

Trigger Warning: Supporting Survivors of Sexual Assault

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To: SA-UPDATES@LISTSERV.SYR.EDU <SA-UPDATES@LISTSERV.SYR.EDU>

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Trigger Warning: Sexual Assault

Hello Orange Family,

We hope you and your loved ones are healthy, safe, and well.

The Student Association unequivocally stands with survivors of sexual assault and we want to do everything we can to support them.

Below are both on campus and national resources:

On Campus Resources:

[The Office of Equal Opportunity, Inclusion, and Resolution Services Guide on How To Support](#)

Survivors

“It’s not always easy to know what to say when someone tells you they’ve been sexually assaulted, especially when that person is a family member, friend, or loved one. If someone you know is victimized, their reactions can vary. They might be angry, sad, or afraid. They might respond in ways that seem unusual to you - for example, your friend might laugh at seemingly inappropriate times or appear to have no reaction at all. Processing complicated emotions following an assault and deciding what they wish to do moving forward can take time. Consider the following ways of showing support:

- **Listen.** Communicate without judgment. Just listening with compassion can be incredibly helpful.
- **Believe.** Rather than asking a lot of questions, just let them know that you believe them and will support them as best as you can.
- **Give options.** Sexual assault is a crime of power and control. In order to give a sense

of control back to your friend/son/daughter, allow them to carefully choose what option is best. You can help them explore their options by suggesting available resources - medical, legal, on-campus, off-campus, friends, family, counselors, or any other support you can think of.

- **Be present.** If the survivor seeks medical attention offer to be there. Your presence can offer the support they need when talking to various resources or if they want to report.
- **Encourage.** Ensure they are practicing good self-care during this difficult time. Remind them that no one has the right to hurt them and that no matter what, it is not their fault that this occurred.
- **Take care of yourself.** Hearing about an assault can be difficult. It is important that while you are supporting a friend or loved one, you are also taking care of your own physical and mental health.

If you feel that your friend needs immediate assistance, call 911 or contact the **SU Counseling Center 24-Hour Crisis Services.**”

[The Office of Student Rights and Responsibilities \(OSRR\)'s Reporting Options](#)

“If a Student Experiences Sexual or Relationship Violence

[The Sexual and Relationship Violence Response Team](#) located at The Barnes Center at the Arch, Counseling, 315.443.8000, 150 Sims Hall, provides privileged and confidential support, advocacy, and counseling for survivors of sexual assault and can be accessed 24 hours, seven days a week.

Should a student impacted by sexual assault, relationship violence, sexual harassment or stalking choose to file a formal complaint, the following resources are available for reporting:

Department of Public Safety, 005 Sims Hall,
315.443.2224

Title IX Officer, 005 Steele Hall, 315.443.0211

Syracuse Police Department, 511 South State
Street, 315.435.3016

New York State Police, 24-Hour dedicated
hotline, 1.844.845.7269

Anonymous reporting is available: “TIPS” at
315.443.TIPS (8477) or online:
publicsafety.syr.edu.”

National Resources:

[RAINN \(Rape, Abuse & Incest National Network\)](#)
is the nation's largest anti-sexual violence
organization and has an [amazing and
intersectional list of national resources](#). Below
is the full list of resources:

“General Information:

- **National Sexual Assault Hotline**: National hotline, operated by **RAINN**, that serves people affected by sexual violence. It automatically routes the caller to their nearest sexual assault service provider. You can also search your local center **here**. Hotline: 800.656.HOPE
- **National Sexual Violence Resource Center**: This site offers a wide variety of information relating to sexual violence including a large legal resource library.
- **National Organization for Victim Assistance**: Founded in 1975, NOVA is the oldest national victim assistance organization of its type in the United States as the recognized leader in this noble cause.
- **National Online Resource Center on Violence Against**

Women: VAWnet, a project of the National Resource Center on Domestic Violence hosts a resource library home of thousands of materials on violence against women and related issues, with particular attention to its intersections with various forms of oppression.

- **U.S. Department of Justice: National Sex Offender Public Website**: NSOPW is the only U.S. government Website that links public state, territorial, and tribal sex offender registries from **one national search site**.
- **The National Center for Victims of Crime**: The mission of the National Center for Victims of Crime is to forge a national commitment to help victims of crime rebuild their lives. They are dedicated to serving

individuals, families, and communities harmed by crime.

- **National Street Harassment Hotline**: Created by Stop Street Harassment, Defend Yourself, and operated by RAINN, the National Street Harassment Hotline is a resource for those affected by gender-based street harassment. Support is available in English and Spanish: call 855.897.5910 or **chat online**.

