



RESOURCES FOR SURVIVORS OF SEXUAL MISCONDUCT/ INTIMATE PARTNER VIOLENCE

NYUGSOM Office of Student Affairs

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*Sexual Misconduct, and intimate partner violence
resource guide*

DISCLAIMER

*The Office of Student Affairs has put together this resource guide
to assist in accessing information and alternative resources
available in New York City.*

*For more information on the NYU Grossman School of
Medicine's official policies and procedures, please refer to the
Student Handbook, and also view official procedures via links
listed on pages 4-5.*

Sexual Misconduct, and intimate partner violence

IMPORTANT INFORMATION REGARDING YOUR RIGHTS: STUDENTS' BILL OF RIGHTS

Under this policy, all students have the right to:

- Make a report to local law enforcement and/or state police
- Have disclosures of Relationship Violence, Stalking, and Sexual Assault treated seriously
- Make a decision about whether or not to disclose a crime or violation and participate in NYU's disciplinary process and/or the criminal justice process free from pressure by NYU
- Participate in a process that is fair, impartial, and provides adequate notice and a meaningful opportunity to be heard
- Be treated with dignity and to receive from NYU courteous, fair, and respectful health care and counseling services, where available
- Be free from any suggestion that the Complainant is at fault when these crimes and violations are committed, or should have acted in a different manner to avoid such crimes or violations
- Describe the incident to as few NYU representatives as practicable and not be required to unnecessarily repeat a description of the incident
- Be reasonably protected from Retaliation by NYU, any student, the Respondent, and/or their friends, family and acquaintances within NYU's jurisdiction
- Access to at least one level of appeal of a determination in matters involving Student conduct
- Be accompanied by an advisor of choice who may assist and advise a Complainant or Respondent throughout the disciplinary process including during all meetings and hearings related to such process
- Exercise civil rights and practice of religion without interference by the investigative or disciplinary process of NYU.

[Click here for more information](#)

WHAT TO DO AFTER AN INCIDENT

1) *Get to a safe place*

If you are concerned about your personal safety, or need emergency medical care, call NYU Langone Health Campus Security at 212-263-5120, or the NYPD at 911 (or the local equivalent) or go to a police station or hospital

2) *Seek Medical Attention ASAP (within 72 hours, if possible)*

- Medical attention can treat injuries, sexually transmitted infections (STIs), and provide emergency contraception
- Preserve any physical evidence by obtaining a medical forensic examination (if possible, after an incident, avoid drinking, eating, showering, brushing your teeth, combing your hair, or changing your clothes). You can decide whether to make an internal/external report later, but you can only preserve physical evidence now.

3) *Reach out to talk to someone or for help:*

Refer to page 4 for internal resources you can reach out to, page 11 for SAFE designated hospitals, page 12-13 for crisis centers affiliated with hospitals, and pages 19-25 for external resources.

4) *Consider your Reporting Options*

- Contact the **Title IX Coordinator: Molree Williams-Lendor (she, her, hers)**
 - **Email:** TitleIX@nyulangone.org for all claims of sexual discrimination and harassment
 - **Phone:** (212) 404-3825
 - Located at: 1 Park Ave, 4th floor and office hours at **Greenberg Hall SC2 - Room 65** (hours: M-F, 9:00 AM - 5:00 PM and by appointment. Please email or call to set up appointment.)
- **You have the right and the option to file a report at any time with the NYPD or local authorities and to obtain an order of protection.**

5) *Be Kind to Yourself*

Remember that sexual assault or relationship violence is never the survivors fault. Survivors are encouraged to obtain help from the resources listed here.

NYUGSOM recognizes that Students who have been drinking and/or using drugs (whether such use is voluntary or involuntary) at the time that violence occurs may be hesitant to report such incidents due to fear and shame. Students will not be subject to NYUGSOM's code of conduct action for violations of alcohol and/or drug use policies when, as a bystander or reporting individual acting good faith, they disclose an incident of domestic violence, dating violence, stalking or sexual assault. Please note that this amnesty provision **would not** necessarily apply to incidents that occur during the course of a clinical residency. For additional clarification, students should consider speaking with an on campus confidential resource.

