

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])

The University's Sexual Assault, Sexual
Misconduct, Dating 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: titleix.nd.edu

How To Help a Friend

Relationship & Sexual Violence Resources

[Committee on Sexual Assault Prevention
titleix.nd.edu](http://titleix.nd.edu)
[Gender Relations Center
grc.nd.edu](http://grc.nd.edu)

If your friend has been sexually assaulted:

- Make sure he or she is **in a safe place**.
- Encourage your friend to avoid washing, douching, brushing teeth, or changing clothes. This may be difficult, but **preserving evidence is important** if he or she decides to report to the police.
- **Call someone.** CONFIDENTIAL resources are **University Counseling Center, University Health Services, vowed religious** (priest, deacon, sister, or brother) **at Campus Ministry, S-O-S of the Family Justice Center of St. Joseph County.** These resources are not required to report to the University disclosures of sexual violence.
- NON-CONFIDENTIAL resources are a **rector, assistant rector** or **RA, Notre Dame Security Police,** the **Deputy Title IX Coordinator** or any **faculty or staff member.** These resources are mandated by Federal law to report to the University any disclosure of sexual violence.
- **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.** University Health Services can help arrange transportation and can provide confidential, professional follow-up medical care.
- **Consider reporting** the assault to the University or to local police. To file a report with the University, contact the **Deputy Title IX Coordinator** or visit speakup.nd.edu.

It is important to **seek medical attention as soon as possible**, ideally within 120 hours of a sexual assault. All relevant tests and procedures are **free of charge** to the victim if he or she seeks medical care **within 120 hours (5 days) of the assault**; insurance will not be billed. **Seeking medical attention does not obligate one to report the assault.** An anonymous exam may be performed, with **all evidence held for one year**, giving someone **time to decide whether or not to file a police report.** Evidence is destroyed after one year.

If your friend has been, or is being abused, verbally, emotionally, and/or physically:

- **Seek medical attention** to address any injuries or symptoms related to the physical violence. 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** 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 your friend to **keep a record** of the incident(s), retaining any forms of communication, like texts, emails or voicemails. Should your friend decide to report the violence, this would provide important context.
- **Consider reporting** the incident(s). To file a report with the University, contact the **Deputy Title IX Coordinator**, or visit speakup.nd.edu.

If your friend is being stalked:

- If your friend is **being followed** to/from his or her residence call, classrooms, or other activities, and fears for physical safety, call NDSP or 911 immediately.
- Encourage your friend to **keep a record** of the contact, retaining any forms of communication, like texts, emails, voicemails, letters, or unwanted gifts. Should your friend decide to report the violence, this would provide important context.
- **Consider reporting** the incident(s). To file a report with the University, contact the **Deputy Title IX Coordinator**, or visit speakup.nd.edu.

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

Ongoing Emotional Support

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.

Notre Dame Standards of Conduct define **sexual assault** as any sexual intercourse by any person upon another without consent. It includes oral, anal and vaginal penetration, to any degree, with any part of the body or other object. It is also referred to as "non-consensual sexual intercourse."

Domestic violence is defined as physical violence or the threat of physical violence committed by a current or former spouse of an individual, by a person with whom the individual has a child in common, by a person who is cohabiting or has cohabitated with the individual as if a spouse (as determined under applicable law), or by any other person against an adult or youth who is protected from that person's acts by applicable domestic or family violence laws.

Dating violence is defined as physical violence or the threat of physical violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with an individual. The existence of such a relationship shall be determined based on factors such as the length and type of relationship, and frequency of interaction between the persons involved.

Stalking is defined as knowingly or intentionally engaging in a course of conduct involving repeated or continuing harassment of another person that would cause a reasonable person to feel terrorized, frightened, intimidated, or threatened and that actually causes the individual to feel terrorized, frightened, intimidated, or threatened.

Domestic violence, dating violence, stalking and sexual assault are crimes of violence, motivated by the desire to exert power and control over another, not by sexual or romantic desire.

- **Listen.** Don't force a survivor to talk about the incident(s) 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.** 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.**

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 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.

Remember. Be aware of your own emotional well-being, and seek support for yourself as you walk with your friend.



Confidential vs. Non-Confidential Resources

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. **See the back of this pamphlet for a listing of resources.**

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.

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. Email outoftheshadowsgroup@gmail.com or call S-O-S of the Family Justice Center at 574.234.6900 for meeting locations and information.

YWCA of North Central Indiana offers a variety of support services for those impacted by sexual assault and domestic violence, including temporary shelter and counseling. Visit www.ywcainc.org or call the 24-hour crisis line at 866.YES.YWCA [937.9922].

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. Visit the comprehensive website at rainn.org to chat live with a trained staff member, or call 800.656.HOPE [4673] to be connected with a local service provider.

The **One Love Foundation** 'MyPlan' app helps determine if a relationship is unsafe. It can be used to create a 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.