



**Report means Support.
Care for our community abroad.**



If someone you know is assaulted, listen and believe the survivor. Let them know it's not their fault.

prevention@stthomas.edu

Violence Prevention and Awareness



UNIVERSITY OF

St.Thomas

Overview:

Know Before You Go.....	4
Cultural Awareness.....	5
Sexual Violence Definitions.....	6
What To Do If You Experience Sexual Violence.....	7
Ways to Take Care of Yourself.....	8
Your Rights.....	9
Reporting Sexual Violence.....	10
Supporting a Friend.....	11
Contact Information.....	12
Additional Resources & Support.....	13

If you do not wish to speak about the experience, that's okay too.
When you are ready, we are here for you. You are not alone.



Know Before You Go.

There are four things you will want to know before you go.

1. Do your research on the local culture. Understand the difference in attitudes toward gender roles, sexual orientation, sexual harassment, rape, and sexual assault victims for they may vary greatly.
2. Make sure you have access to the local police and on-site emergency contact. Carry with you a card of important contact information in case you feel in danger.
3. Know how to locate St. Thomas support services. We are a resource and support for you abroad. We understand as first responders we are limited due to distance. Ultimately, for immediate assistance and safety, we encourage you to connect first with on-site program staff.
4. Once on-site, pay close attention during your on-site orientation. Your program will cover safety, social dynamics, and cultural information pertinent to your host country.

St. Thomas Resources:

Office of Study Abroad
(651) 962-6450 |
studyabroad@stthomas.edu

Counseling and Psychological Services
(651) 962-6780 |
counseling@stthomas.edu

Office of Violence Prevention and Awareness
prevention@stthomas.edu

Dean of Students
(651) 962-6050 |
deanstudents@stthomas.edu

Public Safety Emergency Reporting
(651) 962-5555

Bernardi Campus, Rome
Dial 800-172-444 then 866-879-6636
General Emergency: 113
Police: 112

For more information, review your pre-departure handbook, or stthomas.edu/title-ix



Cultural Awareness.

Inconsistencies in cultural understanding can lead to dangerous situations.

Your on-site staff can help you to understand what is happening, respond appropriately and access local resources. In addition, on-site staff can take action that may be needed for your safety. Here are suggestions to help anticipate differences abroad:

- Learn key phrases. "Move away from me," "Help," or "No," in local language.
- Take time to observe how those from your host country react to different situations. Observation of behavior may assist in understanding cultural norms.
- Understand the stereotypes about the sexuality of Americans and the lens through which each culture views gender and sexuality.
- Be aware there are people who specifically target visiting students. For example, pay attention to your belongings: when someone offers to buy you a drink or someone attempts to separate you from the group. Familiarize yourself with cultural attitudes towards alcohol and sex.
- Know other cultures will have differing views on, and expression of, fair and equal treatment.



For more information, review your pre-departure handbook. Or stthomas.edu/title-ix



Sexual Violence Definitions.

The definitions provided in this resource are intended to provide a general overview of sexual violence.

Sexual Assault

An individual or group coerce or physically force another person to engage against their will, in non-consensual sexual touching or non-consensual sexual penetration.

- Consent- clear permission of conduct or words that indicate a person freely agrees to engage in a sexual act at the time of the act.
- Incapacitation- a person cannot understand the "who, what, when, where, why or how" of the sexual situation.
- Coercion- using a means of force to compel someone to engage in sexual activity.
- Force- may include the use of physical violence, threats, or intimidation (implied threats).

Sexual Harassment

Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature.

Sexual Exploitation

An individual or group that takes advantage of another person in order to benefit themselves.

Stalking

A pattern of behavior by an individual or group of unwanted or obsessive attention towards another person.

For further detailed definitions, please review the [Sexual Misconduct Policy and Procedures](https://stthomas.edu/title-ix/sexualmisconduct) online: stthomas.edu/title-ix/sexualmisconduct



What To Do If You Experience Sexual Violence.

First and foremost, get safe.

1. Get safe.

If you feel in danger, contact local police or on-site staff.

2. Seek medical attention.

On-site staff can direct you to local resources. In addition, on-site staff can provide guidance through local practices.