For more info, view the Student Amnesty Policy (part D)

You do not have to go through this alone.

CONFIDENTIALITY AND PRIVACY AT NYUSOM

Privacy and confidentiality have distinct meanings:

Confidentiality: Confidentiality means that information shared by an individual with designated campus or community professionals cannot be revealed to any other individual, including NYUSOM's Title IX Coordinator, without express permission of the individual, or as otherwise permitted by law (such as when there is an imminent threat of harm to self or others). Confidential campus and community providers include medical providers, mental health providers (SHS therapists), counselors, and ordained clergy.

*Other NYUSOM administrators, however, are "responsible employees" and **required** to inform the Title IX Coordinator, and cannot offer confidentiality. This includes the Office of Student Affairs, the Office of Medical Education, the Office of Diversity Affairs, and the OMBUDs. Nevertheless, these staff members will maintain **privacy** to the greatest extent reasonably possible.*

Privacy: Privacy generally means that information related to a report of misconduct will be shared with a limited circle of individuals who "need to know" in order to assist in the active review, investigation, resolution of the report, and related issues. Information provided to a non-confidential resource will be relayed only as necessary for the Title IX Coordinator to direct and investigation and/or sees a resolution.

NYU Langone Campus Resources & Reporting Options	
Title IX Coordinator: Molree Williams-Lendor (She, her, hers)	(212) 404-3825
NYU School of Medicine Student Health Services	(212) 263-5489 (M-F, 9:00 - 5:00 PM)
NYU School of Medicine Office of the Associate Dean for Student Affairs	(212) 263-6088
NYU Langone Health Campus Security Department	212-263-5120*
	*indicates 24 hour number
Confidential Resources	
NYU Medical Student Health and Wellness Services	(212) 263-5489
Corporate Counseling Services (CCA) Hotline	1-800-833-8707 *
The New York City Anti Violence Project (Provides services for LGBTQ+ and HIV- affected survivors)	(212) 714-1141 *
	*indicates 24 hour number

WHAT ARE THE ROLES OF "RESPONSIBLE EMPLOYEE'S"?

What is a "Responsible Employee?"

The term "responsible employee" is an Employee who is **required to share all known details** of incidents or suspected incidents of sexual misconduct with the Title IX Program Office. Responsible employees **cannot offer confidentiality**.

Examples of Responsible Employees include:

- Office of Medical Education (OME)
- Office of Student Affairs (OSA)
- Office of Diversity Affairs (ODA)
- the OMBUDs

What does their role as a responsible employee entail?

Responsible Employees must report allegations of sexual misconduct which they receive to the Title IX Coordinator. Title IX requires the Responsible Employee to share all relevant information about the alleged sexual misconduct, including the identity of the involved individual(s), with the Title IX Coordinator. This includes:

- The person who experienced the alleged sexual misconduct
- The name of the alleged perpetrator, if known
- The identity of other persons involved in the alleged sexual misconduct
- The relevant facts, including the date, time, and location of the alleged misconduct

Click [here](#) to see the official NYU School of Medicine policies of how to report sexual misconduct against students

Click [here](#) to see the official NYU School of Medicine policies of how to report sexual misconduct against employees

WHAT IS CONSENT?

What does consent mean?

Consent is a clear “yes” to sexual activity. Not saying “no” does not mean you have given consent. Sexual contact *without consent is sexual assault.*

Your consent means:

- You know and understand what is going on (you are not unconscious, blacked out, asleep, underage, or have an intellectual disability).
- You know what you want to do.
- You are able to say what you want to do or don’t want to do.
- You are aware that you are giving consent (and are not impaired by alcohol or drugs).

