



**Elgin Community College
Wellness Services**

The Breakdown ~ Understanding Sexual Assault

Understanding Sexual Assault

- Vinny Cascio: Welcome to The Breakdown with your wellness professionals here at Elgin Community College. I'm Vinny Cascio.
- Angela Ogburn: I'm Angela Ogburn. In this podcast, we're going to talk about sexual assault and consent. So the first thing that we need to do is talk about the myth related to sexual assault. There are lots of myths out there, but the biggest one is that sexual assault only happens at 3 o'clock in the morning in a dark alley, somebody jumps out from behind a dumpster - it's a real stranger danger situation. But that's not really the truth. Yes it happens, and yes we need to be safe in those situations if we ever find ourselves in them, but typically sexual assault happens between two people who know each other. Maybe they've known each other for a long time, or maybe they just met, but typically they do know each other. For college students, sexual assault usually looks like a really confusing situation where someone did not get consent. It also often involves alcohol or drugs.
- Vinny: That word "consent" - such an important word. What is it, what does it sound like? Well, consent is a mutual agreement between two individuals. Typically, you want to have that trust and that comfortable feeling with that individual, and so that's really what consent is.
- Angela: Right. Sometimes, people freeze. So don't think that you can keep going because someone didn't fight it, or they didn't scream "No." People need to communicate: "Yes, I want to keep going," and "Yes, this is what I want." That's what consent is.
- Vinny: It's important to remember that consent can always be withdrawn. It's never a constant thing, if you feel uncomfortable, you're able to say "Wait a minute, no, stop."
- Angela: Absolutely. So, here's some quick tips for you. First of all, for those stranger-danger situations: yes, be safe. Travel in pairs, watch your drinks, don't get wasted. Those are things that you want to do for sure. In intimate situations with someone that you know, which - reminder - is when most sexual assaults can occur, you want to be sure to communicate. Ask for a person's consent, don't ever initiate sex when someone's been drinking or using drugs.
- Vinny: Right. There's so much more we can talk about with this, but for more information about sexual assault and consent, come check us out at Wellness Services. We're located in B120, and open for you Monday through Friday. Alright guys, take care! I'm Vinny Cascio.
- Angela: I'm Angela Ogburn.
- Together: And we're your wellness professionals.