



# Tulane University

*Not for oneself, but for one's own.*

## VICTIM SUPPORT RESOURCES

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**CASE MANAGEMENT &  
VICTIM SUPPORT SERVICES**

LBC Suite G02 | Monday-Friday | 8:30 AM- 5:00  
PM (504) 314-2160 | [srss@tulane.edu](mailto:srss@tulane.edu) |  
[cmvss.tulane.edu](http://cmvss.tulane.edu)

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# A NOTE FROM CMVSS

Case Management and Victim Support Services knows that being the victim of a crime or misconduct can be a stressful and complicated time. We want to make sure that you have the support you need in making informed decisions about your personal recovery process. This resource guide was developed to ensure that you are aware of the services available to you both on and off campus.

Whether you are beginning your recovery process or addressing past events, Case Management and Victim Support Services is here to support you on your journey.



# RESOURCES

Some resources defined as the following:

**Anonymous:** Your identity won't be known to the resource.

**Confidential:** Nothing will be shared without your permission, except in rare circumstances.

**Private:** Information is kept as private as possible, but will be shared with key staff members.

## Campus Resources

Case Management & Victim Support Services (CMVSS)

**Private**

**Contact:** 504-314-2160 (business hours), 504-920-9900 (after hours);  
tulane.edu/concerns; srss@tulane.edu; Lavin Bernick Center (LBC)  
G02, Monday-Friday 8:30 am – 5 pm

CMVSS offers assistance with a variety of supportive measures, including academic adjustments and support, health & counseling referrals, housing adjustments, reporting (to university and/or law enforcement), no contact orders, and support through the recovery process.

The Counseling Center (previously CAPS)

**Confidential**

**Uptown & Downtown Campuses**

**504-314-2277**

The Counseling Center offers students 12 free sessions per academic year. It provides both individual and group therapy, including group therapy tailored toward survivors of sexual violence, as well as medication consultation and management. Same-day emergency appointments are offered 12-4 p.m. Mon-Fri at the Uptown Campus

The Line

**Confidential/Anonymous**

**504-264-6074**

The Line is a confidential 24-hour crisis hotline that offers immediate support for Tulane students over call or text.

Sexual Aggression Peer Hotline &  
Education (SAPHE)

**Confidential/Anonymous**

**504-654-9543**

SAPHE operates a 24/7 student-run confidential hotline during the fall and spring semesters. The hotline provides support and information to members of the Tulane community regarding all issues that surround sexual aggression. To request a SAPHE workshop for your org, visit their page on WaveSync.

Student Affairs Professional On Call (SAPOC)

**Private**

**Contact:** 504-920-9900 or srss@tulane.edu

The SAPOC is a professional staff member from Case Management and Victim Support Services or Housing and Residence Life who is available 24/7 to provide immediate support and assistance for urgent student concerns.

Tulane Hazing Hotline

**Anonymous/Confidential**

**(504) 862-3111**

If you think you, or someone you know, is being hazed, please do not hesitate to call this number. Tulane will never reveal the source information – even if a fraternity or sorority is eventually sanctioned. Those reporting a concern should not fear that they or a student they know will suffer any consequences.

## Reporting

Concerns Report

**Private**

**tulane.edu/concerns**

Any potential incident of sexual misconduct can be reported using the online form and selecting "Title IX/Sexual Misconduct" for type of report. Reports can be made anonymously; however Tulane will be limited in its ability to respond to anonymous reports.

Office of Student Conduct

**Private**

**504-314-2160**

OSC is responsible for investigating reports where a Tulane student is alleged to have committed an act of sexual or gender-based harassment, sexual assault, stalking, or dating/domestic violence.

New Orleans Police Department (NOPD)  
**(504) 821-2222 or 911**

The New Orleans Police Department (NOPD) investigates all reports of sexual violence in the city of New Orleans, including Tulane's campus. Case Management and Victim Support Services (CMVSS) or a TUPD officer can assist you in the reporting to NOPD.

Title IX Coordinator

**Private**

**504-865-5611**

The Title IX Coordinator ensures that all reports of sexual misconduct receive the appropriate response from the institution.

TU Police Department Downtown

**Private**

**Emergency: 504-988-5555**

**Non-Emergency: 504-988-5531**

**1430 Tulane Ave.**

A TUPD officer can assist you in reporting to NOPD and help you address safety concerns.

TU Police Department Uptown

**Private**

**Emergency: 504-865-5911**

**Non-Emergency: 504-865-5381**

**Diboll Complex**

A TUPD officer can assist you in reporting to NOPD and help you address safety concerns.

