

## TITLE IX INFORMATION SHEET: STUDYING ABROAD

### FOR STUDENTS

#### AVAILABLE RESPONSIBLE AND CONFIDENTIAL RESOURCES

**Responsible Resources:** these are UMW faculty/staff who are required to report knowledge of a sexual assault

- UMW faculty member and/or Office of Title IX, <http://diversity.umw.edu/title-ix/>, (540) 654-2119

**Confidential Resources:** these are people or organizations that can maintain confidentiality, if desired

- Rape Abuse Incest National Network (RAINN) Online Hotline, <https://rainn.org/>, (800) 656-4672
- Virginia Sexual and Domestic Violence Action Alliance, <http://www.vsdvalliance.org/#/resources-helpayuda>, (800) 838-8238
- Sexual Assault Support and Help for Americans Abroad (SASHAA), <http://sashaa.org/> or <http://www.sashaa.net/> for live chat, (866) 879-6636
- A global list of 10,000 abuse hotlines, shelters, refuges, crisis centers and women's organizations in 110 languages in nearly 200 countries: <http://www.hotpeachpages.net>

#### WHAT TO DO IF ASSAULTED

- Find and go to a safe place and seek medical attention
- Consider telling a friend and/or UMW faculty member (or someone else you trust) as soon as possible
- Consider reporting the incident to UMW's Office of Title IX and law enforcement
- Consider seeking supportive or confidential resources to help with emotional and psychological reactions to trauma

#### HOW TO BE AN ACTIVE, SAFE BYSTANDER

- Notice that something is happening (This requires being aware of surroundings)
- Recognize situations that appear inappropriate, coercive and/or harassing
- Take personal responsibility – decide if the situation should be acted upon and intervene
- Intervene (choose the safest or most comfortable option)
  - **Direct** – tell the potential victim their actions could lead to bad consequences
  - **Delegate** – the potential victim might not be capable of making a decision (due to alcohol or drugs), so you should make it clear she or he cannot give consent
  - **Distract** – Make up an excuse to get the potential victim out of a possibly dangerous situation