

# OUR COMMITMENT TO SUPPORT SURVIVORS OF SEXUAL ASSAULT



# INTRODUCTION

**We, the Sxsters of Delta Kappa Delta Sorority, Inc. firmly stand with all survivors** who have experienced any form of sexual, physical and/or emotional abuse. Our first and foremost priority as an organization is the health and well-being of our Sxsters. We consistently strive to foster a welcoming and safe environment for all individuals on campus, and within the overarching Greek community. We stand firm in our beliefs, and are working to implement the changes we want to see in our communities. Our commitment to change includes taking concrete steps such as holding organizations accountable, implementing mandatory sexual assault trainings, providing supportive services for survivors, and resources for allies. This guide provides numerous resources, information about Title IX, guidance on supporting survivors, and accommodation for survivors. This resource is meant to be use as a tool to help survivors as well as Sxsters and presidents gain guidance and information to support survivors of sexual assault. We will do everything in our capacity to advocate for survivors and to end sexual assault.



# GENERAL RESOURCES

## **RAINN Sexual Assault Hotline**

- RAINN is an anti-sexual violence organization with a free, confidential, 24/7 national sexual assault hotline.
- **Website:** <https://www.rainn.org/>
- **Hotline:** 800-656-HOPE (4673)
- **Live Chat:** <https://hotline.rainn.org/online>

## **National Sexual Violence Resource Center**

- National Sexual Violence Resource Center provides leadership in preventing and responding sexual violence through collaborating, sharing and creating resources, and promoting research.
- **Website:** <https://www.nsvrc.org/>

## **National Organization for Victim Assistance**

- National Organization for Victim Assistance is a leader in victim advocacy, education, and credentialing.
- **Website:** <https://www.trynova.org/>
- **Victim Assistance Helpline:** 800-879-6682 (TRY-NOVA)

## **Victim Connect Resource Center**

- Victim Connect Resource Center is a referral hotline where crime victims can learn about their rights and options confidentially and compassionately.
- **Website:** <https://victimconnect.org>
- **Traditional-based helpline:** 855-4-VICTIM (84-2846)
- **Online Chat:** <http://Chat.VictimConnect.org>

## **Crisis Text Line**

- Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.
- **Website:** <https://www.crisistextline.org>
- Text HOME to 741741 to connect with a Crisis Counselor



# GENERAL RESOURCES

## The Women's Center Rape Crisis and Victim Services

- The Women's Center Rape Crisis and Victim Services program is one of the most comprehensive and distinguished rape crisis centers in the Southwest. No matter the age or gender, victims of stranger and non-stranger sexual abuse and sexual assault find both hope and help here.
- **Website:** <https://www.womenscentertc.org>
- **24-hour crisis hotline:** 817-927-2737

## Anti-Violence Project

- Anti-Violence Project empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy.
- **Website:** <https://avp.org/#>
- **Hotline:** 212-714-1141

## National Domestic Violence Hotline

- At the National Domestic Violence Hotline, our highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.
- **Website:** <https://www.thehotline.org/>
- **Hotline:** 800-787-3224

## Additional Resources

- Find a sex educator, counselor or therapist in your area [aasect.org/refferal-directory](http://aasect.org/refferal-directory)



# UNIVERSITY RESOURCES

**Definition of Confidentiality:** Confidential employees must comply with state and federal laws that require they will not report information about the sexual assault without permission by the student.

**Definition of Privacy:** All school officials will maintain your privacy by limiting the amount of information relayed to the minimum necessary.

