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.

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.

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 Translifeline.org: 877-565-8860

(Produced by Student Wellness and Health Promotion at the University of Delaware: www.udel.edu/studentwellness)
Blue Hens CARE and Intervene

BE A BLUE HEN FRIEND
Protect and look out for each other. But first, stay safe!

Blue Hens CARE

CREATE distraction
ACT directly
ALLY others
EXTEND support

(Adapted from EARIN.org)

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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)

5 STEPS OF AN ACTIVE BYSTANDER

1. Am I AWARE there is a harmful situation?
2. Do I RECOGNIZE someone needs help?
3. Do I see MYSELF AND OTHERS as part of the solution?
4. What are my OPTIONS?
   - CREATE distraction
   - ACT directly
   - ALLOY others
   - EXTEND support
5. If it is safe to do so, INTERVENE

(adapted from Latane & Darley, 1970)