Make sure he or she is in a safe place.

Encourage him or her to avoid washing, douching, brushing teeth, or changing clothes. While this may be difficult, preserving any evidence is important in the event that he or she decides to report the assault to the police.

Call someone. Call a rector, assistant rector or RA, Notre Dame Security Police (574.631.5555), the University Counseling Center (574.631.7336), the Deputy Title IX Coordinator (574.631.7728) or University Health Services (574.631.7497). Or, if he or she prefers to speak to someone off-campus, call the 24-hour hotline of S-O-S of the Family Justice Center of St. Joseph County (574.289.HELP [4357]).

Seek medical attention at the Emergency Room of St. Joseph Regional Medical Center (574.335.5000), where specially trained Sexual Assault Nurse Examiners are on call 24/7, or Memorial Hospital (574.647.1000). All tests and procedures are free of charge to the victim if he/she seeks medical care within 120 hours of the assault; insurance will not be billed. University Health Services can assist by arranging transportation and can provide confidential and professional follow-up medical care.

Consider reporting the assault. He/she may report the assault to the University or to local police. Going to the hospital to seek medical attention does not obligate him/her to report the assault. It is important to seek medical attention as soon as possible, ideally within 120 hours of the sexual assault. Seeking medical attention does not obligate a student to follow through with pressing charges. An anonymous exam may be performed, with all evidence collected held for a one-year period, giving her/him time to decide whether or not to file a police report. After one year, all evidence will be destroyed.

If more than 120 hours (5 days) have passed since the assault:

Seek medical attention to address any injuries or symptoms related to the assault. University Health Services can provide confidential and professional medical care and/or make an appropriate referral to a local physician.

Consider seeking confidential counseling and/or pastoral support, either through the University’s Counseling Center (574.631.7336), vowed religious (priest, deacon, sister, or brother) at Campus Ministry (574.631.7800), or S-O-S of the Family Justice Center of St. Joseph County (574-289-HELP [4357]).

Consider reporting the assault. To file a report with the University, contact the Deputy Title IX Coordinator (574.631.7728), or the Office of Student Affairs (574.631.5550). They can assist in filing an official report, provide academic or administrative assistance, provide information about options in pursuing campus judicial processes, or assist in reporting the assault to the local police.

The University’s Sexual Assault, Sexual Misconduct, Dating Violence and Domestic Violence policies are available online: http://dulac.nd.edu/important
Emotional Support

- **Listen.** Don’t force a survivor to talk about the incident until he or she is ready in the healing process, but remind him or her that you are there if he or she needs to talk.

- **Follow his or her lead** in terms of what they want to do to gain closure about the incident or to have a better understanding of what happened to him or her. The best way to ensure that a student gets help is to **suggest options** and to **allow him or her to choose** what they want to do.

- Make sure the survivor knows that his or her experience was not his or her fault.

- Make sure your friend knows that you believe her or him.

- **Provide comfort** for the survivor. Find out how by **asking the survivor what he or she would like to do** and what you can do to help.

- **Encourage** the person to **seek help from trained professionals**.

General Information

Rape, sexual misconduct and relationship violence, in any form, are unacceptable at Notre Dame and will not be tolerated in this community. All members of this community share responsibility for creating and maintaining an environment which promotes the safety and dignity of each individual. The University encourages victims to report all incidents of sexual misconduct, domestic violence, dating violence and stalking.

Under Indiana law, **sexual assault is defined as any unwanted sexual activity forced by one person on another**, including but not limited to unwelcome touching, forced sodomy, stranger rape, acquaintance rape, date rape, marital rape, and gang rape.

Under Indiana law, **domestic violence is defined as physical violence committed by a current or former spouse of the victim, by a person with whom the victim has a child in common, by a person who is cohabitating or has cohabited as if a spouse (as determined under applicable law), or by any other person against an adult or youth victim who is protected from that person’s act by applicable domestic or family violence laws.**

Under Indiana law, **dating violence is defined as physical violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim.**

Domestic violence, dating violence and sexual assault are crimes of violence. They are motivated by the desire to control, dominate, and humiliate, not the desire for sex.

College-age students are more likely to be raped than any other age group. It is estimated that 1 in 5 women and 1 in 10 men are victims of sexual assault. 1 in 4 women and 1 in 7 men will experience domestic violence during their lifetimes. 1 in 5 college women report having experienced dating violence by a current partner. Women aged between 16 and 24 have the highest risk of experiencing intimate partner violence.

Confidential Resources

Under Indiana law, if a student wishes the details of an incident to be kept strictly confidential, she or he can speak with counselors at the University Counseling Center, health providers, vowed religious (priest, deacon, brother, or sister) at Campus Ministry, or an off-campus rape crisis resource, such as S-O-S of the Family Justice Center of St. Joseph County.

When **graduate students or postdoctoral researchers at the University are functioning in the capacity as a University employee**, they fall under the category of non-confidential resource. This means graduate students and postdoctoral researchers who are paid by or receiving a stipend from the University, whether or not they directly teach, advise or supervise students, must share any information regarding an incident of sexual misconduct, domestic violence, dating violence, or stalking with the Deputy Title IX Coordinator (574.631.7728) for investigation and follow up.

What To Say

- “I’m sorry this happened to you.”
- “Thank you for telling me.”
- “What kind of help do you need?”
- “When you’re ready, there is help available.”

Follow up: “I was thinking about the conversation we had the other day. How are you doing?”

Remember: If a friend turns to you for support, encourage him or her to utilize resources and to consider options, but be sure to allow him or her to make his or her own decisions about how to proceed.