

REFERRAL RESOURCES

CONFIDENTIAL

University Counseling Center
574.631.7336

University Health Services
574.631.7497

Vowed religious (priest, deacon,
sister, brother) at Campus Ministry
574.631.7800

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

NDSP
574.631.5555

St. Joseph County Police
574.235.9611

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
titleix.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, the student can seek counseling and support at the University Counseling Center, University Health Services, with vowed religious (priest, deacon, brother, or sister) at Campus Ministry, or at an off-campus rape crisis resource, such as S-O-S of the Family Justice Center, the rape crisis center for St. Joseph County. See back of pamphlet for contact information.

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.

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 for investigation and follow up.

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

Sexual and relationship violence, in any form, is unacceptable and not tolerated in the Notre Dame 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.

Please keep in mind that 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.

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 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 and/or relationship violence
- making a report as mandated by federal law

Support the Student

Needs & Options after Sexual Assault, Dating Violence, Domestic Violence, or Stalking

- **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.
- **If the incident occurred within the prior five days, encourage the student to seek Seek medical attention** at a South Bend hospital: **St. Joseph Regional Medical Center (574.335.5000)** or **Memorial Hospital (574.647.1000)**. While both hospitals offer emergency care and evidence collection, **St. Joseph has a specially trained sexual assault team available 24/7.** Tests and procedures related to a sexual assault exam are free of charge if performed within five days of the incident; **insurance will not be billed.** University Health Services can assist by arranging transportation and can provide confidential and professional follow-up medical care. **Seeking medical attention does not obligate the survivor to report the incident.** Evidence can be collected anonymously and held for one year.
- **If it has been more than 5 days since the incident, encourage the student to seek medical attention** to address any injuries or symptoms related to the violence. University Health Services can provide confidential and professional medical care and/or make an appropriate referral to a local physician.
- **Encourage the student to consider seeking confidential counseling and/or pastoral support** through the **University Counseling Center**, vowed religious (priest, deacon, sister, or brother) at **Campus Ministry**, or **S-O-S of the Family Justice Center of St. Joseph County.**
- Encourage the student to **keep a record** of the incident(s), retaining any forms of communication, like texts, emails, voicemails, or unwanted gifts, which provide important context in situations of domestic violence, dating violence and/or stalking.
- Inform the student that you are a mandatory reporter, but the student can also self-report directly to the **Deputy Title IX Coordinator.**
- If the student is **being followed** to/from his or her residence call, classrooms, or other activities, and fears for physical safety, call NDSP or 911 immediately.
- The University's **Sexual Assault, Sexual Misconduct, Dating Violence and Domestic Violence policies** are available online: dulac.nd.edu/important
- For information on the full range of resources for sexual assault, dating violence, domestic violence and stalking visit: titleix.nd.edu

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:

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

DO NOT:

- confront the person who is accused of committing the violence.
- pass judgement.
- question or judge what the survivor had to do to survive.
- make promises that you cannot keep.
- 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."
- "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?"

You are responsible for:

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