REFERRAL RESOURCES

CONFIDENTIAL

University Counseling Center
574.631.7336 - ucc.nd.edu
University Health Services
574.631.7497 - uhs.nd.edu
Vowed religious (priest, deacon, sister, brother) at Campus Ministry
574.631.7800 - campusministry.nd.edu
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 - titleix.nd.edu
Notre Dame Police Department
574.631.5555 - police.nd.edu
St. Joseph County Police
574.235.9611
Gender Relations Center
574.631.9340 - grc.nd.edu
Office of Community Standards
574.631.5551 - ocs.nd.edu
Residence Hall Staff
(Rectors, Assistant Rectors [ARs], Resident Assistants [RAs])

The University’s Sexual Assault, Sexual Misconduct, Dating and Domestics Violence, and consent 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 are available online: titleix.nd.edu

grc.nd.edu

If your friend has been sexually assaulted:

How To Help a Friend
Relationship & Sexual Violence Resources

• Make sure he or she is in a safe place.
• Encourage your friend to avoid washing, douching, brushing teeth, or changing clothes using plastic bags to store 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 by calling 574-631-7728 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 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 at title.ix@nd.edu, call 574-631-7728, or visit speakup.nd.edu.

Dulac.nd.edu/important

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

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), document witnesses, retain 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 at title.ix@nd.edu, call 574-631-7728, or visit speakup.nd.edu.

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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.

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 also is 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 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, in person or virtually, 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.

Non-consensual sexual contact is any sexual touching with any part of the body or other object, by any person upon another, without consent. Sexual touching is contact of a sexual nature, however slight.

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Ongoing Emotional Support

• 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 am sorry this happened to you."
• "This is not your fault."
• "Thank you for telling me."
• "What kind of help do you need?"
• "When you are 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.

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.

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

The Notre Dame Survivor Support group is a confidential on-campus support group for survivors of sexual violence. The group meets weekly. For more information on meeting time and location please visit titles.nd.edu or call the UCC at 574-631-7336.

YWCA of North Central Indiana and the Family Justice Center of St. Joseph County offer a variety of support services and counseling for those impacted by sexual assault and domestic violence. The YWCA additionally offers temporary shelter. To utilize the services the YWCA please visit www.yecancin.org or call the 24-hour crisis line at 866-YES-YWCA [937.9922]. To utilize the services at the Family Justice Center please call 574-234-6900.

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.