For more information about resources and Sexual Violence prevention efforts at Tulane, please visit

**the All In website at <https://allin.tulane.edu>**

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## Community & National Resources

New Orleans Family Justice Center  
**24/7 Confidential Crisis Hotline: 504-866-9554**  
**Office: 504-592-4005**  
**701 Loyola Ave, # 201**

Offers a variety of services including advocacy, counseling, emergency safe housing and transitional housing, civil and criminal legal services, and immigration legal services.

Sexual Trauma Awareness and Response (STAR)

**24/7 Confidential Crisis Hotline: 866-435-7827**  
**Office: 504- 407-0711**  
**123 N. Genois Street**

STAR offers assistance with understanding and moving past sexual assault trauma, legal representation and navigating the legal system, safety planning, and providing victim advocates.

Metro Centers for Community Advocacy

**Confidential Hotline: 504-837-5400**

Metro provides wrap-around services including individual advocacy, information and referrals, group support, medical advocacy, legal advocacy, sheltering, individual support, safety planning, and caregiver support to survivors.

RAINN - Rape, Abuse & Incest National Network

**Confidential Hotline: 800-656-4673**

RAINN offers a 24/7 Hotline and a 24/7 online hotline at <https://hotline.rainn.org/online/>

Seek Then Speak

**<https://seekthenspeak.app>**

SEEK THEN SPEAK offers sexual assault survivors and support people a way to privately gather information and explore options for medical care, supportive services, and reporting to police (SEEK). If they choose, survivors can then begin the process of reporting to police by completing a detailed, self-guided interview (SPEAK).

## Medical Care

Tulane Health Center

**Confidential**

**504-865-5255**

**Uptown Campus Building 92**

The Health Center provides STI screening and treatment, pregnancy prevention information and prescription, and/or information and referrals for follow-up care. Emergency evaluations are provided with no out-of-pocket cost. For a same-day emergency appointment, call 504-865-5255 and ask to speak to a nurse for a sexual assault evaluation. The Health Center cannot perform a forensic exam.

## Forensic Exams

SANE (Sexual Assault Nurse Examiner) exams are conducted by trained medical professionals for the purpose of collecting and preserving evidence following an incident of sexual violence. They are free and include optional STI screening and STI and pregnancy prevention medication, regardless of insurance. An exam will not automatically trigger a report to law enforcement for those who are 18 and over. Victims who decide to get a forensic exam have the option to accept or decline any and all parts of the exam and/or suggested treatment options.

The following locations provide forensic exams:

For individuals 18 and over, exams are available 24/7 at:

University Medical Center Emergency Room  
2000 Canal Street, New Orleans, LA 70112

Tulane-Lakeside Hospital Emergency Room  
4700 S I-10 Service Rd W, Metairie, LA 70001

For individuals 18 and over, exams are available Monday-Friday 9:00 AM - 4:00 PM at:

HOPE Clinic at the New Orleans Family Justice Center

For more information, call 504-866-9554



# LGBTQ+ & Students of Color Specific

## On Campus

Carolyn Barber Pierre Center  
for Intercultural Life

**Private**

**Richardson Building #5 Suite 101**

This resource includes the Office of Multicultural Affairs, Religious Life at Tulane, and the Office of Gender and Sexual Diversity. They can provide support and understanding as a survivor processes their experience, but they cannot provide emergency support. This resource will share any reports received with key staff, including CMVSS and Title IX.

## Off Campus: LGBTQIA+ Specific

The Anti-Violence Project

**Confidential**

**avp.org**

The Anti-Violence Project aims to end all forms of violence towards LGBTQ+ and HIV positive communities.

FORGE

**Confidential**

**forge-forward.org/**

FORGE provides direct resources to transgender, gender non-conforming, and gender nonbinary survivors of sexual assault, domestic and dating violence, and stalking. It also has important resources for significant others, friends, family, and allies.

Network/LA Red

**Confidential**

**tnlr.org**

Network La Red is a survivor-led organization that works to end partner abuse in LGBTQ+ communities.

Northwest Network

**Confidential**

**nwnetwork.org**

The Northwest Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse was founded by and created for LGBTQ+ survivors of abuse.

## Off Campus: Survivors of Color

National Center on Violence  
Against Women in the Black  
Community

**Confidential**

**1-844-77-UJIMA**

**ujimacommunity.org**

Ujima serves as a national resource center for culturally-specific issues to provide support to and be a voice for the Black Community in response to domestic, sexual and community violence.

National Organization of Asians &  
Pacific Islanders Ending Sexual Violence

**Confidential**

**napiesv.org**

NAPIESV was created by API anti-sexual assault advocates to center the experiences of victim/survivors of sexual violence from the Asian & Pacific Islander communities.

National Organization of Sisters of  
Color Ending Sexual Assault (SCESA)

**Confidential**

**sisterslead.org**

SCESA is an advocacy organization of Women of Color dedicated to working with our communities to create a just society in which all Women of Color are able to live healthy lives free of violence.

