

REFERRAL RESOURCES

Confidential

University Counseling Center
574.631.7336

University Health Services
574.631.7497

S-O-S of the Family Justice
Center Rape Crisis Help Line
574.289.HELP (4357)

Non-Confidential

Deputy Title IX Coordinator
574.631.7728

**messages can be left 24/7*

NDSP
574.631.5555

Gender Relations Center
574.631.9340

Office of Community Standards
574.631.5551

Residence Hall Staff
(Rectors, Assistant Rectors [ARs], Resident
Assistants [RAs])

Other Helpful Resources

Out of the Shadows is a confidential, all women's or all men's on-campus support group for survivors of sexual violence. You can email outoftheshadowsgroup@gmail.com or call S-O-S at 574.234.6900 for meeting locations and more information.

The One Love Foundation 'MyPlan' app helps determine if a relationship is unsafe. It can be used to create an individually tailored action plan for someone experiencing intimate partner violence. It offers 24/7 live chat support from trained advocates. Visit joinonelove.org for more information.

How To Help a Student

*Faculty & Staff Resources for
Responding to Relationship &
Sexual Violence*

*Committee on Sexual Assault Prevention
csap.nd.edu
Gender Relations Center
grc.nd.edu*

Refer the Student

Confidential and Non-Confidential Resources

Under Indiana law, if a student wishes the details of an incident to be kept strictly confidential, they can seek counseling and support at the University Counseling Center (574.631.7336), health providers, vowed religious (priest, deacon, brother, or sister) at Campus Ministry (574.631.7800), or an off-campus rape crisis resource, such as S-O-S of the Family Justice Center, the rape crisis center for St. Joseph County (574.289.HELP [4357]).

Faculty and Staff

University faculty and staff members are **non-confidential** resources, and are required to report any disclosure of sexual misconduct, domestic violence, dating violence, or stalking made to them by a student to the Deputy Title IX Coordinator (574.631.7728).

Graduate Students & Postdoctoral Researchers

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

If you are a graduate student and have questions about whether or not you are required to report, please contact the Deputy Title IX Coordinator 574.631.7728.

Make a Report

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 assault, domestic violence, and dating violence.

Please keep in mind that the University policy requires all staff and faculty (other than those specifically designated confidential resource persons) to report sexual misconduct and relationship violence to the Deputy Title IX Coordinator 574.631.7728.

If a student discloses that sexual misconduct or relationship violence has recently occurred, stay with them in a safe place. Keep in mind that you are not expected to, nor should you, act as a counselor, and should always refer the student to appropriate resources as soon as possible (*see back cover of pamphlet for a list of resources*).

You are responsible for:

- supporting the student
- referring the student to staff trained to assist survivors of sexual misconduct and/or relationship violence
- making a report as mandated by federal law

Support the Student

Immediate Needs & Options
within 120 hours (5 days) of the assault

- **Make sure the student is safe.**
- Encourage the student to avoid washing, douching, brushing teeth, or changing clothes, in order to **preserve any evidence.**
- Depending upon the student's needs, call one of the resources on the back of this pamphlet.
- **Encourage the student to seek medical attention at the Emergency Room of St. Joseph Regional Medical Center (574.335.5000), where specially trained Sexual Assault Nurse Examiners are available 24/7, or Memorial Hospital (574.647.1000).** All tests and procedures related to a sexual assault or domestic/dating violence exam are free of charge; **insurance will not be billed.** University Health Services can assist by arranging transportation and can provide confidential and professional follow-up medical care. Encourage the student to have evidence collected within the 120 hour timeframe. **Seeking medical attention does not obligate the survivor to report the incident.** If the survivor is unsure of wanting to report the incident at the time of the exam and evidence collection, evidence can be collected anonymously and held for a one year period.
- **Report the incident. Most faculty and staff members are mandatory reporters, except those deemed confidential. If a student discloses an incident of sexual misconduct, assault, dating or domestic violence to you, you are obligated to report to the Deputy Title IX Coordinator (574.631.7728) all the information that you have.**

If more than 120 hours (5 days) have passed since the assault, encourage the student to:

- 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 self-reporting the assault. Inform the student that you are a mandatory reporter, but the student can also report the assault directly to 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. For more information, visit: <http://studentaffairs.nd.edu/title-ix-sexual-assault-resources/>
- The University's **Sexual Assault, Sexual Misconduct, Dating Violence and Domestic Violence policies** are available online: <http://dulac.nd.edu/important>

Common Reactions

Physical: trouble sleeping, nightmares, headaches, loss of appetite, overeating, stomach problems, muscle tension

Emotional: denial, fear, sadness, anger, guilt, shame, embarrassment, crying spells, flashbacks, irritability, depression, suicidal thoughts

Social: fear of being in public, withdrawing from friends, difficulty trusting others, trouble with physical intimacy in relationships

Academic: lack of concentration, impaired memory, missing classes, lack of motivation



DO:

- DO** believe the student. The psychological damages of not being believed can be as damaging as the assault itself.
- DO** be clear that the assault was not the survivor's fault.
- DO** offer non-judgmental support.
- DO** express your compassion.
- DO** encourage the student to seek professional help.
- DO** follow up with the student and encourage them to use their resources.

DO NOT:

- DO NOT** confront the person who is accused of committing the assault.
- DO NOT** pass judgement.
- DO NOT** question or judge what the survivor had to do to survive.
- DO NOT** make promises that you cannot keep.
- DO NOT** try to resolve the situation between students.

WHAT TO SAY:

If you believe a student is about to disclose information about sexual misconduct: "Please know that I am a mandatory reporter. Would you like me to help you talk to someone who is a confidential resource?"

"I'm sorry this happened to you." or "Thank you for telling me."

"What kind of help do you need?" or "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?"

You are responsible for:

- supporting the student
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- making a report as mandated by federal law