

SEXUAL AND RELATIONSHIP VIOLENCE, IN ANY FORM, IS UNACCEPTABLE AND NOT TOLERATED IN THE TRI-CAMPUS COMMUNITY.

All members of the tri-campus 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 domestic violence, dating violence, stalking, and sexual assault. These acts are considered crimes of violence and are motivated by the desire to exert power and control over another.

CONFIDENTIAL RESOURCES

Sharing information/seeking resources from a confidential resource will not generally be reported to the University or law enforcement for investigation.

**University
Counseling Center** 574-631-7336

**University
Health Services** 574-631-7497

**Campus Ministry
Vowed Religious** 574-631-7800
Staff who are not vowed religious are
considered non-confidential resources.

**S-O-S of the Family Justice
Center of
St. Joseph County** 574-289-HELP (4357)

**RAINN (Rape Abuse and
Incest National Network)** 800-656-4673

NON-CONFIDENTIAL RESOURCES

In addition to confidential resources, the tri-campus community offers non-confidential resources as options for students to report incidents of sexual assault, harassment, or misconduct. Sharing information about an incident with non-confidential resources will result in a University response. 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 Title IX Coordinator.

Title IX Coordinator 574-631-0444
or equity@nd.edu

Hall Staff (Rector, Assistant Rector,
or Resident Assistant)

**Notre Dame
Police Department** 574-631-5555
or 9-1-1

St. Joseph County Police 574-235-9611

Gender Relations Center 574-631-9340

**Office of
Community Standards** 574-631-5551

HOW TO HELP A FRIEND

Sexual and Relationship
Violence Resources



IF SOMEONE YOU KNOW HAS BEEN THE VICTIM OF DOMESTIC VIOLENCE, DATING VIOLENCE, STALKING, OR SEXUAL ASSAULT, PLEASE CONSIDER THE FOLLOWING.

IMMEDIATE OPTIONS

after physical and/or sexual violence

- Make sure your friend is in a safe place.
- Encourage your friend to avoid washing, douching, brushing teeth, or changing clothes. While this may be difficult, preserving any evidence is important if they decide to report the assault to the police.
- Call someone, whether it's a confidential or non-confidential resource.
- Seek medical attention at a South Bend hospital. While both St. Joseph Regional Medical Center and Memorial Hospital offer emergency care and evidence collection, St. Joseph has a specially trained sexual assault team available 24/7. All tests and procedures related to documenting and treating the sexual assault will be free of charge; insurance will not be billed.
- Consider reporting the assault to the University or local police.

It is important to seek medical attention as soon as possible and ideally within 120 hours of a sexual assault. Seeking medical attention does not obligate one to report to law enforcement. An anonymous exam may be performed, with all evidence held for one year, giving your friend time to decide whether or not to file a police report. Evidence is destroyed after one year.

Learn more about county protocols for sexual assault examination kit evidence collection, transportation, storage, and destruction by visiting FJCSJC.ORG/SART.

WHAT TO SAY

- *"I'm sorry this happened to you."*
- *"This is not your fault."*
- *"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 them to utilize resources and to consider options, but be sure to allow them to make their own decisions about how to proceed.

IF MORE THAN 120 HOURS (5 DAYS) HAVE PASSED

since the assault

- Seek medical attention to address any injuries or symptoms related to the violence.
- Consider seeking confidential counseling and/or pastoral support through the University Counseling Center, vowed religious (priest, deacon, sister, or brother) in Campus Ministry, or the S-O-S of the Family Justice Center of St. Joseph County.
- Consider reporting the assault. To file a report with the University, visit SPEAKUP.ND.EDU or contact the Title IX Coordinator.

Ongoing

EMOTIONAL SUPPORT

LISTEN. Don't force a survivor to talk about the incident until they are ready in the healing process, but remind them you are there if they need to talk.

FOLLOW THEIR LEAD in terms of what they want to do to gain closure about the incident or to gain a better understanding of what happened to them. The best way to ensure a friend gets help is to suggest options and allow them to choose what they want to do.

Make sure the survivor knows their experience was **NOT THEIR FAULT.**

Make sure your friend knows you **BELIEVE THEM.**

PROVIDE COMFORT.

Find out how by asking the survivor what they would like to do and what you can do to help.

ENCOURAGE your friend to seek help from trained professionals.

Learn more about the University's Discriminatory Harassment, Sexual Harassment, and Other Sexual Misconduct Policies at EQUITY.ND.EDU.

For more information on the full range of resources related to domestic violence, dating violence, stalking, and sexual assault, visit TITLEIX.ND.EDU.