Asian, Native Hawaiian and Pacific Islander Survivors:

- **Asian Pacific Institute on Gender-Based Violence**: A national resource center on domestic violence, sexual violence, trafficking, and other forms of gender-based violence in Asian and Pacific Islander

communities. This organization provides local referrals to survivors in Asian and Pacific Islander communities, and also works to create systemic change by providing training to professionals and advocating for research-based policy changes.

Black Survivors:

- [Ujima](#): The National Center on Violence Against Women in the Black Community works to respond to and end domestic, sexual, and community violence in the Black community through research, public awareness, community engagement, and resource development.

Child Abuse/Sexual Abuse:

- **National Child Abuse Hotline:**
They can provide local referrals for services. A centralized call center provides the caller with the option of talking with or texting a counselor. They are also connected to a language line that can provide service in over 140 languages. Call or text hotline: 800.422.4453
- **Darkness to Light:** They provide crisis intervention and referral services to children or people affected by sexual abuse of children. Hotline calls are automatically routed to a local center. Helpline: 866.FOR.LIGHT (367.5444)
- **Cyber Tipline:** This Tipline is operated by the **National Center for Missing and Exploited Children**. Can be used to communicate information to the authorities about child

pornography or child sex trafficking. Hotline:
800.THE.LOST (843.5678)

- **National Children's Alliance:**

This organization represents the national network of Child Advocacy Centers (CAC). CACs are a multidisciplinary team of law enforcement, mental and physical health practitioners who investigate instances of child physical and sexual abuse. Their website explains the process and has a directory according to geographic location.

- **Stop It Now:** Provides information to victims and parents/relatives/friends of child sexual abuse. The site also has resources for offender treatment as well as information on recognizing the signs of child

sexual abuse. Hotline: 888-PREVENT (773.8368)

- [Justice for Children](#): Provides a full range of advocacy services for abused and neglected children.

College Students:

- [NotAlone.gov](#): A government website dedicated to educating students and schools about Title IX and sexual assault.
- [Know Your IX](#): Provides information for students about their Title IX rights in regards to ending sexual violence on campus.
- [End Rape on Campus](#): An advocacy organization dedicated to assisting students file Title IX complaints.

Domestic, Dating and Intimate Partner Violence:

- [National Domestic Violence Hotline](#): Through this hotline an advocate can provide local direct service resources (safehouse shelters, transportation, casework assistance) and crisis intervention. Interpreter services available in 170 languages. They also partner with the Abused Deaf Women's Advocacy Center to provide a videophone option. Hotline: 800.799.SAFE
- [National Teen Dating Abuse Online Helpline](#): This online helpline assists teens who are, or may be, in abusive relationships.

- **Pathways to Safety**
International: The center serves abused Americans, mostly women and children, in both civilian and military populations overseas. In addition to providing domestic violence advocacy, safety planning and case management, the center assists victims with relocation, emergency funds for housing and childcare, and funds for payment of legal fees.
- **National Coalition against Domestic Violence**: The national coalition of Domestic Violence organizations is dedicated to empowering victims and changing society to a zero tolerance policy.

Human Trafficking:

- **National Human Trafficking Resource Center:** A national multilingual anti-trafficking hotline. Caller can report a tip; connect with anti-trafficking services in their area; or request training and technical assistance, general information, or specific anti-trafficking resources. Hotline: 888.373.7888
- **U.S. Department of Justice Trafficking in Persons and Worker Exploitation Complaint Line:** Call to report suspected instances of human trafficking or worker exploitation or contact the FBI field office nearest you. Offers foreign language translation services in most languages as well as TTY. After business hours, the complaint line has a message service in English, Spanish, Russian, and Mandarin. Hotline: 888.428.7581

Immigrant Survivors:

- [National Immigrant Women's Advocacy Project](#): Advocates for policy change to support immigrant women and children. They also offer direct support by hosting a directory of service providers who support immigrant women and children with practical assistance, as well as a database of information about government benefits that are available by state and immigration status.

Incest:

(See also resources on Child Abuse/ Sexual Abuse above)

- [Survivors of Incest Anonymous](#): They provide information on how

to find incest survivor support groups in your area and empowers individuals to become survivors and thrivers.

- [**GirlThrive**](#): Girlthrive Inc. honors teen girls and young women who have survived incest and all sex abuse through thriverships, opportunity and education.

Indigenous Survivors:

- [**National Indigenous Women's Resource Center**](#): An organization dedicated to ending violence against Native women and children through policy advocacy and direct service provision. The NIWRC operates the [**Strong Hearts Native Helpline**](#), which supports Native survivors of violence in crisis,

and facilitates local resource connection. You can connect to this hotline by calling 844.762.8483.

Latinx Survivors:

- [National Latin@ Network](#): A national resource center that supports prevention and intervention efforts across the country to end domestic and dating violence in latinx communities. They do this work through research, policy advocacy, and training service providers on the needs of latinx survivors of violence. They also operate a resource library for service providers and survivors.