## Confidential Resources

- Mental Health Services such as Psychologists, counselors, and psychiatrists
- Medical services such as physicians and nurses

## Non-Confidential Resources

- Police
- University faculty and administration staff
- Student conduct and community standards office

## University Resources

- **Texas A&M University:** <https://titleix.tamu.edu/>
- **Texas Tech University:** <https://www.depts.ttu.edu/titleix/>
- **Template University:** <https://sexualmisconduct.temple.edu/>
- **University of Illinois at Urbana-Champaign:** <https://wecare.illinois.edu/titleix/>
- **Baylor University:** <https://www.baylor.edu/titleix/index.php?id=868952>
- **Rutgers University:** <http://compliance.rutgers.edu/title-ix/>
- **University of North Texas at Denton:** <https://ied.unt.edu/title-ix>
- **University of Massachusetts at Amherst:** <http://www.umass.edu/titleix/>
- **University of Illinois at Chicago:** <https://sexualmisconduct.uic.edu/policy/>
- **New York University:** <http://www.nyu.edu/about/policies-guidelines-compliance/equal-opportunity/title9.html>
- **University of Texas at Dallas:** <https://www.utdallas.edu/institutional-initiatives/title-ix/resources/>
- **University of Washington at Seattle:** <https://www.washington.edu/sexualassault/>
- **Indiana University - Purdue University Indianapolis:** <https://stopsexualviolence.iu.edu/help/index.html>
- **University of Maryland:** <https://www.ocrsm.umd.edu/>
- **North Carolina State University:** <https://studentconduct.dasa.ncsu.edu/titleix/>



# WHAT IS TITLE IX?

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance..." June 23rd, 1972

## 9 THINGS TO KNOW ABOUT TITLE IX

**1** Title IX is a civil right that prohibits sex discrimination in education.

**2** Title IX applies to all students regardless of gender identity.

**4** Schools should ensure that no student has to share campus spaces (such as dorms, classes, and workplaces) with their abuser.

**5** Schools can issue no-contact directives to prevent accused students from approaching or interacting with you.

**3** Schools may not retaliate against someone filing a complaint and must keep complainants safe from other retaliatory harassment.

**6** Schools must be proactive in ensuring that your campus is free from sex discrimination.

**7** Schools cannot discourage you from continuing your education.

**8** All schools receiving federal funding, including public K-12 schools and the majority of colleges, are subject to Title IX.

**9** Schools must have an established procedure for handling complaints of sexual discrimination, harassment, and violence.

### Resources

- **Title IX: Decoded**
  - <https://endrapeoncampus.org/title-ix-decoded>
- **Title IX: In Brief**
  - <https://endrapeoncampus.org/title-ix-decoded>
- **Survivors Rights and Resources**
  - <https://endrapeoncampus.org/survivors-rights-and-resources>
- **RAINN: Title IX**
  - <https://www.rainn.org/articles/title-ix>
- **Title IX: Changes**
  - <https://cdn.ymaws.com/www.afa1976.org>
- **Title IX: Law**
  - [https://www2.ed.gov/about/offices/list/ocr/docs/tix\\_dis.html](https://www2.ed.gov/about/offices/list/ocr/docs/tix_dis.html)
- **Know Your IX**
  - <https://www.knowyourix.org/college-resources/title-ix/>



# WHAT IS TITLE IX?

## Who does Title IX apply to?

- Title IX applies to all public and private educational institutions that receive federal funding

## Sexual Assault and Title IX

- Educational institutions that receive federal funds have a legal obligation to protect all students from gender-based harassment, violence and sexual misconduct

## What are my school/institution's responsibilities when it comes to sexual misconduct?

- Schools are required to respond promptly to any knowledge they may have in regards to sexual harassment, sexual violence, and sexual misconduct that creates a hostile environment.
- The school must take action to eliminate these behaviors and prevent them from occurring again in the future.
- "Even if a student or his or her parent does not want to file a complaint or does not request that the school take any action on the student's behalf, if a school knows or reasonably should know about possible sexual harassment or sexual violence, it must promptly investigate to determine what occurred and then take appropriate steps to resolve the situation." -U.S. Department of Education
- All institutions must have a Title IX Coordinator

## What can National Board do for a Sxster?

- We can provide support and resources to the Sxster We CANNOT guarantee anonymity. Therapists, lawyers, and healthcare providers are required to maintain anonymity by federal law

## Know Your Rights

- RAINN provides a database of every state's statute on rape and sexual assault.
  - <https://apps.rainn.org/policy/>



# ACCOMODATIONS FOR SURVIVORS

- Can request to go inactive for an unlimited number of terms
  - Members are welcome at any events
- Can request to go early alumni
- Can request that accused are not allowed at charter events





# PROVIDING SUPPORT TO A SURVIVOR

Support. Listen and Believe. Provide Resources.

