



While SAPA is a 24/7 confidential service, our operations are unable to provide support during the summer months.

In the event you or someone you know would like support, Sexual Aggression Services is available year-round. Please contact:

**Sexual Aggression Services**  
**Megan Varner, MA, LPC, NCC • Director**  
**Central Michigan University**  
**Foust Hall 150 • 989.774.6677**  
**scudd1ma@cmich.edu**



# What We Do

SAPA is a survivor-centered and trauma-informed, paraprofessional student organization that serves those affected by sexual aggression through confidential 24/7 services, including:

- Support line
- Texting service
- Direct in-person services.

Sexual aggression includes stalking, sexual harassment, domestic violence, intimate partner violence, and sexual assault.

SAPA promotes empowerment through information, choices, and resources.

## Who We Serve

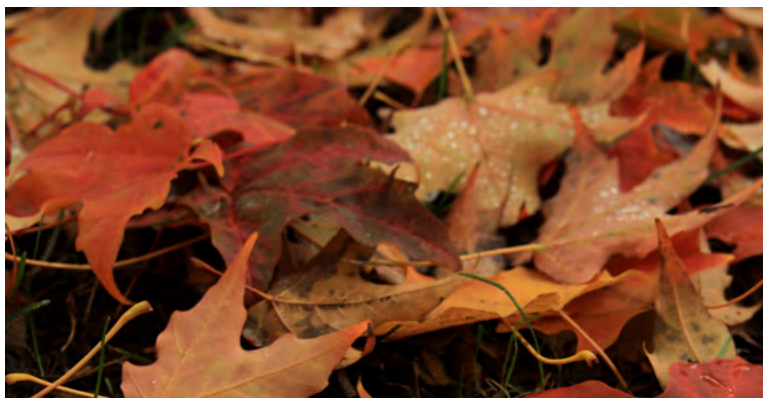
SAPA serves survivors and those impacted by sexual aggression through advocacy, support, education, and empowerment with 24/7 confidential services, awareness outreach activities, and educational programs. Our services are available to:

- CMU students
- CMU faculty/staff
- Community

## Safety Options

Contact SAPA to explore resources related to:

- Shelter
- Personal Protection Orders
- Police
- Medical
- Counseling
- Safety Planning
- Reporting Options
- Campus Accommodations



## Who We Are

Advocates are CMU undergraduate and graduate student volunteers who receive 50+ hours of training each year on topics including:

- Confidentiality
- Empathetic listening & advocacy skills
- Educational programming
- Crisis intervention
- Title IX and Clery Act
- CMU Safe Zone training
- Diversity training
- Laws & legal resources
- Campus and criminal processes
- Safety planning
- Campus and community resources
- Sexual aggression
- Trauma
- Medical resources
- Bystander mentality
- Self-care
- Skill set application

## How to Help

You may have heard the term **bystander intervention** to describe a situation where someone who isn't directly involved steps in to change the outcome. Intervening may give the person you're concerned about a chance to get to a safe place or leave the situation.

You don't have to be a hero or stand out from the crowd to make a big difference in someone's life.

Take steps to protect someone who may be at risk in a way that fits your comfort level.

Whether you're taking a friend home who has had too much to drink, explaining that a rape joke isn't funny, or getting law enforcement involved when someone is behaving aggressively, choosing to intervene can impact the way those around you think about and respond to sexual aggression.



## Programs

SAPA offers programming for on-campus departments, organizations, and the local community.

Such programs include:

- No Zebras, No Excuses
- Sexual Assault
- Stalking
- Domestic Violence/ Intimate Partner Violence
- Harassment in the Workplace
- Back of room support
- Custom programs may also be available

## Join the Cause

SAPA participates in several awareness months to spread helpful information about our resources and empower conversation about important topics. We participate in:

**October:** Domestic Violence and Intimate Partner Violence Awareness

**January:** Stalking Awareness

**April:** Sexual Assault Awareness

To request a program, access chat service, or to apply to join us, visit:

[www.sapa.cmich.edu](http://www.sapa.cmich.edu)