Esperanza United

**Confidential**

**esperanzaunited.org**

Esperanza United mobilizes Latinas and Latin@ communities to end gender-based violence. They ground their work in community strengths and wisdom, as they serve Latin@s in Minnesota and nationwide.



# Definitions & Terminology

Depending on when, where, and what is alleged, different policies-- and therefore different specific definitions-- will apply. Regardless of which policy applies, the following types of sexual harassment and violence are prohibited at Tulane and may also be violations of Title IX. We encourage you to read them. Here are some general definitions:

## Sexual Violence

Sexual Violence refers collectively to sexual assault, stalking, sexual harassment, dating/domestic violence, and sexual exploitation.

## Sexual Misconduct

Sexual Misconduct is how the Code of Student Conduct refers to acts of Sexual Violence when they are committed by students against any person, whether the conduct occurs on-campus or off-campus.

## Sexual Assault

Sexual contact or attempted sexual contact with another individual without Consent. An individual can be unable to consent because of age or because of temporary or permanent mental incapacity. Sexual assault includes rape (sexual intercourse) and sexual touching (fondling).

- a. Sexual intercourse (anal, oral, or vaginal), including penetration with a body part (e.g., penis, finger, hand, or tongue) or an object, or requiring another to penetrate themselves with a body part or an object, however slight
- b. Sexual touching of the private body parts, including, but not limited to, contact with the breasts, buttocks, groin, genitals, or other intimate part of an individual's body for the purpose of sexual gratification

## Consent

Consent is informed (knowing), voluntary (freely given), active (not passive), meaning that, through the demonstration of clear words or actions, a person has indicated permission to engage in mutually agreed-upon sexual activity. Consent is ongoing and cannot be obtained by force or coercion or given while incapacitated.

## Force

Force includes the use of physical violence, threats, intimidation, and/or coercion.

## Coercion

Coercion is the use of an unreasonable amount of pressure to gain sexual access. Coercion is more than an effort to persuade, entice, or attract another person to have sex. When a person makes clear a decision not to participate in a particular form of Sexual Contact or Sexual Intercourse, continued pressure can be coercive.

## Incapacitation

Incapacitation is a state beyond drunkenness or intoxication. Typical signs include slurred or incomprehensible speech, unsteady gait, combativeness, emotional volatility, vomiting, or incontinence.

## Stalking

Engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for the person's safety or the safety of others or suffer substantial emotional distress.



# Definitions & Terminology Continued

## Sexual Harassment

Sexual Harassment is prohibited by Tulane; some sexual harassment may fall within Title IX as well.

### Tulane University

At Tulane, any unwelcome sexual advance, request for sexual favors, or other unwanted conduct of a sexual nature, whether verbal, non-verbal, graphic, physical, or otherwise (including gender-based harassment—on the basis of a person's gender identity or sexual orientation) that is so pervasive, persistent, or severe that it creates a hostile environment is sexual harassment.

### Title IX

Title IX defines sexual harassment more narrowly: unwelcome conduct that a reasonable person would determine to be so severe, pervasive, and objectively offensive that it effectively denies a person equal access to a Tulane education program or activity

### Quid Pro Quo Sexual Harassment

Both Tulane and Title IX prohibit Quid Pro Quo Sexual Harassment, which occurs when a person conditions a benefit or service in a Tulane education program or activity on an individual's participation in unwelcome sexual conduct (like, a professor offering a better grade in exchange for a date). Title IX, though, applies only if that person is an employee.

## Dating/Domestic Violence

Violence that occurs between individuals who are or have been in a social relationship of a romantic or intimate nature. Dating/Domestic Violence includes sexual or physical abuse or the threat of such abuse.

## Sexual Exploitation

Sexual Exploitation refers to specific forms of Sexual Misconduct that involve non-consensual use of another individual's nudity or sexuality, excluding behavior that constitutes one of the other Sexual Misconduct offenses.

Examples include voyeurism, administering alcohol or drugs to another person for the purpose of making that person vulnerable to non-consensual sexual activity, and knowingly exposing another individual to a sexually transmitted infection or virus without the other individual's knowledge.

## Hazing

Hazing includes, but is not limited to, acts of servitude and/or behavior that humiliates, degrades, embarrasses, harasses or ridicules an individual, or otherwise is harmful or potentially harmful to an individual's physical, emotional, or psychological well-being, as an actual or apparent condition for initial or continued affiliation with any group. A student or organization violates this standard regardless of either the lack of intent to cause harm or the hazed individual's own willingness to participate.

## Victim Blaming

Victim blaming is when the victim of a crime or any wrongful act is held entirely or partially responsible for the harm that befell them. Some examples of victim blaming include "he should have liked it", "she was drunk; she must not remember things correctly", and "I know he is a really nice person and he would never do something like that."



