

HOW DO I HELP IN THE MOMENT?

● Recognize Red Flags

Identifying signs of perpetration, whether you witness it directly or someone shares their experience with you, starts with understanding consent and boundaries.

Common red flags include disregarding verbal or nonverbal cues, pressuring someone into physical or sexual activity, isolating a person from their support system, or using intimidation, alcohol, drugs, or manipulation to gain control over someone.

● Intervene

If you notice signs of perpetration, intervene in one of the following ways:

Directly. Provide support and reassurance by checking in with the impacted person. Ask, "Are you okay? Do you need help?" If it's safe, you could address the perpetrator directly.

Delegate. Seek help from others, such as someone in a position of authority, or enlist support from friends. Delegating may be an effective way to intervene if you're concerned about your safety.

Distract. Create a diversion to interrupt an ongoing situation. For example, start a random conversation with your peer to draw attention away from the perpetrator.

If you suspect harm but can't intervene immediately, follow up with the person at risk when they are alone and safe.

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WHAT RESOURCES ARE AVAILABLE?

Confidential Resources are not required to report incidents of sexual assault (or other forms of sexual harassment) unless there is an imminent danger to the individual or others.

- University Counseling Center
ucc.nd.edu | (574) 631-7336
- University Health Services
uhs.nd.edu | (574) 631-7497
- Vowed Religious Staff of Campus Ministry *
campusministry.nd.edu | (574) 631-7800
*Staff who are not vowed religious are considered non-confidential resources.
- Family Justice Center of St. Joseph County
fjcsjc.org | (574) 234-6900
- RAINN (off campus)
rainn.org | (800) 656-4673

Non-Confidential Resources must disclose concerns about possible sexual assault (and other forms of sexual harassment) incidents to the Office of Institutional Equity.

- Office of Institutional Equity
speakup.nd.edu | (574) 631-0444
- Notre Dame Police Department
police.nd.edu | (574) 631-5555
- Care and Wellness Consultants
supportandcare.nd.edu
- Hall Staff (Rectors, ARs, RAs)
- All other University staff and faculty



SEXUAL ASSAULT

HOW TO EFFECTIVELY PROVIDE SUPPORT



WHAT IS SEXUAL ASSAULT?

University policy defines sexual assault as any sexual intercourse by any person upon another **without Consent**.

It includes oral, anal, and vaginal intercourse or penetration, to any degree, with any part of the body or other object. It is also referred to as "non-consensual sexual intercourse."

WHAT IS CONSENT?

Ongoing. It must be obtained for each sexual activity. Consent can be withdrawn at any time.

Mutual. All participants must agree.

Given Freely. The facts, choices, and risks must be understood by all. There can be no deception and participants cannot be intoxicated to the point of incapacitation. No threats, violence, coercion, or intimidation can be present.

Consent can't be inferred from silence, passivity, or lack of active resistance. It also can't be obtained by an individual under the legal age of consent (16 in Indiana).

Intoxication is not an excuse for failure to obtain consent.

View the University's full consent definition at equity.nd.edu.

HOW DO I HELP AFTER AN INCIDENT?

If you are informed of an incident after the fact, there are a few important steps you should take to get the person necessary help and support.

1. Make sure they are in a **safe** place.
2. Assist them in **preserving evidence** by telling them to avoid washing, douching, brushing teeth, or changing clothes.
3. Encourage them to utilize one of the **support resources** listed on the reverse of this pamphlet. These resources are also available to you—you do not need to do this alone.
4. Help them seek **medical attention** as soon as possible and ideally within 5 days of the assault.

St. Joseph Regional Medical Center, which has a specially trained sexual assault team available 24/7, and Memorial Hospital offer emergency care and evidence collection. All tests and procedures related to documenting and treating the assault are free of charge; insurance will not be billed.

Obtaining medical attention does not obligate the individual to report the incident to law enforcement. Exams can be performed anonymously and evidence will be held for one year before being destroyed.

5. Talk to them about **reporting** the assault to the University or local police but leave the choice to them.

ADDITIONAL WARNING SIGNS

You may not be present to witness warning signs of potential perpetration and someone may not tell you directly about an incident they experienced. However, you may notice changes in their behavior such as...



Becoming withdrawn, anxious, or suddenly distant from friends and activities they once enjoyed.



Exhibiting heightened irritability, mood swings, or expressions of guilt and shame.



Having trouble sleeping, difficulty concentrating, unexplained injuries, or noticeable changes in appetite and energy levels.



Avoiding specific places or people or increasing use of alcohol or drugs.

These are normal responses to trauma.

Check in and let them know you are a safe person to talk to if they feel comfortable. Recommend they reach out to professionals like support hotlines, counseling, advocacy organizations, or reporting services and offer to help connect with these resources.

Respect their boundaries and decisions about how to handle the situation.