

Sexual Misconduct Resource Card

Self-Care in the Moment

- Count 5-6 beats as you inhale through the nose, and exhale out the mouth. Try to lengthen each time. Fully fill and empty your lungs and diaphragm.
- Let your mind be distracted for the moment - daydream, doodle, draw, color.
- Take a break. Leave the room. Talk to a trusted friend.
- Use supportive campus resources.

Confidential Support

- Sexual Offense Support (S.O.S.): 302-831-1001, Press 1; www.udel.edu/sos
- Student Wellness & Health Promotion: 302-831-3457; www.udel.edu/studentwellness
- Center for Counseling & Student Development: 302-831-2141; www.udel.edu/counseling
- Only these resources are private. All other faculty & staff must report sexual misconduct with names to the Title IX Coordinator.



302-831-1001
Press 1 for S.O.S.
Press 2 for counseling

For S.O.S a clinician will check to make sure you are safe, then take a 1st name & number and have an Advocate call you back within 10 minutes.

Need to Talk?



- If you need to process the impact of this program, or are experiencing a strong emotional response, please contact S.O.S. to talk to a confidential, supportive advocate. Use the QR code (above) to access Victim Advocacy Services.
- **Local Resources:** YWCA Sexual Assault Response Center (DE): 800-773-8570; Domestic Violence Hotline: 302-732-6110.
- **National Resources:** National Sexual Assault Hotline: 800-656-4673 or www.rainn.org (Click "Chat Now"); 1in6.org (Men) 24/7 Helpline Chat; National Domestic Violence Hotline: 800-799-7233 or TTY 800-787-3224.

HensCARE - Intervene

BE A BLUE HEN FRIEND

Protect and look out for each other. But first,
stay safe!

Create a distraction

Act directly

Refer for assistance

Enlist others



(Adapted from RAINN.org)

94%

of Blue Hens
intervened when they
saw someone trying
to take advantage of
someone else
sexually.

(UD SAPU Impact Report,
2019/2020)



92%

of Blue Hens helped
someone get support
or find resources
when they were told
about an unwanted
sexual experience.

(UD SAPU Impact Report,
2019/2020)

BEFORE I TAKE ACTION

- Am I *aware* there is a harmful situation?
- Do I *recognize* someone needs help?
- Do I *see myself* and others as part of the solution?

DURING THE SITUATION

- How can I keep myself *safe*?
- What are my available *options*?
 - **C**reate a distraction
 - **A**ct directly
 - **R**efer for assistance
 - **E**nlist others
- What are the *costs/benefits* for acting?

DECISION TO TAKE ACTION

- *When* to act?
- Are *resources* available (people/cell)?
- **INTERVENE - HensCARE**

(adapted from Bringing in the Bystander®, 2021)