

RESOURCES

TITLE IX / CIVIL RIGHTS EQUITY COORDINATOR

Illinois Central College
1 College Drive
Room 338C
East Peoria, Illinois 61635
Title9@icc.edu
(309) 694-8460
Website & Online Reporting Form: icc.edu/title-ix

CONFIDENTIAL RESOURCES

Counseling Coordinator
Illinois Central College
1 College Drive
Room CC215
East Peoria, IL 61635
counseling@icc.edu
(309) 694-5573
Additional resources: icc.edu/counseling

LAW ENFORCEMENT

Emergency: Call 911

Visit your local municipal police or contact:

- ICC Campus Police: Call (309) 694-5111
- East Peoria Police Department: Call (309) 698-4700
- Peoria Police Department: Call (309) 673-4521
- Peoria Police Department: Call (309) 346-3132

MEDICAL RESOURCES

Advocate Eureka Hospital
101 S Major St
Eureka, IL 61530
advocatehealth.com/eureka
(309) 467-2371

OSF Saint Francis Medical Center
530 NE Glen Oak Ave
Peoria, IL 61637
osfsaintfrancis.org
(309) 655-2000

UnityPoint Methodist Hospital
221 NE Glen Oak Ave
Peoria, IL 61636
unitypoint.org/peoria/default.aspx
(309) 672-5522

UnityPoint Pekin Hospital
600 S 13th St
Pekin, IL 61554
unitypoint.org/peoria/clinic.aspx?id=3648&UnityPoint+Health+-+Pekin+Hospital
(309) 347-1151

UnityPoint Proctor Hospital
5409 N Knoxville Ave
Peoria, IL 61614
unitypoint.org/peoria/contact-us.aspx
(309) 691-1000

MENTAL HEALTH RESOURCES

The Center for Prevention of Abuse
Phone: (309) 691-0551
Toll-free: 800-559-7233
Address: 720 W. Joan Ct. • Peoria, IL 61614
Website: centerforpreventionofabuse.org
Languages: English, Spanish

CARE Hotline

Toll-free: 1-800-345-9049

Call for Help

Phone: (309) 673-7373

Methodist Medical Center of Central Illinois

Phone: (309) 672-5522
Website: mymethodist.net/services/behavioralhealth

OSF - Behavioral Health

Phone: (309) 655-2000
Website: osfsaintfrancis.org



Illinois Central College is committed to maintaining a safe and healthy educational and employment environment free from discrimination, harassment, and misconduct on the basis of sex, including sexual orientation and gender-related identity and expression. This applies to students, employees, and others when the behavior occurs on campus, occurs off campus at College activities, or has the effect of creating a hostile environment for a member of the College community. Prohibited behaviors include:

- *Sexual harassment, including hostile environment and discrimination*
- *Non-consensual sexual contact*
- *Non-consensual sexual intercourse*
- *Intimate relationship violence, including dating and domestic violence*
- *Stalking*
- *Other gender-based misconduct, such as exploitation, bullying, or hazing.*

Additional information is available at icc.edu/title-ix

EDUCATIONAL RESOURCES

EFFECTS OF TRAUMA

Sexual violence can have harmful and lasting consequences for victims, families, and communities. The following list describes some of those consequences.

Physical Effects: More than 32,000 pregnancies result from rape every year with the highest rates of rape-induced pregnancy reported by women in abusive relationships. Some long-term consequences of sexual violence include:

- Chronic pain
- Gastrointestinal disorders
- Gynecological complications
- Migraines and other frequent headaches
- Sexually transmitted infections
- Cervical cancer
- Genital injuries

Psychological Effects: Victims of sexual violence face both immediate and chronic psychological consequences.

Immediate psychological consequences include the following:

- Shock
- Denial
- Fear
- Confusion
- Anxiety
- Withdrawal
- Shame or guilt
- Symptoms of post-traumatic stress disorder

Chronic psychological consequences include the following:

- Depression
- Generalized anxiety
- Attempted or completed suicide
- Post-traumatic stress disorder
- Diminished interest in/avoidance of sex
- Low self-esteem/self-blame

Social Effects: Sexual violence also has social impacts on its victims, such as the following:

- Strained relationships with family, friends, and intimate partners
- Less emotional support from friends and family
- Less frequent contact with friends and relatives
- Lower likelihood of marriage
- Isolation or ostracism from family or community

Health Risk Behaviors: Sexual violence victimization is associated with several health risk behaviors. Some researchers view the following health behaviors as both consequences of sexual violence and factors that increase a person's vulnerability to being victimized again in the future.

Engaging in high-risk sexual behavior

- Unprotected sex
- Early sexual initiation
- Choosing unhealthy sex partners
- Having multiple sex partners
- Trading sex for food, money, or other items

Using harmful substances

- Smoking cigarettes
- Drinking alcohol
- Drinking alcohol and driving
- Taking drugs

Unhealthy diet-related behaviors

- Fasting
- Vomiting
- Abusing diet pills
- Overeating

Delinquency and criminal behavior

- Failure to engage in healthy behaviors, such as motor vehicle seat belt use

Learn more at

[cdc.gov/violenceprevention/sexualviolence/consequences.html](https://www.cdc.gov/violenceprevention/sexualviolence/consequences.html)

ROLE OF DRUGS AND ALCOHOL

What is drug-facilitated sexual assault?

Drug-facilitated sexual assault occurs when alcohol or drugs are used to compromise an individual's ability to consent to sexual activity. These substances make it easier for a perpetrator to commit sexual assault because they inhibit a person's ability to resist and can prevent them from remembering the assault. Drugs and alcohol can cause diminished capacity.

You may have heard the term “date-rape drugs” to refer to substances that can aid a perpetrator in committing sexual assault. Drug-facilitated sexual assault can happen to anyone, by anyone, whether the perpetrator is a date, a stranger, or someone you've known for a while.

How does a perpetrator use drugs and alcohol?

Drug-facilitated sexual assault occurs in two ways: when the perpetrator takes advantage of a victim's voluntary use of drugs or alcohol or when the perpetrator intentionally forces a victim to consume drugs without their knowledge.

It's important to remember that if a sexual assault occurs under these circumstances, it is still not your fault. The blame falls on the perpetrator who took advantage of you.

A perpetrator may intentionally drug a victim, resulting in a situation where it is easy to manipulate the circumstances and commit an assault. Perpetrators use a variety of substances to incapacitate a victim.

Alcohol is the most commonly used substance in drug-facilitated sexual assault. Prescription drugs, like sleep aids, anxiety medication, and muscle relaxers, may also be used by perpetrators.

Street drugs such as GHB, rohypnol, ecstasy, and ketamine can be added to drinks without changing the color, flavor, or odor of the beverage.

Learn more at rainn.org/get-information/types-of-sexual-assault/drug-facilitated-assault