Sometimes you cannot give legal consent to sexual activity or contact — for example, if you are:

- Threatened, forced, coerced, or manipulated into agreeing
- Not physically able to (you are incapacitated)
- Not mentally able to (due to illness or disability)
- Under the age of legal consent, which varies by state; in New York, the Legal Age of Consent is 17 (*Legal Age of Consent Laws 2019*)

Remember:

- Consent is an ongoing process, not a one-time question. If you consent to sexual activity, you can change your mind and choose to stop at any time, even after sexual activity has started.
- Past consent does not mean future consent. Giving consent in the past to sexual activity does not mean your past consent applies now or in the future.
- Saying “yes” to a sexual activity is not consent for all types of sexual activity. If you consent to sexual activity, it is only for types of sexual activities that you are comfortable with at that time with that partner. For example, giving consent for kissing does not mean you are giving consent for someone to remove your clothes.

What is not considered consent:

- Silence. Just because someone does not say “no” doesn’t mean they are saying “yes.”
- Having consented before. Just because someone said “yes” in the past does not mean they are saying “yes” now. Consent must be part of every sexual activity, every time.
- Being in a relationship. Being married, dating, or having sexual contact with someone before does not mean that there is consent now.
- Not fighting back. Not putting up a physical fight does not mean that there is consent.
- Sexy clothing, dancing, or flirting. What a person wears or how they behave does not show consent for sexual activity. Only a verbal “yes” means “yes” to sexual activity.

Can I be sexually assaulted by my partner or spouse?

Yes. Sexual assault is any sexual activity you do not consent to — no matter whom it is with.

[Click here for more information](#)

FAQ

SEXUAL ASSAULT FORENSIC EXAM AND SAFE EXAMS:

DNA evidence from a crime like sexual assault can be collected from the crime scene, but it can also be collected from your body, clothes, and other personal belongings. You may choose to have a sexual assault forensic exam to preserve possible DNA evidence and receive important medical care. You don't have to report the crime to have an exam, but the process gives you the chance to safely store evidence should you decide to report at a later time.

To find a location near you that performs sexual assault forensic exams, call the *National Sexual Assault Hotline at (800)-656-HOPE (4673)* or talk to your local sexual assault service provider.

The exam may include testing and prophylactic treatment for HIV/AIDS, STIs, and pregnancy, a vaginal/anal examination, collection of fingernail scrapings and/or clippings, examination for injuries, and blood testing. There is a limited window of time (**within 72 hours**) following an incident of sexual assault to preserve physical and other forms of evidence. Taking the step to gather evidence immediately **does not commit an individual to any course of action**. The decision to seek medical attention and gather any evidence will preserve the full range of options to seek resolution through NYU's complaint processes or criminal action.

During this exam, someone specially trained to perform this exam, such as **Sexual Assault Nurse Examiner (SANE)**, will collect DNA evidence that can help identify the perpetrator. You **do not** have to agree to a forensic exam to receive treatment, but doing so may give you a stronger case against the perpetrator if you decide to report the crime now or down the road.

For more information, visit www.rainn.org

FAQ

How do I prepare for a sexual assault forensic exam?

In most cases, DNA evidence needs to be collected **within 72 hours** in order to be analyzed by a crime lab—but a sexual assault forensic exam can reveal other forms of evidence beyond this time frame that can be useful if you decide to report. Place your belongings, including the clothes you were wearing, in a paper bag to safely preserve evidence.

If you are able to, **try to avoid** activities that could potentially damage evidence such as:

- Bathing
- Showering
- Using the restroom
- Changing clothes
- Combing hair
- Cleaning up the area

It's natural to want to go through these motions after a traumatic experience. If you have done any of these activities, you can still have an exam performed. You may want to bring a spare change of clothes with you to the hospital or health facility where you're going to have the exam.

How long is the exam?

The length of the exam may take a few hours, but the actual time will vary based on several different factors. It may be helpful to have someone to support you during this time. If you call the ***National Sexual Assault Hotline (800.656.HOPE)*** or contact a local sexual assault service provider, you may be connected with an advocate who can talk to you about the examination and offer support. The advocate may also be able to accompany you during the actual exam. Be aware that if you invite someone other than an advocate into the exam room, they could be called as a witness if you decide to report the crime.

