

Emergency Information Contact Numbers

# Sexual Assault & Abuse Action Plan

Oxnard College is a safe college campus, but if you are a victim of sexual assault or abuse, dating violence or stalking, please take the following actions:

* **Find Safety:** Get to a place that feels physically and emotionally safe.
* **Get Support:** Call a friend or family member to be with you. If you do not know who to call, or do not feel comfortable calling a friend or family member, you can seek the assistance of a trained advocate who will provide support and assistance.
* **Call the Police:** If you choose to report the assault, it’s best to do so as soon as possible. The sooner the report is made, the greater the chances that the assailant will be apprehended. Even if you know the assailant, it is still rape. Even if you have been drinking, it is still rape.

Call The Coalition for Family Harmony:

(800) 330-2181

* **Preserve Evidence:** If you think you may report the assault, **DO NOT** shower, bathe, douche, or wash/destroy any clothing you were wearing at the time of the assault. If possible, **DO NOT** disturb anything in the area where the assault occurred.
* **Get Medical Care:** By going to the emergency room at your local hospital.
  + It is important to assess for possible injuries, and be tested for pregnancy and sexually transmitted infections.
  + You can expect to get a physical exam that will be similar to a gynecological exam. This exam can detect distinct physical evidence of the assault that is not present with consensual sex.
  + To ensure your personal safety and increase the chances of physical evidence being found, medical attention should be sought **within 120 hours (5 days)**

Sexual Violence is never the survivor’s fault. Oxnard College and Campus Police are committed to supporting you.

http://www.oxnardcollege.edu

* **Emergency** : 911
* **Crisis Intervention/Referrals:** 211
* **VC Rape Crisis Center**24-hour Bilingual Hotline  
  1-800-300-2181
* https://www.notalone.gov
* **http://www.thecoalition.org/**This organization provides 24-hour crises intervention, advocacy, accompaniment, information & referrals for victims of sexual assault/abuse and their families. Emergency shelter can be provided for victims who fear for their safety.
* **Emergency Medical Care for Victims:**St. John’s Regional Medical Center  
  1600 Rose Ave., Oxnard, CA 93030  
    
  Ventura County Medical Center  
  3291 Loma Vista Rd., Ventura, CA 93003
* **OC Campus Resources:**Campus Police: 805-678-5805  
  Student Health Center: 805-678-5832  
    
  Dr. Oscar Cobian, Title IX Coordinator  
  805-986-5847