

Sexual Misconduct Resource Card

Self-Care in the Moment

- Count 5-6 beats as you inhale through the nose, and exhale out the mouth. Try to lengthen each time. Fully fill and empty your lungs and diaphragm.
- Let your mind be distracted for the moment - daydream, doodle, draw, color.
- Take a break. Leave the room. Talk to a trusted friend.
- Use supportive campus resources.

Confidential Support

- Sexual Offense Support (S.O.S.): 302-831-1001, Press 1 www.udel.edu/sos
- Student Wellness & Health Promotion: 302-831-3457 www.udel.edu/studentwellness
- Center for Counseling & Student Development: 302-831-2141 www.udel.edu/counseling
- Only these resources are private. All other faculty & staff must report sexual misconduct with names to the Title IX Coordinator.



302-831-1001

Press 1 for S.O.S.

Press 2 for counseling

For S.O.S a clinician will check to make sure you are safe, then take a 1st name & number and have an Advocate call you back within 10 minutes.

Need to Talk?



If you need to process after a program, or are experiencing a strong emotional response, please contact S.O.S. to talk to a confidential, supportive advocate. Use the QR code (above) to access Victim Advocacy Services.

Local Resources: YWCA Sexual Assault Response Center (DE): 800-773-8570 Domestic Violence Hotline: 302-732-6110

National Resources: National Sexual Assault Hotline: 800-656-4673 or www.rainn.org (Click "Chat Now")
lin6.org (Men) 24/7 Helpline Chat
National Domestic Violence Hotline: 800-799-7233 or TTY 800-787-3224
Translifeline.org: 877-565-8860
Stronghearts Native Helpline call or text 1-844-762-8483



UNIVERSITY OF DELAWARE
STUDENT LIFE

Blue Hens CARE and Intervene

BE A BLUE HEN FRIEND

Protect and look out for each other. But first, stay safe!

BLUE HENS C.A.R.E.

Create distraction

Act directly

Rally others

Extend support



94%

of Blue Hens helped someone get support or find resources when they were told about an unwanted sexual experience.

(UD SAPU Impact Report, 2021/2022)

95%

of Blue Hens intervened when they saw someone trying to take advantage of someone else sexually.

(UD SAPU Impact Report, 2021/2022)

5 STEPS OF AN ACTIVE BYSTANDER

Be a Blue Hen Friend

1. NOTICE a harmful situation
2. RECOGNIZE someone needs help
3. Feel RESPONSIBLE to act
4. KNOW HOW to act:
 - C-reate distraction
 - A-ct directly
 - R-ally others
 - E-xtend support
5. TAKE ACTION, safely

(adapted from Latane & Darley,1970)