Source: Rainn.org

FAQ

What happens during a sexual assault forensic exam?

Remember, **you can stop, pause, or skip a step at any time during the exam. It is entirely your choice.**

- *Immediate care*
- *History*
 - You will be asked about your current medications, pre-existing conditions, and other questions pertaining to your recent consensual sexual activity; these questions are designed to ensure that DNA and other evidence collected from the exam can be connected to the perpetrator. You will also be asked about the details of what has happened to you to help identify all potential areas of injury as well as places on your body or clothes where evidence may be located.
- *Head-to-toe examination*
 - May include a full body examination, including internal examinations of the mouth, vagina, and/or anus. It may also include taking samples of blood, urine, swabs of body surface areas, and sometimes hair samples. The trained professional performing the exam may take pictures of your body to document injuries and the examination. With your permission, they may also collect items of clothing, including undergarments. Any other forms of physical evidence that are identified during the examination may be collected and packaged for analysis, such as a torn piece of the perpetrator's clothing, a stray hair, or debris.
- *Follow up care*

Source: Rainn.org

FAQ

Why should you consider having a sexual assault medical forensic exam?

- You will not incur any financial costs. The Violence Against Women Act requires states to provide sexual assault forensic exams free of charge if they wish to remain eligible for critical anti-crime grant funding. If you are charged for the exam, immediately contact your local sexual assault service provider.
- You can have time to decide if you want to report. The decision to report the crime is entirely yours. It may take some time to decide what to do. Having a sexual assault forensic exam ensures that the forensic evidence will be safely preserved if you decide to report at a later time.
- It increases the likelihood of prosecution. The importance of DNA evidence in sexual assault cases cannot be overstated. Not only does DNA evidence carry weight in court, but it may prevent future sexual assaults from occurring. Even if the perpetrator is not prosecuted, their DNA may be added to the national database, making it easier to connect the perpetrator to a future crime.
- Your health matters. Sexual assault can affect your physical health. You may have injuries and trauma related to the assaults that aren't immediately visible. During an exam, you may be able to access treatment for these injuries, receive preventative treatment for STIs, and obtain emergency contraception to prevent pregnancy.

How long will the evidence be stored?

The amount of time an evidence kit will be stored varies by state and jurisdiction. A Sexual Assault Nurse Examiner (SANE), advocate, or law enforcement officer should let you know how long the evidence will be stored and the state's rules for disposing the kit. It's important to note that the amount of time the kit is stored doesn't necessarily match up with the amount of time that legal action can be taken against a perpetrator (statute of limitation). *For more information: <https://www.rainn.org/articles/rape-kit>*

What is a Statutes of Limitations?

When a crime is committed, there is a window of time that a state has to charge the perpetrator. The laws that determine this time frame are called criminal statutes of limitations. It can help to have a better understanding of these laws and how they vary.

Each state has laws that prevent someone from being prosecuted for a crime after a certain period of time, these are known as statutes of limitations. Some states provide exceptions to their time limits—for example, if DNA evidence is discovered, the state is allowed more time to prosecute.

For New York, there is a statute of limitations of 21 years or more, with exceptions for DNA evidence.

[Click here for more information](#)

FAQ

Who can perform the exam?

Not every hospital or health facility have people on staff that are specially trained to perform a sexual assault forensic exam and interact with recent survivors of sexual assault. See the list below for hospitals in NYC, or contact the **National Sexual Assault Hotline at 800.656.HOPE (4673)** to be directed to a facility that is prepared to give you the care you need.

A **Sexual Assault Nurse Examiner (SANE)** is a Registered Nurse who has received special training so that they can provide comprehensive care to sexual assault victims. In addition, they are able to conduct a forensic exam and may provide expert testimony if a case goes to trial.