3. Report means support.

Reporting the violence to St. Thomas does not commit you to pursuing a formal investigation or filing charges with the police. Seek support through a friend or person of your choice. You may seek confidential support options provided in this handbook under "Resources and Support." In addition, you can choose to identify yourself or report anonymously online: stthomas.edu/title-ix/contactreportinginformation

Please be aware that needs and coping strategies vary. We encourage you to reach out to a trusted source who can listen in understanding and affirming ways. This handbook is not a substitute for human support. By reporting, we can support you.



For more information, review your pre-departure handbook. Or stthomas.edu/title-ix



Ways to Take Care of Yourself.

The healing process is unique to who you are. Remember you are worth taking care of!

It's important to know that any feelings after a sexual assault are normal reactions to a traumatic event. There is no one way to feel or heal. The feelings of a traumatic event can disrupt your life for awhile. There is no set timeline for healing, and is a gradual process that is different for everyone. Reactions that can be common are:

- Belief that it is your fault, when it's NOT.
- Feel angry, sad, lonely, depressed, or confused
- Feel helpless to stop the abuse
- Feel threatened or humiliated
- Feel anxious
- Confusion about what might happen next
- Believe you can't talk to family and friends
- Worry about getting hurt more seriously
- Unable to sleep or eat
- Attempt to compartmentalize, ignore or suppress feelings and trauma of the event.

Start by asking yourself questions like: How are you sleeping? What types of foods are you eating? What kind of exercise do you enjoy? Do you perform routines that help you start off your day or wind down at the end of your day? Emotional self-care impacts your overall well-being. There are many ways to take care of yourself beyond what we suggest.

- Physical Self-Care
 - Maintain balanced diet
 - Practice consistent sleep patterns
 - Stress-reduce practices ex. Exercise, animals, music, praying, meditation
- Creative Outlet
 - There may be things you see or hear that trigger emotions. In those moments, try to find a space where you can release your emotions through like writing, drawing, journaling, dancing, talking etc.

Get support from people you trust who will validate your feelings and affirm you. Finding a community you can connect with in person or verbally that understands, listens and supports you can help the healing process.



Your Rights.

More information regarding your rights and the Sexual Misconduct Policy and Procedures can be located online: stthomas.edu/title-ix/sexualmisconduct

- You have a right to an education free from discrimination on the basis of sex, including sexual harassment and sexual violence.
- As a St. Thomas student, you have access to support services whether or not you proceed through formal investigation. By contacting St. Thomas, you receive support and have options both formally and informally.
Institutions and/or programs abroad are bound by confidentiality requirements. We encourage you to seek support through on-site resources, as well as report to St. Thomas. We are here to provide resources and support.
- You have the right to contact police. You also hold the right to decline to notify police. If wanted, St. Thomas, or on-site program staff, will assist you in notifying the police.
St. Thomas does not require a victim to file criminal charges. In many countries victims can also access free medical care after a sexual assault without having to report to local law enforcement. Contact SASHAA on page 13 for more country specific information.
- You have the right to a prompt, fair and impartial resolution process.



For more information, review your pre-departure handbook. Or stthomas.edu/title-ix



Reporting Sexual Violence.

We understand as first responders we are limited due to distance. Ultimately, for immediate assistance and safety, we encourage you to connect first with on-site program staff.

The process after reporting can look different based on whether the alleged harasser is affiliated with St. Thomas.

St. Thomas faculty, staff or student

If the incident involves a St. Thomas student, staff member, or faculty member, or has some other tie to St. Thomas, then St. Thomas can investigate and provide a resolution.

Unknown or Outside of St. Thomas Program

If the alleged perpetrator is not affiliated with St. Thomas, the response will be different given that St. Thomas does not have authority to provide consequences to people outside of the St. Thomas community. However, students can still seek access to support resources and accommodations through the reporting process.

If the alleged perpetrator is a student from a different school, St. Thomas can provide information on where to report at their school and can provide students information about reporting to law enforcement.

At minimum, St. Thomas will conduct an inquiry into what occurred and provide necessary support and accommodations for you.