## Supportive Phrases Produced by RAINN's National Sexual Assault Hotline Staff

- **"I believe you. / 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. Leave any "why" questions or investigations to the experts—your job is to support this person. 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. / You didn't do anything to deserve this."** Survivors may blame themselves, especially if they know the perpetrator personally. Remind the survivor, maybe even more than once, that they are not to blame.
- **"You are not alone. / 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. Assess if there are people in their life they feel comfortable going to, and remind them that there are service providers who will be able to support them as they heal from the experience.
- **"I'm sorry this happened. / 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 so glad you are sharing this with me," help to communicate empathy.



# PROVIDING SUPPORT TO A SURVIVOR

## Continued Support for Survivors Produced by RAINN

- There's no timetable when it comes to recovering from sexual violence. If someone trusted you enough to disclose the event to you, consider the following ways to show your continued support.
- **Avoid judgment.** It can be difficult to watch a survivor struggle with the effects of sexual assault for an extended period of time. Avoid phrases that suggest they're taking too long to recover such as, "You've been acting like this for a while now," or "How much longer will you feel this way?"
- **Check in periodically.** The event may have happened a long time ago, but that doesn't mean the pain is gone. Check in with the survivor to remind them you still care about their well-being and believe their story.
- **Know your resources.** You're a strong supporter, but that doesn't mean you're equipped to manage someone else's health. Become familiar with resources you can recommend to a survivor, such as the National Sexual Assault Hotline 800.656.HOPE (4673) and [online.rainn.org](http://online.rainn.org), y en español a [rainn.org/es](http://rainn.org/es).
- It's often helpful to contact your local sexual assault service provider for advice on medical care and laws surrounding sexual assault. If the survivor seeks medical attention or plans to report, offer to be there. Your presence can offer the support they need.
- 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.
- Encourage them to practice good self-care during this difficult time.



# ADVOCATING FOR CHANGE

According to the “Report on the AAU Campus Climate Survey on Sexual Assault and Sexual Misconduct” published on September 21, 2015”, 23.1% of females experience sexual violence during undergrad studies. This is deplorable. As a Greek community, we must not only stand for the survivors, but also advocate for a future without sexual assault and violence. Using our voices, together, we can help create a safer environment. The following lists some way to get involved with advocating for change.

- **Organize:** Attend events, rallies, protests to raise awareness about sexual assault. Please visit your location rape crisis center to learn more about potential awareness events happening near you.
- **Volunteer:** Become a student advocate at your school or volunteer at a crisis hotline.
- **Learn More:** Educate yourself and others about sexual assault and know the signs. Learn how you can help and make an impact to the cause.
- **Donate:** Provide monetary funds to organizations that strive to end sexual violence and help survivors across the country heal.
- **Participate:** Take part in Sexual Assault Awareness Month in April to help raise awareness for the cause.

Together we can prevent sexual harassment by changing how people understand, talk about, and respond to these issues by completing the action items above.



# IMPORTANT REMINDERS FOR ALL MEMBERS

- As a member of Greek life at your university, you have an important and unique role and you can serve as a leader in promoting a culture of consent and respect.
- Create a safe and inviting environment for all sxsters, check on sxsters that have not been present as much. Never assume what is going on, be there to actively listen and offer resources whether they be on or off campus and always follow up.
- Engage in conversations about affirmative consent, healthy relationships, and a culture of respect at chapter meetings.
- Use your voice. Talk to your friends about these critical issues.
- “Activism takes many forms. Supporting survivors and refusing to ignore the epidemic on our campuses is a way of standing up to the institutional indifference survivors have faced. By refusing to ignore sexual assault, you are engaging in activism.”



# IMPORTANT REMINDERS FOR ALL PRESIDENTS

- Use your role and leadership to spread awareness of the initiative.
- Report any sexual harassment incident immediately with permission from the sxster.
  - Keep the incident confidential with the sxster.
  - Provide any resources the campus has to the sxster.
  - Check in with the sxster periodically.

