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.

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.

(Produced by Student Wellness and Health Promotion at the University of Delaware: www.udel.edu/studentwellness)
The ABC's of Intervention

"Active Bystanders Care"
Assess for safety.
Be with others.
Care for victim.

94%
of incoming Blue Hens intervened when they saw someone trying to take advantage of someone else sexually.
(UD SAPU Impact Report, 2019/2020)

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