted. The core message of this campaign is that when someone tells you they was raped or sexually assaulted, you start by believing them. Research shows that most individuals who have been sexually assaulted never report the crime. This is due to the negative barrier that coincides with the stigma of sexual assault, resulting in negative responses from friends, family, or professionals. If an individual confides in another person and is met with disbelief, they are less likely to seek help, medical care, or justice. Start By Believing focuses on the very first conversation a survivor has after an assault because research shows that this moment strongly influences whether they seek medical care, report the assault, or reach out for counseling. This campaign emphasizes that the first

person a survivor tells is often not a professional, but a friend or family member, and the initial response is critical. *(Start by believing – ending the cycle of silence in sexual assault)*

This campaign provides toolkits, training materials, and educational resources for colleges, hospitals, police departments, and community organizations to learn how to respond effectively. These materials help teach people what to say, how to avoid victim-blaming, and how to connect survivors with resources. *(Start by believing – ending the cycle of silence in sexual assault)*

Start By Believing has been used all over the country for more than a decade and continues to spread as police departments, universities, and medical centers adopt it into their regular training and policies. Every year, the campaign leads a national Start by Believing Day to keep the message visible and encourage new people to make the pledge to support survivors. A program like this would help students like Olivia feel safe coming forward because it creates a campus culture where survivors are met with understanding instead of judgement. When students know they will be believed, they are far more likely to seek help, which makes this a powerful and sustainable solution for colleges trying to address sexual assault. *(Start by believing – ending the cycle of silence in sexual assault)*

Resource Handout

THE COTTAGE

3019 Lexington Rd, Athens, GA 30605

(706) 546-1133, INFO@NORTHGEORGIACOTTAGE.ORG, (Hotline: 877-363-1912)

The Cottage is a nonprofit organization that aims to help all survivors of sexual assault, regardless of gender, race, ethnicity, ages, and background, and works to provide educational information about sexual assault to the Athens community. The Cottage's services include a 24-hour Crisis and Information Hotline, Crisis Counseling, Medical Advocacy, Legal Advocacy, Free Counseling Referrals for Survivors, Other Referrals as Needed, Support Groups, Support for Secondary Survivors, and Support for Male Survivors of Sexual Assaults. Their primary area served is Athens, but they do not turn away anyone seeking their care. All of the services listed come at low to no cost for customers. Additionally, the Cottage offers several different services to children and teenagers such as trauma focused cognitive behavioral therapy, forensic interview, and a victim's assistance program (VAP). The Cottage also has services for non-offending caregivers and parents such as support and educational information.

PROJECT SAFE

995 Hawthorne Ave #7, Athens, GA 30606

(706) 549-0922, info@project-safe.org {[Call hotline: (706) 543-3331] [Text hotline: (706) 765-8019]}

Project Safe is a nonprofit organization that aims to end domestic violence of all kinds through prevention, intervention, education, crisis support, and advocacy for policy change. The primary services that Project Safe offers include an emergency shelter, outreach resources, bilingual services, a thrift store, and the Breaking Silence Program. All of Project Safe's services are free to anyone who is experiencing, or previously experienced, domestic violence. They also have a 24-hour call and text hotline that is available for use. Although domestic violence and sexual assault are separate instances, they often occur simultaneously, making it an important resource to highlight.

RAINN (RAPE, ABUSE, AND INCEST NETWORK)

No physical address -> (<https://rainn.org/>)

(202) 544-1034, info@rainn.org (Hotline: 800-656-4673))

RAINN is the nation's largest anti-sexual violence nonprofit organization. The main services offered through RAINN are confidential support services, education, community intervention, policy change, and consulting services. All of their resources are free to any survivors of sexual violence, assault, and/or harassment. Due to not having a physical location, all of their services are offered virtually. Their call, text, and chat hotline are available 24/7 for anyone to access. Additionally, they offer important literature, advocacy paths for supporters, and information on how to support their cause and mission to make their website useful for people who also want to help and become further educated on sexual violence. This allows sexual violence prevention to

not just be at the organizational level, but it allows individuals to help prevent, recognize, intervene, and become an additional knowledgeable resource when sexual violence occurs.

