Support and Reporting Options for Survivors of Sexual Assault

**Incident**
Past or Present

Do you want to talk to someone?

**Medical or Safety Help Needed**
911
Campus Security 410-516-7777
Mercy Hospital: 410-332-9000

If you want to report your experience anonymously, fill out this form:
http://sexualassault.jhu.edu/file-complaint/index.html

**Off-Campus**
Do you want support from someone external or internal to JHU?

Off-Campus

Confidential Off-Campus Resources
Turn Around Hotline: 443-276-0379
RAINN: 1-800-656-HOPE
RAINN Text Chat:
https://hotline.rainn.org/online/terms-of-service.jsp

Confidential JHU Resources
24/7 Help Line: 410-516-7333
See Appendix B of The Johns Hopkins University Sexual Misconduct Policy and Procedures
sexualassault.jhu.edu

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Do you want to report the incident?

**NO/UNSURE**

Off-Campus

Confidential Off-Campus Resources
Turn Around Hotline: 443-276-0379
RAINN: 1-800-656-HOPE
RAINN Text Chat:
https://hotline.rainn.org/online/terms-of-service.jsp

Confidential JHU Resources
24/7 Help Line: 410-516-7333
See Appendix B of The Johns Hopkins University Sexual Misconduct Policy and Procedures
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Non-Confidential JHU Resources
OIE/Title IX Coordinator: 410-516-8075
Volunteer Student Run Support Line
SARU (Available 24/7): 410-516-7387
See Appendix C of The Johns Hopkins University Sexual Misconduct Policy and Procedures
sexualassault.jhu.edu

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Do you want to report the incident?

**YES**

You can report to none, one, or both:
University Reporting:
JHU’s Internal Reporting
http://sexualassault.jhu.edu/file-complaint/index.html

Criminal Reporting:
Baltimore Police Department
http://www.baltimorepolice.org/contact-us/report-a-crime

Mercy Hospital is the only SAFE (Sexual Assault Forensic Examiner) Hospital in Baltimore. You can get more information from their phone app (http://www.bmore safemercy.org/app.html).

Confidential resources will not report any identifying information to the Title IX Coordinator.

Other confidential JHU resources include JHSAP (http://jhsap.org/) and FASAP (http://hopkinsworklife.org/employee_assistance/fasap/).
How to Help a Survivor

1. If you are a Responsible Employee or Confidential Resource, understand your responsibilities and clarify your role with the survivor.\(^1\) For Responsible Employees, let the survivor know up front that you will need to report what you are told to the Title IX Coordinator.

2. Whether or not you are a Responsible Employee or a Confidential Resource, patiently listen, don’t judge, and allow the survivor to share what they want.

3. Suggest options and resources (see chart on reverse side). Empower the survivor to make their own choices about what to do next, if anything.
   a. Address any immediate safety issues.
   b. Suggest medical treatment which will address concerns regarding possible injuries, pregnancy, and/or sexually transmitted infections or diseases. Medical care can also include the sexual assault forensic exam (SAFE) in which evidence is collected.
   c. Suggest emotional support.
   d. Explain the survivor’s options to report the incident to the police to initiate a criminal investigation and/or to the Title IX Office/OIE to initiate a University administrative process.

4. Understand and support common reactions. Validate feelings.
   a. Self-blame/Guilt: It’s never the survivor’s fault that they were sexually assaulted.
   b. Lack of focus: Acknowledge that this is a stressful time. Difficulty recalling events is a common reaction after experiencing a trauma.
   c. Denial: “I’m fine.” Continue to listen and offer support. Don’t push the person to confront feelings.

5. Satisfy your own reporting obligations, if any. If you are a Responsible Employee and/or Campus Safety Authority, or if the matter relates to child abuse or neglect, you have legal and/or University mandated reporting responsibilities.

   **Helpful Things to Say**
   - I am happy to just listen, or I can answer questions, or I can help you sort through some things. It’s up to you.
   - When something painful happens, people shouldn’t have to carry it alone.
   - No one deserves to be assaulted regardless of the circumstances.
   - You have a right to all of your feelings.
   - What would you like to do?
   - Let me summarize what you’ve said so far and please tell me if I got it right.
   - Thank you for telling me/calling me/trusting me. Let me know how I might be able to continue to support you.

   **Things to Avoid Saying**
   - Do not insist on action steps; guide the conversation to allow the survivor to determine next steps.
   - Do not touch the survivor without permission; not everyone is a hugger.
   - Do not offer shower, fresh clothes, food, or medicine (e.g. Advil or Band-Aids unless you are a medical professional).
   - Do not disclose your own history of being a survivor; focus on the current support of the survivor.
   - Avoid analyzing or diagnosing (you’re doing that because), shaming or blaming (what were you thinking), distracting (let’s talk about something more pleasant), or advising (you should do).

   **Seek Your Own Support**
   - It can be difficult to help someone who has experienced trauma. Please remember to seek out a support person for yourself.

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\(^1\) **Responsible Employee**: Responsible Employees must promptly report all known relevant information about any incident of sexual misconduct to the Title IX Coordinator. Responsible Employees at JHU include academic administrators, academic advisors, supervisors, department heads and chairs, directors, deans, student affairs staff, Office of Institutional Equity staff, faculty, human resources personnel, campus security officers, resident advisors, and athletic coaches.

**Confidential Resources**: Confidential Resources at JHU include the Sexual Assault Helpline (410-516-7333), Counseling Center, Health and Wellness Center, College Chaplains, JHSAP and FASAP. See Sexual Misconduct Policy, Appendix B, for a full list. Speaking with one of these resources does NOT constitute making an official report of a sexual assault to the University.