Immediate Needs and Options

- Make sure he or she is in a safe place.
- Encourage him or her to avoid washing, douching, brushing teeth, or changing clothes. While this may be difficult, preserving any evidence is important in the event that he or she decides to report the assault to the police.
- Call someone. Call a friend, a rector, assistant rector or RA, Notre Dame Security Police (574.631.5555), the University Counseling Center (574.631.7336), the Deputy Title IX Coordinator (574.631.7728) or University Health Services (574.631.7497). Or, if she or he prefers to speak to someone off-campus, call the 24-hour S-O-S hotline at 574.289.4357. S-O-S is the local rape crisis center for St. Joseph County.
- Seek medical attention at the Emergency Room of either St. Joseph Regional Medical Center (574.335.5000) or Memorial Hospital (574.647.1000). All tests and procedures are free of charge to the victim if he/she seeks medical care within 96 hours of the assault; insurance will not be billed. University Health Services can assist by arranging transportation and can provide confidential and professional follow-up medical care.
- Consider reporting the assault. He/she may report the assault to the University or to local police. Going to the hospital to seek medical attention does not obligate him/her to report the crime.

It is important to seek medical attention as soon as possible, ideally within 96 hours of the sexual assault. Seeking medical attention does not obligate a survivor to follow through with pressing charges. Also, an anonymous exam may be performed, and all evidence collected will be held for a one-year period, giving her/him time to decide whether or not to file a police report. After one year, all evidence will be destroyed.

If more than 96 hours have passed since the assault:

Seek medical attention to address any injuries or symptoms related to the assault. University Health Services can provide confidential and professional medical care and/or make an appropriate referral to a local physician.

Consider seeking confidential counseling and/or pastoral support, either through the University’s Counseling Center (574.631.7336), priest, deacon, sister, or brother at Campus Ministry (574.631.7800), or S-O-S (574-289-HELP [4357]).

Consider reporting the assault. To file a report with the University, contact the Deputy Title IX Coordinator (574.631.7728), or the Office of Student Affairs (574.631.5550). They can assist in filing an official report, provide academic or administrative assistance, provide information about options in pursuing campus judicial processes, or assist in reporting the assault to the local police.

The University’s Sexual Assault and Sexual Misconduct Policy is available online: http://dulac.nd.edu
Emotional Support

- **Listen.** Don’t force a survivor to talk about the incident until he or she is ready in the healing process, but **remind him or her that you are there if he or she needs to talk.**

- **Follow his or her lead** in terms of what they want to do to gain closure about the incident or to have a better understanding of what happened to him or her. The best way to ensure that your friend gets help is to **suggest options and to allow him or her to choose** what they want to do.

- Make sure the survivor knows that his or her experience was **not his or her fault.**

- Make sure **your friend knows that you believe her or him.**

- **Provide comfort** for the survivor. Find out how by **asking the survivor what he or she would like to do** and what you can do to help.

- **Encourage the person to seek help from trained professionals.**

- If you are their romantic partner, be patient; let the survivor set the pace.

General Information

Rape and sexual assault, in any form, are unacceptable at Notre Dame and will not be tolerated in this community. **All members of this community share responsibility for creating and maintaining an environment which promotes the safety and dignity of each individual.** The University encourages victims to report all incidents of sexual assault.

Under Indiana law, **sexual assault is defined as any unwanted sexual activity forced by one person on another, including but not limited to unwelcome touching, forced sodomy, stranger rape, acquaintance rape, date rape, marital rape, and gang rape.**

**Sexual assault is a crime of violence.** It is motivated by the desire to control, dominate, and humiliate, not the desire for sex.

**College-age students are more likely to be raped than any other age group.** According to some studies, it is estimated that **as many as 1 in 5 college women will experience sexual violence during their college years.** While most rapes are committed against women, **10% of sexual assault victims are men.**

**Ninety percent of college-age rape victims know the offender.** An offender may be a date, friend, or someone the victim knows casually.

Confidential Resources

Under Indiana law, if a student wishes the details of an incident to be kept strictly confidential, she or he can speak with counselors at the University Counseling Center, health providers, a priest, deacon, brother, or sister at Campus Ministry, or off-campus rape crisis resources, such as S-O-S, the rape crisis center for St. Joseph County.

Out of The Shadows Support Group

Out of the Shadows is a **confidential, all women’s or all men’s on-campus support group** for survivors of sexual violence. It offers a supportive environment to discuss issues related to personal experiences. If you or someone you know may benefit from this type of group, you can email outoftheshadowsgroup@gmail.com or call S-O-S at 574.234.6900 for meeting locations and more information. **Out of the Shadows is coordinated by the Gender Relations Center.**