# What Does Disclosing Look Like?

When a person experiences sexual violence or harassment, it can feel as though your power—your choices—have been taken away from you. When you disclose to Tulane, we want you to get your power back. That's why disclosing to Tulane means that you have choices to make about what the next steps look like. Choosing to disclose sexual harassment or violence, let alone file a formal complaint to initiate a grievance procedure, is a personal decision. Tulane wants to ensure that students are well informed and supported in their decision to disclose and in their decisions around participating in a grievance procedure.

**You know yourself best, and only you know what you need. Generally, though, when a disclosure is made, Case Management and Victim Support Services (CMVSS) will reach out to you first to offer support and leave the next steps up to you.**

## What happens when I talk to CMVSS?

When a disclosure is made to Tulane, CMVSS will reach out to the victim using a combination of emails, texts, and calls, as appropriate, to ensure the safety of the individual and offer support.

Victims are encouraged to schedule a meeting with CMVSS to discuss:

- What supportive measures and safety measures are available. Support is available to you regardless of whether you choose to pursue any of the investigation options. Students seeking support from CMVSS do not need to disclose the name of their perpetrator or any details that they are not comfortable sharing.
- What investigative and grievance process options are available. CMVSS can connect students with the Office of Student Conduct, the Office of Institutional Equity, and the Title IX Coordinator to help address and investigate their report. CMVSS can also connect students with law enforcement, including TUPD and NOPD, to make a criminal report.
- Survivors have the ability to choose to stop their participation in the reporting process at any point.

## Reporting to Law Enforcement

The New Orleans Police Department (NOPD) investigates all reports of sexual violence in the city of New Orleans, including Tulane's campus.

### **What happens when you report to Law Enforcement?**

1. A report is made.
  2. An investigation begins. Once NOPD is contacted, they will work to investigate your assault and collect evidence.
  3. The District Attorney's office is informed. NOPD will share information with the District Attorney's office, who then determines whether or not the case is prosecuted.
  4. You can withdraw your participation at any time. NOPD and the DA's office will take your wishes into account but will ultimately determine whether or not an arrest is made and charges are pursued.
- Case Management and Victim Support Services (CMVSS) and/or a TUPD officer can assist you in the reporting to NOPD. You can also report directly to NOPD if you do not want to involve Tulane.

# Disclosing Flowchart

## CONFIDENTIAL RESOURCES\*

- The Counseling Center (Previously CAPS) Student Health Center
- Sexual Aggression Peer Hotline & Education\*
- The Line\*

\* SAPHE & The Line are also Anonymous

## DISCLOSING OPTIONS

**ANY EMPLOYEE AT TULANE**  
(OBLIGATED TO MAKE A "CARE CONNECTION" AND CONNECT YOU WITH CMVSS)

## PRIVATE RESOURCES\*\*

- Case Management & Victim Support Services
- Office of Student Conduct
- Office of Institutional Equity
- Title IX Office
- Tulane University Police
- Department Student Affairs Professional On Call (SAPOC)

## CMVSS

## WHAT CAN CMVSS HELP WITH?

### SUPPORTIVE MEASURES

- Housing/Course Adjustments
  - Excused Absences
  - Mutual No Contact Orders
  - Safety Measures
- \* You do not need to go through the formal reporting process to access these
- \* Respondents also have access to these individualized measures

### OPTIONS FOR RESOLUTION

- The Reporting Process will NOT start or move forward without you filing a formal complaint
- The Title IX Office will determine whether the case falls under the Title IX Grievance Procedure mandated by the national regulations or not

## WHAT WILL CMVSS DO?

- Reach out to you within 24-48 hours after the Care Connection is received
  - Ask if you would like to meet to learn about the offered Supportive Measures or Options for Resolution
- \* You have the option to schedule a meeting or reply that you are not interested

## DOES IT FALL UNDER TITLE IX?

YES

GRIEVANCE PROCESS

NO

TULANE CONDUCT PROCESS

\*Confidential Resources:  
will not share any  
information without your permission.

\*\*Private Resources:  
information will be provided as needed to  
key staff members so that the University can  
offer resources, accommodations, and take  
action if necessary for reasons of safety