STUDENT CARE AND OUTREACH CENTER

318 Tate Center, Athens, GA 30602
706-542-8479 sco@uga.edu

The Student Care and Outreach (SCO) Center is located on UGA's campus at the Tate building. This is a resource for current students who need assistance with mental health hardships, unforeseen circumstances, and overall well-being. The Student Care and Outreach Program's mission is to coordinate care and assistance for all students, undergraduate and graduate, who experience complex hardship and/or unforeseen circumstances, by providing individualized assistance and tailored interventions. Some of the services they provide are well-being programs, digital and in-person mental health resources (both on campus and off campus providers), as well as withdrawal options for students who are facing sickness or mental health hardships. Some of the resources offered are free for students, but some of the in-person clinical therapy has sliding-scale costs or a flat rate fee. For example, the majority of the online resources are free, like online therapy, headspace, and Thriving Campus. The in-person visits through the Psychology Clinic or the UGA Center for Counseling and Personal Evaluation have costs varying from \$15-\$75.

THE UNIVERSITY HEALTH CENTER

55 Carlton Street, Athens, GA 30602
706-542-1162, healthcenter@uga.edu

The University Health Center's Mission Statement: With the unique needs of each patient in mind, the Gynecology Clinic provides comprehensive and personalized gynecological care for UGA's students and spouses using best practices in the field. The health center offers many different appointments for different health issues that students are experiencing. This includes a gynecology department that performs pap smears, STI testing, pregnancy testing, overall well-being check-ups, and contraceptive options (IUD, Birth control, condoms). The Gynecology clinic treats a variety of additional concerns for patients, as well as referrals for services including infertility treatment and prenatal care. Initial visits are free for students, but prices can increase based on testing or imaging that needs to be done. It is also in network with the majority of insurance providers, including Medicare and Medicaid. However, your insurance provider decides what services are covered.

NSVRC: NATIONAL SEXUAL VIOLENCE RESOURCE CENTER

<https://www.nsvrc.org/> No physical address

The National Sexual Violence Resource Center is a free national platform for those to get information about sexual violence and the next steps to take after being sexually assaulted. This source offers information about how to manage after being sexually assaulted as well as a

directory that offers a list of organizations that include state and territory sexual assault coalitions, victim/survivor support organizations, and local communities of color sexual assault organizations. NSVRC guides survivors through the confusion of what has happened to them and can help define the actions as assault or harassment, etc. This website also offers information for friends and family of those who have been sexually assaulted to guide them on how best to support their loved ones.

PIEDMONT ATHENS REGIONAL MEDICAL CENTER

1199 Prince Ave. Athens, GA 30606
(706) 475 7000, piedmont.org

Piedmont Athens Regional Medical Center is an important medical resource for survivors who need immediate care after a sexual assault. The hospital's mission is "to improve the lives and health of those they touch." Piedmont provides immediate medical care for survivors, including access to Sexual Assault Nurse Examiners who are trained to respond with compassion and professionalism. These nurses can complete forensic exams, answer questions, and explain medical options while helping survivors feel safe and supported. The hospital also offers testing and treatment for injuries or infections that may occur as a result of an assault. Survivors can seek care even if they are unsure about reporting, because the focus is always on safety, privacy, and emotional comfort.

