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.

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.

(Produced by Student Wellness and Health Promotion at the University of Delaware: www.udel.edu/studentwellness)
HensCARE - Intervene
BE A BLUE HEN FRIEND
Protect and look out for each other. But first, stay safe!

C – Create a distraction
A – Act directly
R – Refer for assistance
E – Enlist others

(Adapted from RAINN.org)

95% of Blue Hens say they would refrain from sexual activity if the other person was incapacitated.
(UD SAPU Impact Report, 2020/2021)

94% of Blue Hens helped someone get support or find resources when they were told about an unwanted sexual experience.
(UD SAPU Impact Report, 2020/2021)

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?
  ○ Create a distraction
  ○ Act directly
  ○ Refer for assistance
  ○ Enlist others
• What are the costs/benefits for acting?

DECISION TO TAKE ACTION
• When to act?
• Are resources available (people/cell)?
• INTERVENTE - HensCARE
(adapted from Bringing in the Bystander®, 2021)