# Options at CMVSS

## **Contact CMVSS if you are interested in any of the following:**

- **No Contact Orders or “NCOs”:** If the person who harmed you is a Tulane student, you may request an NCO. NCOs are issued to enhance safety, prevent retaliation, and avoid an ongoing hostile environment. A No Contact Order is issued between two students, mutually directing the students to not have contact with one another.  
“Contact” includes, but is not limited to, face-to-face, phone call, email, text message, instant messages, social networking sites, campus and/or regular mail, or communicating through a third party.
- You can also file for a protective order (commonly known as a restraining order) through the civil court system. CMVSS can assist you in filing for a protective order.  
If the person who harmed you is not a member of the Tulane community, TUPD can issue an order that bans that person from Tulane's campus
- **Housing Support and Adjustments**  
If you feel unsafe or are worried about contact with the complainant in your current living situation, you can request housing support. If you live on campus, you can request to move to new on-campus housing. If you live off-campus, you can request to move on-campus.
- **Emergency housing** can be requested when there is an immediate threat to your safety. You do not need to go through the conduct process to request housing support. If you need emergency housing after hours, please contact the Student Affairs Professional On-Call at 504-920-9900.
- **Academic Assistance and Supportive Measures**  
Academic support can include, but are not limited to: extensions on assignments, rescheduling exams, reducing your course load, requesting consideration for absences, and changes to your class schedule to avoid contact with another student. If you request any of these supportive measures, your case manager will work with you to determine what level of detail you are comfortable sharing with your instructors.
- **Medical Leave of Absence:** If what happened to you is significantly impacting your ability to complete your courses, you can request a leave of absence. CMVSS can provide more information about your options for a leave of absence.
  - **Communicating directly with your professors:** Professors are typically understanding of extenuating circumstances. If you feel comfortable, you can communicate with your professor directly to request support. Please know that your professors are responsible employees. If you disclose to them that you were the victim of violence or harassment, they will notify the university and a staff member from CMVSS will reach out to you to offer support. If your professor is unable to provide you with the support you have requested, CMVSS can advocate on your behalf.
  - **Assistance Disclosing to the University:** To disclose an incident to Tulane, first contact CMVSS.
- **Call 504-314-2160 or Email [srss@tulane.edu](mailto:srss@tulane.edu) or File a Concerns Report [tulane.edu/concerns](https://tulane.edu/concerns)**  
Lavin Bernick Center (LBC) G02, Monday-Friday 8:30 am – 5 pm



# Mindfulness Techniques

To connect with the here and now, do something (or several things) that will bring all your attention to the present moment. If you notice that you're slipping into a flashback or a dissociative state, try some of these grounding and mindfulness techniques.



## Sight



- Take a mental inventory of everything around you.
- Count all the pieces of furniture around you.
- Put on your favorite movie or TV show.
- Play a distracting game on your tablet, computer, or smartphone.
- Complete a crossword puzzle, sudoku, word search, or other puzzles.
- Read a book or magazine.



## Touch



- Hold an ice cube and let it melt in your hand.
- Put your hands under running water.
- Take a hot or cool shower.
- Grab an object and concentrate on what it feels like.
- Pop some bubble wrap.
- Massage your temples.
- If you have a pet, cuddle and pet them.
- Drink a hot or cold beverage.



## Smell



- Sniff strong peppermint.
- Light a scented candle or melt scented wax.
- Get some essential oils and smell one.



## Taste



- Bite into a lemon or lime.
- Suck on a mint or chew peppermint or cinnamon gum.
- Take a bite of a pepper or some hot salsa.
- Let a piece of chocolate melt in your mouth.