OFFICE OF RELATIONSHIP AND SEXUAL VIOLENCE PREVENTION

55 Carlton Street, Athens, GA 30602
(706) 542-8690, uhcontact@uga.edu

The Office of Relationship and Sexual Violence Prevention provides free and confidential support to any University of Georgia student that has been affected by sexual assault, relationship violence, stalking, or any other forms of interpersonal violence. Their services include crisis intervention, emotional support, safety planning, academic and housing assistance, and help with medical or legal options. The Office of Relationship and Sexual Violence Prevention offers 24 hours on-call advocates who can meet survivors in person at the hospital or another safe location for support during medical care or reporting. They also provide trauma-focused counseling at no cost, along with referrals to trusted off-campus therapists if preferred. The Office of Relationship and Sexual Violence Prevention assists with STI testing information, medical treatment options, and reporting choices, and they ensure survivors are never pressured into any specific decision.

SANE INC

3035 Lexington Rd, Athens, GA 30605
(706) 613-3808, info@saneinc.org

SANE Inc. (Sexual Assault Nurse Examiners) provides free, 24/7 forensic exams and evidence collection for survivors of sexual assault in Athens and surrounding counties. No one is turned

away based on residence or timing of the assault. Their specially trained nurses offer sensitive medical care, walk survivors through reporting options, and provide emotional support throughout the entire exam process. They also offer legal testimony, community education, and referrals for medical follow-up and counseling.

OFFICE OF STUDENT CONDUCT
247 Memorial Hall, Athens, GA 30602
(706) 542-1131, conduct@uga.edu

The Office of Student Conduct (OSC) manages UGA's formal process for investigating violations of the Code of Conduct, including sexual misconduct cases. Their services are free for students and include reporting an incident, receiving interim measures (like no-contact orders or housing changes), and participating in an investigation or conduct hearing. The OSC is not a counseling service, but it provides accountability, campus accommodations, and a university-level alternative or complement to police reporting.

ST. MARY'S HOSPITAL
1230 Baxter St, Athens, GA 30606
(706) 389-3000, stmaryshealthcaresystem.org

St. Mary's hospital is a non-profit organization that offers a wide range of services, advanced medical treatments, and a patient-centered approach that puts patients and well-being first. Their vision is to become the national leader in improving the health of their communities and each person they serve, and to be the most trusted health partner for life. They are dedicated to providing high-quality healthcare to Athens, GA, and the surrounding communities including Oconee, Clarke, Jackson, Madison, and Oglethorpe counties. St. Mary's Hospital services include an Emergency Room, Primary Care, and a Wound Healing Center. Outside of the services for this case, they also have specialty care services. Services are provided at a cost to patients, and patients are able to access a price estimator on their website if they are aware of the services they will receive and their insurance information.

Personal Reflections

Carlee Nichols

After completing this paper, I feel like I learned so much about the sexual assault resources in Athens-Clarke County. I think that our community has many valuable resources available for survivors, and we are fortunate to have the nonprofits, organizations, and movements that we do. However, there are still many gaps present in our county's survivorship care.

The nature of sexual assault is very delicate, and it can be difficult to approach the topic in a culturally sensitive way. While I was gathering information about the resources in Athens, I had challenges with certain aspects yet ease with others.

The Cottage does an amazing job of promoting important information about their organization, how to reach them, and the services they offer on their website. I was able to clearly and easily navigate the website when looking for basic information. The first page details the information for their 24-hour crisis hotline as well as a quick statement that introduces the hotline and its purpose. Additionally, they have separate tabs indicating what services and resources they offer to specific age groups.

There were some challenges with this resource, though. Olivia may feel intimidated by the website, as she was having issues remembering what she went through. Feelings of shame, guilt, and confusion are typical of survivors, and Olivia may feel as though The Cottage is not a resource for her due to her own perception of the event. Although this is not a flaw with the resource itself, it is a barrier that survivors face and that The Cottage needs to consider.

One thing that I noticed The Cottage had on its website was a tab that allows anyone browsing the website to exit at a moment's notice. I thought this was a wonderful button to have

because oftentimes, survivors may be in unsafe locations, with dangerous people, or in a compromising position. This gives them an option to look at The Cottage's resources while still having the ability to quickly exit the website.

