

Sexual Misconduct Resource Card

Self-Care in the Moment

Try deep breathing, through your nose & out your mouth. Count 5-6 beats as you inhale, and as you exhale. 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.

Local Resources

YWCA Sexual Assault Response Center (DE)
800-773-8570

Domestic Violence Hotline
302-762-6110

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

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 (left) to access Victim Advocacy Services.



UNIVERSITY OF DELAWARE
STUDENT LIFE

The ABC's of Intervention

"Active Bystanders Care"

Assess for safety.

Be with others.

Care for victim.

Bringing In the Bystander® A Prevention Workshop for Establishing a Community of Responsibility © Prevention Innovations Research Center 2016

94%

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

(UD SAPU Impact Report, 2019/2020)



KNOW
MORE

92%

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

(UD SAPU Impact Report, 2019/2020)

QUESTIONS TO ASK BEFORE I TAKE ACTION

- ▶ Am I aware there is a problem or risky situation?
- ▶ Do I recognize someone needs help?
- ▶ Do I see others and myself as part of the solution?

QUESTIONS TO ASK DURING THE SITUATION

- ▶ How can I keep myself safe?
- ▶ What are my available options?
- ▶ Are there others I may call upon for help?
- ▶ What are the benefits/costs for taking action?

DECISION TO TAKE ACTION

- ▶ When to act?
- ▶ Are resources available (people, phone, information)?
- ▶ ACT