## Sound



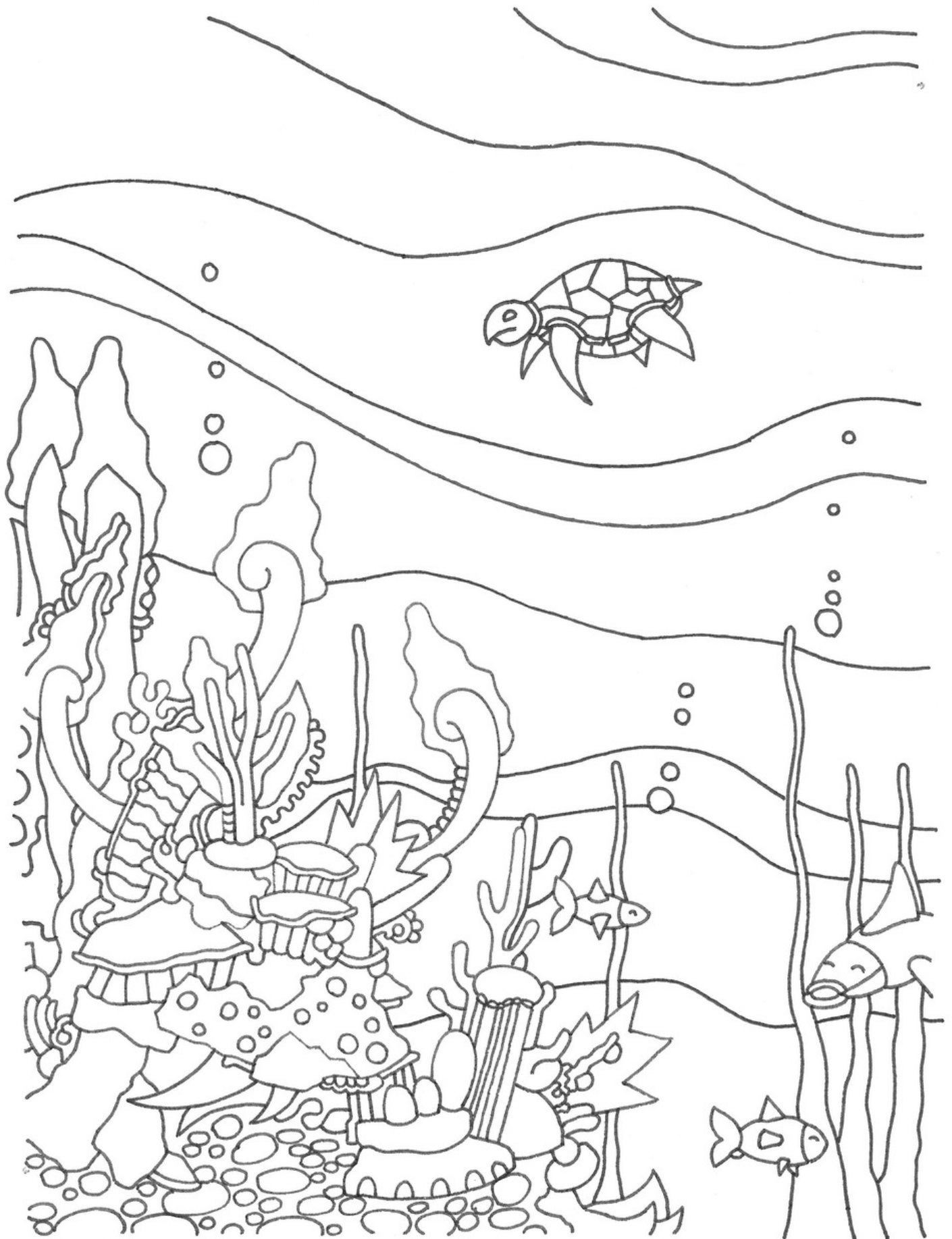
- Turn up the radio or blast your favorite song.
- Call a loved one.
- Put on some nature sounds.
- Read out loud.