Project Safe was a little more challenging to obtain information about. I understand how delicate domestic violence and sexual assault can be, especially when paired together, so having information classified and not appearing first thing on the website is understandable. However, this does make it more challenging for victims to access information and resources offered by Project Safe. RAINN has good information on its website available as well. Due to their platform being only online, they have everything laid out simply and in a comprehensive manner.

Although I am currently leaning towards working in health policy after I graduate, I have thought about working for a nonprofit. If I were to take that career path, I could utilize the information from the case study and identify ways to improve upon both the website and resource presentation so that it would ultimately benefit sexual assault survivors and any other populations that could benefit from the given nonprofit.

Going forward, I would love to see a better representation of the nonprofit services in Athens. I did not know about most of the organizations we have in the county, including The Cottage and Project Safe, until I had to study them for class. However, I think it is essential that all residents are aware of the services accessible to them because it is extremely difficult to seek out services you're not sure exist, especially directly after a traumatic event or personal hardship, like we see in our case study.

SK Langley

Working through our given case opened my eyes to the many risk factors that emerge from just being a young woman. Though I am a bit older than Olivia (the young lady in our case

study) and am aware of the risks that come along with being a woman in today's society, it does not get any easier to understand why these things happen so frequently. I learned the depth of the effects of sexual assault through many of the services offered, including the mental health resources.

Some things were quite obvious to me before starting this research, like that sexual assault has mental health impacts, but really diving into this paper, I realized the true extent of what survivors go through. Though I will never be able to truly understand what it is like, doing this research made me even more empathetic to those who are going through the mental obstacles of an event they did not ask for.

On the other hand, it was enlightening to hear that there are so many resources at hand for men and women who are affected by the outcome of their sexual assault. It was also interesting to learn what resources are available for those who are experiencing other hardships, whether it be economically or socially. As an Athens local, it is important to me that I now know about these resources in depth to then, in turn, be able to assist my peers if the unthinkable happens to them.

Learning about The Cottage was very valuable to me. Knowing that Athens has such an amazing resource available makes me feel safer in the place I have called home for 21 years now. Seeing that their website is easy to navigate and provides information about their services is vital for those seeking help. This is also true for the online source, the NSVRC. I thought it was interesting that they included a section for family and friends on how to better support their loved ones who have been affected by sexual violence.

Some resources could improve their availability to all, including lowering the costs of medical expenses for those who are facing injury due to their assault. I know medical care in the

United States is lacking when it comes to accessibility for all, but luckily for Olivia's case, being a student allows her to seek care at the health center without an initial copay. Unfortunately, most do not have this luxury; future research could focus on accessibility for initial care and outcome care as well, including mental health services.

In the future, I would like to see improvements in the community through increasing support for nonprofit organizations as well as the local establishments making a stitch effort to decrease violence of any kind. As well as taking measures to ensure the safety of our community. Increased support for our local nonprofit organizations could allow them to expand their helpful resources to a larger demographic and help those in need.

Brooke Wilson

Writing about a sexual assault case was never on a list of things I thought I would do in my life. With that being said, I am grateful that I did. Reading and writing about Olivia's case allowed me to realize how real and common these situations are, especially for college students who maybe for the first time in their life are learning how to be independent. In our case, Olivia was a college student here at the University of Georgia and it was not until writing this paper and started doing my own research that I learned how often sexual assault occurs at UGA. And this is one school out of thousands across America. Seeing the statistics and understanding the environment that many students live in made me more aware of how easily these situations can happen and how important it is to take them seriously. This paper has allowed me to see the reality behind what many survivors face and made me more aware of these types of situations that could be happening.

This case showed me that there are so many resources out there. Understanding all of the different resources helped me see how many different layers there are to recovering. Every

resource offers something different, whether it is medical care, counseling, legal support, or need a group of supporters for a safe space to talk. I personally did not know any of the resources before working on this case, but I am glad that I know about so many of the resources now. Learning about The Cottage, Project Safe, RSVP, the Office of Student Conduct, and Piedmont Athens Regional Medical Center helped me see how much care and effort goes into making sure survivors are supported in the healing process. It opened my eyes to how important it is for survivors to have those different options.