Sexual Assault Forensic Examiners (SAFEs) and Sexual Assault Examiners (SAEs) are other healthcare professionals who have been instructed and trained to complete the exam.

SAFE (Sexual Assault Forensic Examiner) -Designated Hospitals in NYC:

Bellevue Hospital, NYC Health + Hospitals	462 First Avenue Room A329 New York, NY 10016	212-562-3025
Mount Sinai Beth Israel - Petrie Division	Emergency Department Milton and Caroll Petrie Division First Avenue at 16 th Street NY, NY 10003	212-420-2840
Lenox Health Greenwich Village, Northwell Health	North Shore LIJ Health System 30 7th Avenue New York, NY 10011	646-665-6910
Mount Sinai Hospital	The SAVI Program One Gustave L. Levy Place, Box #1670 NY, NY 10029	212-423-2140
Mount Sinai St. Luke's & Mount Sinai West	Crime Victims Treatment Center 411 West 114th Street, Suite 2C New York, NY 10025	212-523-3336, 212-523-6800
Harlem Hospital Center, NYC Health + Hospitals	Emergency Department, Room 2105 506 Lenox Ave New York, NY 10037	212-939-2250
Metropolitan Hospital Center, NYC Health + Hospitals	1901 First Avenue Room 2A33 New York, NY 10029	212-423-6466
Columbia University Medical Center, New York Presbyterian Hospital	Social Work Department Harkness Pavilion 622 West 168th Street 2 nd Floor New York, NY 10032	212-305-6204
Weill Cornell Medical Center, New York Presbyterian Hospital	525 East 68 th Street, Box 143 New York, NY 10032	212-746-4458

For more information visit <https://www.health.ny.gov/professionals/safe/>

Crisis Centers

**AFFILIATED
WITH
HOSPITALS**

Bronx	
North Central Bronx Hospital Sexual Assault Treatment Program 3424 Kossuth Avenue Bronx, NY 10467	Phone:(718) 519-5722 or (718) 519-3100
Brooklyn	
Coney Island Hospital Rape Crisis Program 2601 Ocean Parkway Brooklyn, NY 11235	Phone: (718) 616-4209 Hotline: (800) TEL-RAPE or (800) 835-7273
New York Methodist Hospital 506 Sixth Street Brooklyn, NY 11215 (not an official rape crisis center but can collect evidence and provide other emergency medical services)	Phone: (718) 780-3000
Manhattan	
Bellevue Hospital Center Sexual Assault Response Team SAFE Center 462 First Avenue C+D Building, Ground Fl. #GA74 New York, NY 10016	Phone: (212) 562-3435 or (212) 562-3755
Mt. Sinai Beth Israel Medical Center Rape Crisis & Domestic Violence Intervention Program Dept. of Social Work 317 East 17 th Street New York, NY 10003	Phone: (212) 420-4516
Harlem Hospital, R. 6111 MLK Center for Victim Support SAFE Center 506 Lenox Avenue New York, NY 10037	Phone: (212) 939-4600

Crisis Centers

**AFFILIATED
WITH
HOSPITALS**

<p>Mount Sinai Sexual Assault and Violence Intervention (SAVI) Program One Gustave Levy Place Box 1670 New York, NY 10029</p>	<p>Phone: (212) 423-2140</p>
<p>New York-Presbyterian Hospital/Weill Cornell Medical Center Dept. of Social Work 525 East 689th Street New York, NY 10065</p>	<p>(VIP) Victim Intervention Program Safe Horizon Phone: (212) 746-9414 Hotline for NYC Crime Victims (includes Domestic Violence): (212) 577-7777</p>
<p>NYU Langone Medical Center 550 First Avenue New York, NY 10016 (not an official rape crisis center but can collect evidence and provide other emergency medical services)</p>	<p>Phone: (212) 263-7300</p>
<p>St. Luke's-Roosevelt Hospital Crime Victims Treatment Center 411 West 114th Street, Suite 2C New York, NY 10025</p>	<p>Phone: (212) 523-4728</p>
<p>Queens</p>	
<p>Elmhurst Hospital (SAVI) Sexual Assault And Violence Intervention Program 79-01 Broadway Elmhurst, NY 11373</p>	<p>Phone: (718) 736-1288 Hotline: (718) 334-1418</p>
<p>Staten Island</p>	
<p>Staten Island University Hospital 475 Seaview Avenue Staten Island, NY 10305 Rape Advocacy Agency, Staten Island Phone: (718) 720-2591</p>	<p>Safe Horizon Domestic Violence Hotline Phone: 1-800-621-HOPE (4673) Safe Horizon (borough-wide) Phone: (212) 227-3000 (available 24 hours)</p>