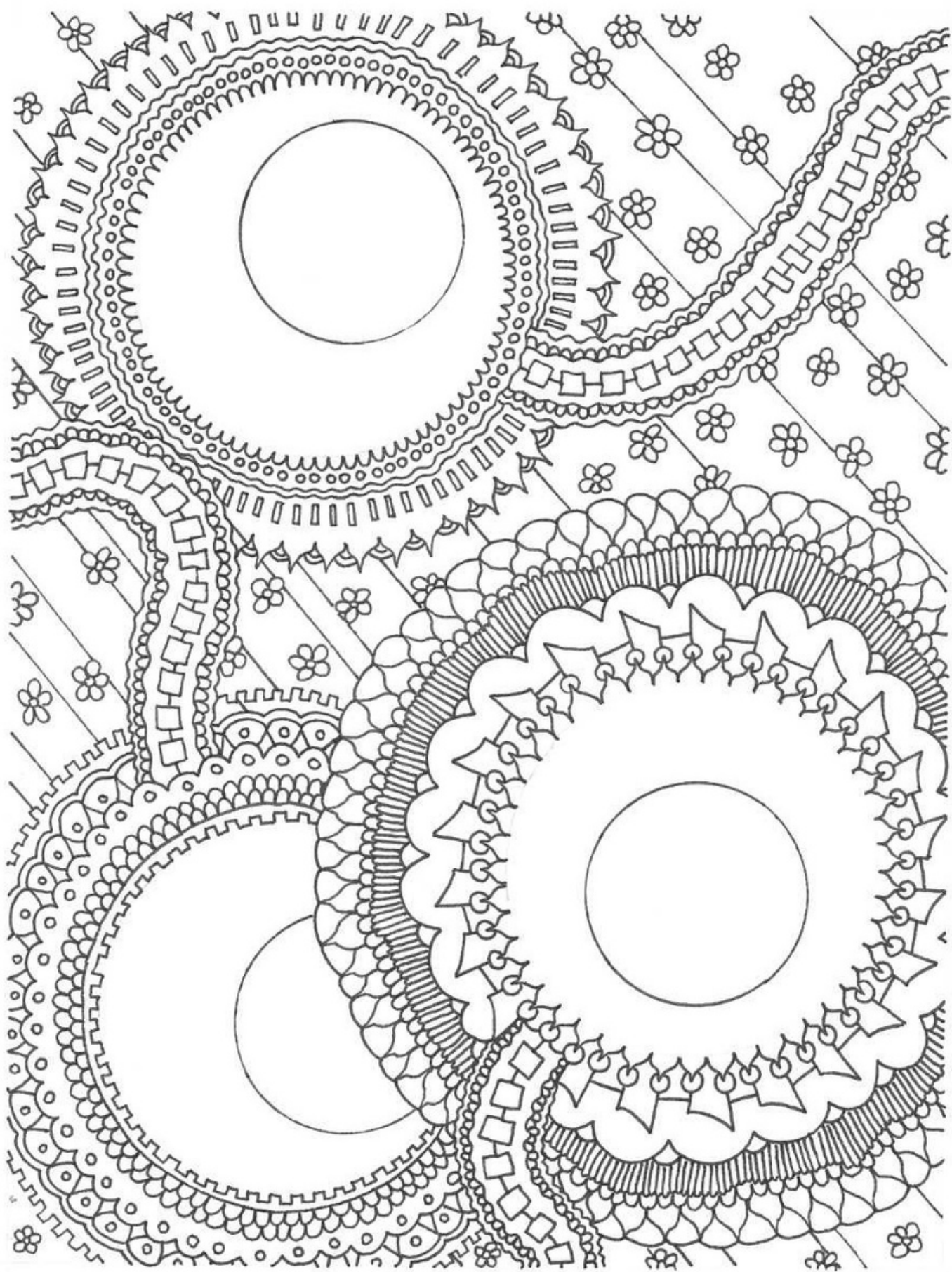
## Other



- Write in a journal.
- Write a letter or card to someone you care about.
- Dance.
- Stretch your arms, neck, and legs.
- Go for a walk or run.
- Take 10 slow, deep breaths.
- Go to another room or area for a change of scenery.



andrew mahaffie





# Appendix A: STAR Safety Plan

STAR is a local New Orleans organization providing supportive services to survivors to reduce their experience of trauma. They created the following guide for survivors of sexual assault to craft a personalized plan for their own physical, emotional, and basic needs.

Although this resource was created for survivors of sexual assault, it can also be used by survivors of other forms of sexual misconduct, including intimate partner violence, stalking, and harassment. A good safety plan is tailored to your unique situation and needs: you may find that some sections of this guide are relevant to you, while others are not. Your victim advocate at Case Management and Victim Support Services can assist you in creating your safety plan.



# *My Safety Plan*

A PERSONAL GUIDE TO STAYING  
SAFE AFTER A SEXUAL ASSAULT

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*This project was supported by Grant No. 2017-WL-AX-0045 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed are those of the author and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.*

*This project was supported by Subgrant number 2017-VA-01-4420 awarded by the Louisiana Commission on Law Enforcement through the Office for Victims of Crime, Office of Justice Programs.*



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# WHAT IS A *Safety Plan?*

A **safety plan** is a personalized, practical plan that is meant to address your unique physical, emotional, and basic needs after a sexual assault. The following pages will allow you to think through ways to remain safe after you have experienced sexual assault or abuse.

# MY IMMEDIATE PHYSICAL

# Safety

MEDICAL

The nearest hospital to me is:

----- Located at:

-----

--- Phone #:

-----

----

*For follow-up medical care and testing, I can call:*

Organization/Doctor:

-----

Phone #:

-----

---

Address:

-----

----

POLICE

The nearest police station to me is:

**If I don't feel safe where I am staying, I will take these items with me before I**

**leave (circle all that apply):**

Located at:

ID/Passport Birth certificates Medications

Checkbook Social security card Cell phone

ATM card Financial documents Cell phone charger

Phone #:

Credit card Protection order copy Change of clothes

-----

----

*If I decide to report to law enforcement, this is the agency I would need to call:*

Agency: ----- Phone #:

-----



# Safety AT MY HOME

## SECURITY

I can tell \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ about what happened.

The safest way for me to leave my home in an emergency is to: \_\_\_\_\_

If I have to leave my home, then I can go to the following places: \_\_\_\_\_

I can change the locks on my doors and windows.

I can install a security system including additional locks.

I can install an automatic lighting system that lights up when a person is coming close to my house.

## SAFETY CONTACTS

If I have to leave my home, then I can call the following people:

Name: \_\_\_\_\_ Phone #:

\_\_\_\_\_ Name:

\_\_\_\_\_ Phone #:

\_\_\_\_\_ Name:

I might feel unsafe when I am home alone. If I feel unsafe during those times, then I can ask people to stay with me. I can ask:

Name: \_\_\_\_\_ Phone #:

\_\_\_\_\_ Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Name:

\_\_\_\_\_ Phone #:

\_\_\_\_\_

# Safety AT MY SCHOOL

## SCHOOL CONTACTS GETTING AROUND

The safest way to get to my classes is

\_\_\_\_\_.

I can commute to campus using a different route such as

\_\_\_\_\_.

I often run into my abuser at \_\_\_\_\_,

\_\_\_\_\_, and \_\_\_\_\_. I can try to avoid these places as much as possible or try to go to these places at different times when they won't be there.