I believe that we should continue strengthening awareness, education, and access to resources so that survivors feel safe coming forward and know exactly where to go for help. I also believe that it is so important for all campuses, to keep encouraging conversations about consent, safety, and respect. Students should feel like they can reach out without having a fear of being judged or blamed. This kind of environment is so important to establish so future situations can hopefully be prevented as much as possible by making more people aware of their actions and responsibilities.

Overall, this case taught me far more than I expected. It taught me the reality of sexual assault on college campuses and helped me realize the importance of strong support systems. It has made me more aware, more compassionate, and more prepared to know what survivors need. This case has helped me grow as a person, and it made me appreciate the importance of standing with survivors and making sure that they are not alone.

Yatree Patel

Working on this case study allowed me to understand sexual assault in a much deeper and more personal way. Before completing this project, I knew sexual assault had serious emotional and physical effects, but I did not realize how many other barriers survivors face when

trying to seek help. Learning about the financial, social, and cultural obstacles, especially for college students, made the topic feel very real. Many survivors avoid medical care because of fear, shock, embarrassment, or because they do not want their parents to see insurance claims. Understanding that even basic services like STI testing, SAFE exams, and counseling can be difficult to access helped me see how overwhelming the aftermath can be.

The sections on rape myths and coercion also stood out to me. It was upsetting to see how common these myths are and how easily they lead to victim-blaming. Reading about how survivors often question themselves or feel ashamed made me reflect on how much silence and misunderstanding still surround sexual assault, especially among young adults. It made me realize the importance of believing survivors and creating spaces where they feel safe to discuss what happened.

Learning about the resources available in Athens and at UGA, such as The Cottage, RSVP, SANE Inc., and Student Care & Outreach, was also meaningful. I had no idea how many specialized, trauma-informed services existed specifically for students. Knowing that survivors can receive medical exams, counseling, legal advocacy, and emotional support at no cost demonstrates the essential role these organizations play.

Overall, this case study helped me see sexual assault as something that affects every part of a survivor's life. It reminded me that response and recovery require compassion, education, support, and awareness. This project made me more empathetic and more committed to challenging stigma and advocating for survivor-centered care.

Desserama Badjema

Throughout this case, I was able to understand what sexual assault really is and the different things that survivors must consider after this has occurred to them. It also served as a self-reflection and made me realize that situations in my life that I considered to be harassment would be considered sexual assault. I reached this realization after learning about the different degrees of sexual assault while writing the health section. It was also enlightening to learn the proper terminology for rape kits and that they should be provided free of charge by law. I believe this is a key piece of information to be aware of because it allows survivors to advocate for an exam, especially those who believe it is an exam that requires an out-of-pocket cost.

When looking at resources, I realized the need for culturally competent resources because a survivor's culture impacts how they go about starting their healing journey or whether anyone is aware of what occurred. Some cultures tend not to speak much on this subject by pretending nothing occurred or by blaming survivors instead of their assailants. Hotlines, psychologists, and other organizations need to be aware of this when providing aid to survivors. When reading about the sustainable solution from Sweden, I realized even more how lacking our educational system is when it comes to educating us on sexual education and assault, consent, and what it takes to criticize and go against gender norms that negatively impact us.

While gathering information from community agencies, problems that were encountered included having to navigate through multiple tabs on the hospital's website to access the resources and help they have available. An individual will have to be proficient in using technology to fully access the resources that are available on the website. In addition, the price estimator on St. Mary's Hospital requires patients to know the code of the services they are seeking to receive the proper estimation. Uninsured individuals are unable to use this system due

to the need for insurance to fully use the software. This assessment has allowed me to see what it takes to create an asset map for a community on a specific health issue and what to do when there are not enough resources available in the community. I am also now equipped to help an individual who comes to me after experiencing sexual assault.

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