Legal Resources:

- [**Womenslaw.org**](#): Information about restraining orders and other legal protections for victims of domestic violence and sexual assault.
- [**The Laws in Your State**](#): A database of state laws including mandatory reporting, confidentiality laws, HIV/AIDS testing of sexual offenders, termination of rapists' parental rights, and statutes of limitations for each state.
- [**Attorney Referral Line**](#): Refers callers to attorneys in their geographic area who can represent them in their pursuit of civil claims and victim restitution. The referral line is not an anonymous service. Their website also gives information about civil lawsuits. Phone: 202.467.8716

- **[Take Back The Night Foundation](#)**: Legal support for survivors in every state. Referrals to counseling, support, legal aid, hospitals, and nearest TBTN Event Holders. Hotline: 866.966.9013
- **[It Happened to Alexa Foundation](#)**: The 'It Happened to Alexa Foundation' supports rape survivors through the trauma of the criminal trial, in the hopes that more survivors will go through with the prosecution in order to put these perpetrators behind bars.
- **[U.S. Department of Justice, Civil Rights Division](#)**: Call or email to report sexual harassment in housing. 844.380.6178 or **fairhousing@usdoj.gov**.

LGBTQ Survivors:

- [GLBTQ Domestic Violence Project](#): Website, information and hotline for GLBTQ victims of domestic violence and their families. Hotline: 800.832.1901
- [the Network la Red](#): The Network/La Red hotline provides emotional support, information, and safety planning for lesbian, gay, bisexual, queer and/or transgender folks, as well as folks in the BDSM or Polyamorous communities who are being abused or have been abused by a partner. Support available in English and Spanish. Hotline: 617.742.4911
- [National Coalition of Anti-Violence Programs](#): A coalition of programs that document and advocate for victims of anti-

LGBT and anti-HIV/AIDS violence/harassment, domestic violence, sexual assault, police misconduct and other forms of victimization. Site has a list of local anti-violence programs and publications. Hotline: 212.714.1141

- [The Trevor Project](#): Help and suicide prevention for GLBTQ youth. Hotline: 866.488.7386
- [GLBT National Hotline](#): Call center that refers to over 15,000 resources across the country that support LGBTQ individuals. Hotline: 888.THE.GLNH (843.4564)
- [FORGE](#) (For Ourselves: Reworking Gender Expression): Home to the Transgender Sexual Violence Project. Provides services and publishes research for transgender persons

experiencing violence and their loved ones.

- [Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling](#): Directory of LGBT-friendly mental health specialists across the United States. Specialists listed are verified members of AGLBTIC, a division of the American Counseling Association.

LGBTQ Survivors of Color:

- [National Queer and Trans Therapists of Color Network](#): A network of mental health professionals who identify as queer or trans therapists of color, and seek to support their community through increased access to mental health services. In addition to providing

a directory of queer and trans therapists of color across the country, they also operate the Mental Health Fund, which can support survivors in getting care that they may otherwise be unable to afford.

Male Survivors:

- [1in6](#): Provides educational information and resources for men who've been sexually abused or assaulted. Chat with a trained advocate through the national helpline for men, available 24/7. Join a weekly chat-based online support group, facilitated by a counselor. 1in6 also serves loved ones and service providers.
- [Jimhopper.com](#): This site has articles that discuss the effects

of child sexual abuse on adult men and their loved ones.

- [Malesurvivor.org](#): This site has information and a therapist search for male survivors of sexual violence.

Medical/Physical Health:

- [Sexual Assault Nurse Examiner \(SANE\)](#): The SANE/SART program offers sensitive, caring, and supportive care following a sexual assault. Their website provides a list of Sexual Assault Nurse Examiner (SANE) programs in each state. These specialists are registered nurses, who have advanced education in forensic examination of sexual assault victims.
- [Healthcare Center Directory](#): The U.S. Department of Health

and Human Services maintains a Healthcare Center Directory. This directory lists federally funded health centers that provide a variety of services even if the recipient does not have health insurance. Users pay a co-payment based on their income. These health centers generally provide primary care services. Phone: 877.464.4772

- [**The Center For Disease Control National Prevention Information Network**](#) (AIDS/HIV, STI Information): U.S. reference, referral, and distribution service for information on HIV/AIDS and other sexually transmitted infections (STIs). Hotline: 800.458.5231
- [**International Association of Forensic Nurses**](#): An international membership organization comprised of

forensic nurses working around the world and other professionals who support and complement the work of forensic nursing.

- [Start Your Recovery](#): Substance abuse information that relates to a survivor's experience with sexual assault.