There are some places where it might be impossible to avoid my abuser. If I need to go to one of these places I can ask \_\_\_\_\_ and \_\_\_\_\_ to go with me so I can feel safer.

If I feel unsafe or threatened while on campus, I can go to these public areas where I feel safer: \_\_\_\_\_

If I need to switch classes, I can talk

If I need to transfer dorms, I can talk

to: \_\_\_\_\_ Name: \_\_\_\_\_ to: \_\_\_\_\_ Name: \_\_\_\_\_ and/or \_\_\_\_\_.

Phone \_\_\_\_\_ #: \_\_\_\_\_

Phone \_\_\_\_\_ #: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

If I need to talk with someone about other academic accommodations, I can talk to:

In case of emergency, I can call family, friends, campus police, 911, or:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

Phone \_\_\_\_\_ #: \_\_\_\_\_

Phone #: \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

Phone \_\_\_\_\_

# Safety AT MY WORK

## SECURITY

I can possibly tell \_\_\_\_\_, \_\_\_\_\_, and/or \_\_\_\_\_ (boss, coworker, etc.) about what happened.

I often come into contact with my abuser at \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ when I am at work. I can \_\_\_\_\_ to feel safer. I can ask \_\_\_\_\_ to screen/take certain phone calls at work.

When I leave work, I can walk with \_\_\_\_\_ to my car or the bus stop, and \_\_\_\_\_ I can \_\_\_\_\_ to feel safer.

If I need to talk with someone about getting out of the area, I can:

There's trouble when traveling to \_\_\_\_\_ and from \_\_\_\_\_, I #: \_\_\_\_\_  
Name: \_\_\_\_\_ to feel safer. \_\_\_\_\_ Phone #: \_\_\_\_\_

If I need to change my work schedule or transfer job locations, I can talk to:

Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_

If I want to report the assault to someone at work, I can report it to:

Name: \_\_\_\_\_  
Title: \_\_\_\_\_  
Phone #: \_\_\_\_\_

## WORKPLACE CONTACTS

# TECHNOLOGY & ONLINE SAFETY

## Checklist

### SOCIAL MEDIA

#### FACEBOOK

- ☐ Facebook password is different than email or financial accounts
- ☐ Enabled login approvals and notifications
- ☐ Restricted who can send me friend requests
- ☐ Only I can see my friends list
- ☐ Outside search engines do not link to my profile
- ☐ Limited who can tag me or post on my timeline
- ☐ I must approve all tagged posts of me before they appear on my timeline
- ☐ Past profile pictures and cover photos were made private from the public

#### TWITTER

- ☐ My username is not my real name
- ☐ My location setting is turned off
- ☐ My tweets are protected



# *My Rights*

- You have the right to be treated with fairness, dignity, and respect.
- You can receive a free forensic medical exam, even if you do not want to report to police.
- A victim advocate can accompany you to the hospital during your forensic medical exam and treatment.
- No one can ask you or tell you to take a polygraph examination (lie-detector test) as a condition of an investigation or prosecution.
- A victim advocate can accompany you to interviews with law enforcement or prosecutors.
- All interviews should be in a private room.
- You can get your property back after it is no longer needed if it was taken as evidence and no one can charge you any storage fees.

# *My Rights*

- You do not have to agree to an interview with the defense attorney or their investigator.
- Only your initials should be used in court documents. Your full name is kept private from the public until trial.
- You must be notified of all important criminal justice proceedings and to be present and heard.
- You can talk to the prosecutor about the case.
- You can request private seating away from the defendant's family during the trial.
- You have the right to make a victim impact statement.
- You can seek restitution if the defendant is found guilty.
- You can opt to be notified of parole and pardon hearings, release date, and if the perpetrator ever escapes.

# *Self-care* TIPS

- Focus on your breathing throughout the day and remind yourself that you are safe.
- Get enough sleep each night so that you feel refreshed in the morning.
- Eat well and take time to eat during the day.
- Connect with others in your life that share your beliefs and values; connection is the key to fighting feelings of depression and isolation after an assault.
- Move daily through exercise, dance, walking., etc.
- Take showers and baths regularly to feel clean and refreshed.
- Seek counseling or support through STAR or another group in your community.
- Find time to be calm through silence, meditation, or prayer.
- Create boundaries for yourself when it comes to toxic or stressful relationships in your life.

# MY EMOTIONAL *Safety*

If I need support, I can talk to:

Advocates at STAR's 24/7 Hotline 1-855-435-STAR

Name: \_\_\_\_\_ Phone #:

\_\_\_\_\_ Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Things I can do to relax are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Things I can do to feel safe are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I can show compassion for myself by:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I can watch the following to feel calm:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I can read the following to feel  
empowered:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other things I can do to take care of  
myself emotionally include:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# I'm Not Alone



# *Notes*