Online Reporting:

You can choose to identify yourself and you will be contacted or you can report anonymously:
stthomas.edu/titleix/contactreportinginformation

Public Safety Emergency Reporting
Available 24/7
(651) 962-5555

Title IX Coordinator
Danielle Hermann
(651) 962-6882 |
dhermann@stthomas.edu

Bernardi Campus, Rome
Dial 800-172-444 then 866-879-6636
General Emergency: 113
Police: 112

Counseling and Psychological
Services (Confidential Support)
(651) 962-6780 |
counseling@stthomas.edu

For more information, review
your pre-departure handbook.
Or stthomas.edu/title-ix



Supporting a Friend.

Start by believing.

You may wonder what to say if a friend confides in you. You may fear saying the "wrong thing." You don't need to know all the answers - your friend is looking for someone to listen and be supportive. Here's how you can help:

1. Start by believing the survivor.
2. Actively listen. Offer choices, don't pressure.
3. Understand what your friend is going through.
4. Respect your friend's privacy and confidentiality.
5. Don't blame the survivor.
6. Restore choice. Allow the survivor to make their own decisions.
7. Provide ongoing support.
8. Don't be afraid to ask for outside help.
9. Encourage your friend to "Reach Out" if needed.
10. Know your own limitations about how you can support a friend and when to refer a friend to someone else.

Those who experience sexual assault abroad, deal with the additional stress of unfamiliar place and culture. Being away from the comfort and support of family and friends can increase emotions of hurt, confusion and anger.

Remember that your friend has been through an emotionally painful, traumatic experience. Your friend may act differently after the assault. Some of your friend's reactions may be hard to watch, but you "being there" for your friend can help a lot.

For more information,
<http://www.stthomas.edu/deanofstudents/students/sexualassaultresponse/>
or contact,
prevention@stthomas.edu



Contact Information.

Remember that the sexual assault was not your fault. You are not alone. Contact St. Thomas to report and receive support.

Contact Information:

Title IX Coordinator
Danielle Hermann
(651) 962-6882 |
dhermann@stthomas.edu

Dean of Students
(651) 962-6050 |
deanstudents@stthomas.edu

Office of Study Abroad
(651) 962-6450 |
studyabroad@stthomas.edu

Confidential Contact:

Counseling and Psychological
Services
(651) 962-6780 |
counseling@stthomas.edu

Available 24/7:

St. Thomas Public Safety
(651) 962-5555

Prevention Resources:

Sexual Misconduct Prevention
Program Director
Emily Erickson
(651) 962-6052 |
emily.erickson@stthomas.edu

Bernardi Campus, Rome:

Dial 800-172-444 then 866-879-6636
General Emergency: 113
Police: 112

U.S. Embassy in Rome
Telephone: 06 46741
Customer Service Hotline #:
(800) 421-3481
TDD#: (877) 521-2172



Additional Resources and Support.

The Dean of Students Office is a resource and partner for you. You may seek support in different ways. You can remain anonymous or identify yourself.

All support resources are free and confidential.

STEP:

State Department's Smart Traveler Enrollment Program. It's a free service and provides timely notifications of safety conditions including protests, weather, etc. As well as, register your travel with the nearest U.S. embassy or consulate in case of an emergency.

Website: <https://step.state.gov>

Online Reporting:

You can chose to identify yourself and we will contact you or report anonymously:
stthomas.edu/titleix/contactreportinginformation

SASHAA:

Sexual Assault Support and Help for Americans Abroad. Country specific direct access codes for 24-hour toll-free hotline and online live chat option:
<https://sashaa.org>

RAINN:

Rape, Abuse and Incest National Network. Toll-free 24/7 hotline in the United States: 1-800-656-HOPE. International resources and online live chat available on the website:
<https://www.rainn.org/international-sexual-assault-resources>

Updated 10/2017



St. Thomas cares for its community. Whether on or off-campus, including those in our community abroad. This handbook is provided as a support resource for you. If you report an incident of sexual violence, our priority, first and foremost, is to make sure you feel safe.

If you do not wish to speak about the experience, that's okay too.
When you are ready, we are here for you. You are not alone.