FAQ

What is a Order of Protection?

An Order of Protection is a document issued by a public court that restricts a person from engaging in specified behaviors. For example, an Order of Protection can forbid a person from having any contact with the Complainant or his/her family or can require the person to stay away from the Complainant's home, place of employment, or school. An Order of Protection also can require an individual not to assault, threaten, harass, or stalk the Complainant.

It is important to understand that while an Order of Protection places the other person on notice that he/she is not to engage in certain behaviors under the penalty of law, it is not a guarantee of a person's safety. If the individual against whom the Order of Protection has been issued violates the Order, the Complainant should immediately call 911 and report it to the police. That person may be subject to arrest and/or additional criminal charges for violating the order.

Transferability: Most Orders of Protection are afforded "Full Faith and Credit" in other states, which means that an order may be enforced wherever the person protected by the order goes. States typically require that the person protected by the order register the order or take other action in the new state to make it effective in that jurisdiction.

In New York, an Order of Protection can be requested in one of two venues: Criminal Court and Civil/Family Court.

a. Family/Civil Court: Can issue an Order of Protection if the person seeking protection and the individual against whom the order is directed are:

- legally married;
- divorced;
- related by blood;
- have a child in common;
- or have been in an intimate relationship*

(* An intimate relationship does not necessarily mean a sexual relationship, but is more than just a casual acquaintance. This can include people who are or have been dating or living together, and includes heterosexual and same-sex couples.)

b. Criminal Court: In New York, a criminal court can issue an Order of Protection regardless of the relationship between the person seeking protection and the person from whom protection is sought. In order to obtain an Order of Protection in Criminal Court, the person against whom the order is sought must have been arrested and there must be a Criminal Court case pending against him or her. The District Attorney's Office will request an Order of Protection from the court on the Complainant's behalf.

SUPPORTING A FRIEND WHO IS A SURVIVOR

When a survivor discloses they have been sexually assaulted or abused by an intimate partner — whether it be their first time telling anyone or their hundredth — recognize that the process can be extremely difficult and that you should be as supportive as possible.

For a lot of people, the idea of supporting someone who has endured sexual or dating violence is scary, often not because they don't want to be supportive, but because they are not sure what say or how to respond. Here are a few pointers.

DO:

- If the survivor seeks medical attention or plans to report, offer to be there. Your presence can offer the support they need.
- Be patient. Remember, there is no timetable for recovering from trauma. Avoid putting pressure on them to engage in activities they aren't ready to do yet.
- Communicate without judgement. Let them know that you hear what they are saying and that you are emotionally open to them.
- Express anger and sadness at their injustice.
- Validate their feelings about the experience, acknowledging pain without catastrophizing. If they start to minimize what has happened to them, let them know that you believe them and that there is no need to minimize what happened to them.
- Stay attune to the survivors' attitude and don't assume or dictate how they must feel.
- Express admiration for their courage and recognize how difficult this must have been for them.
- Be strong and take care of yourself. The survivor you know is suffering and they have probably reached out to you for assurance and support; give them exactly that. It's because of strong and supportive friends and family that many of us have survived the process of recovery from sexual assault. You'll be better able to respond to the survivors' needs, though, if you also take care of yourself. Secondary trauma is real, and you should — while respecting the survivors' confidentiality — turn to your own support system and be realistic about how much you can provide.