Mental Health:

- [Sidran Traumatic Stress Foundation](#): The Sidran Institute provides information on traumatic stress (including PTSD), dissociative disorders, and co-occurring issues such as addictions, self-injury, and suicidal behaviors.
- [GoodTherapy.org](#): GoodTherapy.org is an association of mental health

professionals from more than 25 countries worldwide who support efforts to reduce harm in therapy.

- [Psychology Today](#): Find detailed professional listings for treatment centers in the United States and Canada.
- [National Eating Disorder Helpline](#): Information, crisis and referral hotline for people dealing with eating disorders.
Helpline: 800.931.2237
- [National Alliance on Mental Illness](#) (NAMI): Provides information and referral services, not counseling.
Helpline: 888.950.NAMI (6264)
- [Hope Exists After Rape Trauma](#): The mission of Hope Exists After Rape Trauma (H-E-A-R-T) is to provide HOPE for victims of sexual assault through the provision of essential and

therapeutic support, by affecting positive change in laws influencing their lives, and by educating both the public and professionals commissioned to serve victims.

Military Resources:

- [Safe Helpline](#): Department of Defense (DoD) Safe Helpline is a groundbreaking crisis support service for members of the DoD community affected by sexual assault. Safe Helpline provides live, one-on-one support and information to the worldwide DoD community. The service is confidential, anonymous, secure, and available worldwide, 24/7 by click, call or text — providing victims with the help

they need anytime, anywhere.
Hotline: 877.995.5247

Stalking:

- [Stalking Resource Center](#): The Stalking Resource Center is a program of the National Center for Victims of Crime. Their website provides statistics on stalking, information on safety planning and other resources.

Sexual Assault Prevention:

- [National Violence Against Women Prevention Research Center](#): Sponsored by the Centers for Disease Control and Prevention, this website to be useful to scientists, practitioners, advocates,

grassroots organizations, and any other professional or layperson interested in current topics related to violence against women and its prevention.

- **Project Respect**: Project Respect aims to create discussions and share a positive alternative model of relationships for youth.
- **PreventConnect**: The goal of PreventConnect is to advance the primary prevention of sexual assault and relationship violence by building a community of practice among people who are engaged in such efforts.
- **Campus Outreach Services**: Offer information and expertise to schools on sexual violence, diversity, sexual harassment, bullying, hate crimes, healthy relationships, assertiveness,

eating disorders, suicide, and related risk issues.

- **[The Date Safe Project](#)**: The DATE SAFE Project, Inc. provides positive how-to skills and helpful insights for addressing verbal consent (asking first), respecting of boundaries, sexual decision-making, bystander intervention, and supporting survivors (opening the door for family and friends).
- **[Child Help: Speak Up Be Safe](#)**: Childhelp Speak Up Be Safe is a newly developed, school-based, child abuse prevention education program that focuses on child safety. It is an evolution of Good Touch Bad Touch.
- **[Men Can Stop Rape](#)**: Men Can Stop Rape seeks to mobilize men to use their strength for creating cultures free from violence,

especially men's violence against women.

- [**Cyber Bullying Research Center**](#): A clearinghouse for information regarding cyberbullying.

Suicide and Self-Harm:

- [**National Suicide Prevention Lifeline**](#): Provides crisis suicide intervention, self-harm counseling and assistance, and local mental health referrals. Calls are routed to local centers. Hotline: 800.273.TALK (8255) and for the Spanish line call 888.628.9454 or TTY: 800.799.4TTY (4889)

Survivors with Disabilities:

- **Deaf Abused Women's Network** (DAWN): Legal, medical, system advocacy and survivor support services. Video Phone: 202.559.5366
- **CAVANET**: This organization addresses violence against women, human rights, genocide, and crime victims with disabilities.
- **National Disability Rights Network**: NDRN members investigate reports of abuse and neglect, and seek systemic change to prevent further incidents; advocate for basic rights; and ensure accountability in health care, education, employment, housing, transportation, and within the juvenile and criminal justice systems for individuals with disabilities.”

You can always find these resources [here](#).

We would also like to highlight the Syracuse University chapter of [Students Advocating Sexual Safety and Empowerment \(SASSE\)](#) if you are interested in advocating for sexual safety on our campus. They are a “student organization committed to ending violence against women, educating folks about sexual health, and providing a safer space for members of the LGBTQ+ community and all underrepresented populations” ([x](#)).

In terms of policy, we have been advocating for the implementation of [Callisto](#), a technology that helps survivors detect repeat offenders, navigate their options, and find resources. Callisto is currently undergoing [the Accessibility Assessment Committee review process](#) which will take some time.

As always, please reach out if you have any questions, comments and/or concerns. Thank you.

Stay well,

Justine Hastings and Ryan Golden

President and Vice President

Student Association

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