For more information, visit www.knowyourix.org

If someone you care about is considering suicide, learn the warning signs, and offer help and support. For more information about suicide prevention please visit the **National Suicide Prevention Lifeline** or call **800.273.TALK (8255)** any time, day or night.

SUPPORTING A FRIEND WHO IS A SURVIVOR

DO NOT:

- Ask about details of the assault if the survivor is not ready to share those details with you
- Question the validity of the survivor's claims. A survivor's worst fear is not being believed. Having someone question whether or not a person was actually violated or assaulted is a huge insult that can shake a survivor to his or her core.
- Seem cold or unapproachable. Open yourself up to them and make your presence and support known.
- Make excuses for the perpetrator. The assailant's actions are inexcusable.
- Tell the survivor what they must do. You can suggest what course of action they can take, particularly if they ask for your advice. Suggest resources they may use or offer to explore resources available to them, such as filing a report with law enforcement, talking with an attorney, seeking out therapy or medical aid, and talking to a rape hotline.
- Minimize the assault. Remember that one kind of rape or assault — by a stranger, an acquaintance, a friend, a partner — isn't more or less "legitimate" than another. Don't anticipate the ways in which a particular type of violence will affect a survivor, and don't expect that one is necessarily more traumatic than another.
- Question why the survivor has decided to tell you now, even if it has been months or years since the assault.
- Shoulder the burden alone. A survivor may request more of you than you are able to give. You are probably not trained to manage a survivor's recovery, and may be emotionally exhausted. Be kind and honest with the survivor about what you are able to do, and encourage them to seek professional help through a hotline or therapist.
- Share the survivor's story without their permission.

Source: knowyourix.org

SUPPORTIVE THINGS TO SAY TO A SURVIVOR

- **“I believe you” and “It took a lot of courage to tell me about this.”**

It can be extremely difficult for survivors to come forward and share their story. They may feel ashamed, concerned that they won't be believed, or worried they'll be blamed. Be careful not to interpret calmness as a sign that the event did not occur—everyone responds to traumatic events differently. The best thing you can do is to believe them.

- **“It's not your fault” and “You didn't do anything to deserve this.”**

Survivors may blame themselves, especially if they know the perpetrator personally or were under the influence of alcohol or drugs when the assault occurred. Remind the survivor, maybe even more than once, that they are not to blame.

- **“You are not alone” and “I care about you and am here to listen or help in any way I can.”**

Let the survivor know that you are there for them and willing to listen to their story if they are comfortable sharing it and that you do not judge them for what happened. Ask them if there are others in their life they also feel comfortable going to, and let them know about the help that is available through the **24/7 National Sexual Assault Hotline (800) 656-4673**.

- **“I'm sorry this happened” and “This shouldn't have happened to you.”**

Acknowledge that the experience has affected their life. Phrases like *“This must be really tough for you,”* and *“I'm glad you felt you could share this with me”* help to communicate empathy.

[Click here for more information](#)

Resources for

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 (NOVA):** 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 via phone or online chat
 - **Phone:** 855.897.5910

Resources for

LEGAL ASSISTANCE

- **Sanctuary for Families: Campus Advocates Project**

Sanctuary for Families is New York's leading service provider and advocate for survivors of domestic violence, sex trafficking and related forms of gender violence.

The Campus Advocates Project (CAP II): The Campus Advocates Project (CAP II) provides comprehensive, free, and trauma-informed legal consultations and representation to student survivors of gender-based violence, including sexual violence.

The Campus Advocates Project connects survivors with trained law student advocates and attorneys with Title IX experience who:

1. assist survivors in navigating the available legal and non-legal options
2. help survivors decide which pathway(s) to justice may be best for them
3. prepare survivors for and accompany them to meetings with law enforcement, court appearances, and/or meetings/hearings related to the campus disciplinary process
4. work with survivors to develop safety plans
5. engage in evidence collection and preservation
6. refer survivors to available community resources

To set up a consultation, please fill out their **Intake Form**. Please contact campusadvocates@sffny.org if you have any questions.

Click [here](#) for more information

Resources for **FINANCIAL LOSSES**

- **Office of Victim Services:** The agency provides a safety net for individuals who have no other way to pay for costs – including but not limited to medical bills, counseling expenses, and lost wages – resulting from being victims of crime. Family members of crime victims also may be eligible for help.

Consider contacting a victim assistance program (click here to find a location near you) for help. Victim advocates can help ensure OVS has all the paperwork necessary to determine if you are eligible for assistance. These programs also can provide direct services, such as counseling, emergency shelter in certain cases, and transportation to court

What if my property was lost, damaged or destroyed because of the crime?

- If you are under 18, 60 or over, disabled or were injured, you may apply for benefits to repair or replace your essential personal property lost, damaged or destroyed as the direct result of a crime that was not covered by any other resource
- Essential means necessary for your health, safety and welfare, such as eyeglasses and clothing

What kind of expenses may I be eligible for?

OVS offers compensation related to: personal injury, death and loss of essential personal property. The specific expenses OVS may cover include:

- Medical and counseling expenses
- Loss or damage of essential personal property (up to \$500)
- Lost wages, savings, or lost support, including lost wages of parents if a child victim is hospitalized (up to \$30,000)
- Transportation (necessary court appearances for prosecution)
- Occupational/vocational rehabilitation
- Use of shelters by domestic violence victims and their children
- Crime scene clean-up (up to \$2,500)
- Good Samaritan property losses (up to \$5,000)
- Moving expenses (up to \$2,500)

Click here for the Guide to Crime Victims Compensation brochure

Click here for the general link to the Office of Victim Services website

General resources for

INFORMATION, ASSISTANCE & SUPPORT

- **NotAlone.org:** 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.

Suicide and Self Harm Resources

- **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), or you can call or text 988
 - For the Spanish line call 888.628.9454

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.
- **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.

Resources for

DOMESTIC, DATING, INTIMATE PARTNER VIOLENCE & STALKING

Domestic, Dating, and Intimate Partner Violence resources:

- **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
- **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.
- **WOMANKIND:** Womankind serves Asian women and their children, and members of the LGBTQ+ community. Their services are multilingual and culturally-responsive. Assistance is offered through all stages of life, from childhood to elder years. For those whose lives have been impacted by violence, Womankind helps them move forward from isolation to connectedness, from surviving to thriving.
 - **24/7 multilingual helpline:** 1-888-888-7702
- **Sakhi for South Asian Women:** Sakhi serves South Asian women who trace their backgrounds to countries including Afghanistan, Bangladesh, India, Nepal, Pakistan, Sri Lanka, and the South Asian Diaspora (including the West Indies and Africa).
 - **Helpline:** 212.868.6741 (Mon-Fri, 10AM-5PM)

Stalking resources

- **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.

Resources for

LGBTQ+ SURVIVORS:

- **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
- **The Anti-Violence Project (AVP):** AVP empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education, and support survivors through counseling and advocacy
 - **Hotline:** 212-714-1141
- **GMDVP Domestic Violence Project:** Gay Men's Domestic Violence Project provides crisis intervention, support and resources for victims and survivors of domestic abuse.
 - **Hotline:** 800.832.1901
- **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.
 - **Gender Neutral Body Map for SAFE Exams**
- **Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling:** Directory of LGBTQ+ -friendly mental health specialists across the United States. Specialists listed are verified members of AGLBTIC, a division of the American Counseling Association.

Resources for

SOMATIC RELEASE

- **Exhale to Inhale:** Using Yoga and the tools of mindfulness, movement, and breathing practices, Exhale to Inhale has developed an innovative and effective way to reduce the symptoms of PTSD in students

Resources for

MALE SURVIVORS OF SEXUAL ASSAULT

- **1in6.org:** 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.

Resources for

SURVIVORS WITH DISABILITIES

- **Deaf and 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):** 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.