Parent Resource Packet

UNCW CARE: Collaboration for Assault Response & Education
910-962-CARE (2273)
www.uncw.edu/care
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Hello! My name is Katie Vance and I am the CARE Advocate at UNC Wilmington. UNCW has made a dedicated, long-term commitment to providing the appropriate resources for both violence prevention and response with the development of the CARE Office. CARE is UNCW’s program for the prevention of and response to interpersonal violence and the campus resource for healthy relationships. As a Victim Advocate, I am here to provide information and emotional support and ultimately, I am here to be your ally.

In August of 2012, UNC Wilmington revised our sexual misconduct policy in order to increase the safety of the campus and increase protection of our community from the dangers of perpetrators of sexual assault. This revised policy states that all staff and faculty, including RAs, are mandated to report incidents of sexual misconduct to the Title IX Coordinator. There are three offices that are able to maintain confidentiality and are not mandated to submit Title IX sexual misconduct reports; they are the Abrons Student Health Center, the Counseling Center, and the CARE Office.

As the Victim Advocate, it is my job to help students as well as loved ones understand the complexities of interpersonal violence and to be an ally through the entirety of the process. I work with students and loved ones, at their pace, to help them understand the dynamics of interpersonal violence and the impact they can have on them.

While I can help you and your student to examine options and assist with utilizing the resources available on campus and in the community, ultimately I want to support victims in making decisions that work for them. At the CARE office we work hard to make sure everyone is provided with the best support possible. We are able to be reached 24/7 at our Crisis Line (910) 512-4821. Please don’t hesitate to utilize our services.

Sincerely,

Katie Vance

CARE Advocate
DePaolo Hall, 2nd Floor
962-7514

Gender-Based/Sexual Misconduct Policy

UNCW takes issues related to interpersonal violence very seriously. Sexual misconduct (including attempted sexual assault), relationship abuse and stalking are prohibited at UNCW under the Code of Student Conduct. Incidents of sexual misconduct, relationship abuse, and stalking must be reported by all faculty and staff with three confidential exceptions: CARE, Counseling Center, and Student Health. For more information on the Gender Based/Sexual Misconduct Policy go to [http://uncw.edu/noharm/policies/index.html](http://uncw.edu/noharm/policies/index.html).
RELATIONSHIP ABUSE

What is Relationship Abuse?
UNCW categorizes abusive relationships into two areas. Domestic violence is abuse or violence committed by a current or former spouse or intimate partner or by a person who has a child in common with the victim as a spouse or is similarly situated to a spouse of the victim or commits violence against an adult or youth who would be otherwise protected by domestic or family violence laws. Dating violence is violence committed by a person who is or has been in a social relationships of a romantic or intimate nature with the victim. This includes sexual or physical abuse or threats of such abuse.

Social Isolation
Isolation can result from the abuser’s manipulation and/or playing on their partner’s sympathies. Isolation takes away a person’s control as they lose resources and support available to them.

Financial Control
Economic abuse can occur by theft or manipulation, destruction of property, or by acting in a way that prevents the victim from obtaining/maintaining employment.

Psychological Abuse
Psychological or emotional abuse involves attacks on the victim’s self-esteem and feelings of self-worth. This often takes the form of put-downs and controlling, belittling and/or intimidating behaviors.

Sexual Abuse
Sexual abuse is present when the abuser forces or coerces any sexual acts or contact. Abusers will sometimes use threats, guilt trips, or violence to “convince” their partner to engage in sex.

Physical Violence
Physical abuse can include any actual or threatened physical attacks, even when these physical attacks are not directed at the person, but instead at a wall or valued possessions. It may often begin by "playful" pinching or pushing, but can escalate to restraining, shoving, and striking.

What is The Cycle of Abuse?
Most abusive relationships follow a distinct pattern, but not all relationships follow the same cycle. Once this cycle begins, it becomes difficult to break, and the pattern may repeat continuously. This diagram can help you identify the different phases in the cycle:

THE “HONEYMOON”
Abusers act differently after violent episodes. Some ignore or deny the violence. Some blame their “anger” on something their partner did. Some fear losing their partner and act genuinely sorry. This phase is often called the “honeymoon”. The abuser will try to makeup for his or her violence. They will act sorry, send cards and flowers, send presents, or make promises. The abuser may seek pity as an attempt to draw you back into the relationship.

TENSION
This feels like walking on eggshells. Nothing is right. There is no way to predict what the abuser wants. Where there may be physical violence, there is emotional abuse, intimidations, and threats. Fear of violence is often as coercive as the violence itself.

EXPLOSION
This is the actual violent episode. It can include physical, emotional or sexual abuse.
**Signs of an Abusive Personality**

Warning signs of possible abuse in a new relationship can be difficult to recognize when your student is experiencing the euphoria of a new relationship. These signs may be nothing more than a gut feeling that something is off, or a slight concern about a partner’s temper.

- Posessiveness
- Controlling behavior
- Quick involvement
- Isolation
- Unrealistic expectations
- Lack of personal responsibility
- Blames others for feelings
- Hypersensitivity
- Past abuse
- Dr. Jekyll/ Mr. Hyde (split personality)
- Breaking or striking objects

**Barriers to Leaving an Abuser**

When considering an abusive partner, many parents ask, “Why doesn’t my child just leave? Why do they stay?” as if it is that simple. It is important to understand that there are many barriers to leaving an abusive partner. Leaving can sometimes be dangerous, and there are many factors a victim must consider in deciding how to respond to an abusive partner.

The better question is, “Why does the abuser do this, and what kind of help does the survivor need to gain access to safety?” This puts the responsibility on the abuser for choosing to abuse their partner instead of blaming the victim for remaining in the relationship.

These are some of the many barriers that may keep an abused partner from gaining the independence and confidence to leave an unhealthy relationship:

- Isolation from friends, family, community support, and resources
- Fear of retaliation
- Fear of being alone
- Threats: the abusive partner may threaten to commit suicide or hurt their partner/children/pets or other loved ones
- Love and concern for partner’s well-being
- Hope and belief that partner will change
- Social/religious/familial pressures to stay together
- Shame and guilt
- Depression
- Belief that the abuse is their fault
- Nostalgia for past good times/memories shared together
- Financial connections
SEXUAL ASSAULT

What is Sexual Assault?
UNCW defines sexual misconduct as any sexual acts attempted or committed either without consent, by force, threat, or intimidation, or through the use of the victim's mental or physical helplessness, of which the assailant was aware/should have been aware. This includes: non-consensual sexual intercourse, nonconsensual sexual contact, and sexual exploitation.

The majority of sexual assaults that occur on college campuses are not committed by strangers, but rather by people known to the victim. Sometimes these acquaintances are dates, but more often the person are known through the student’s academic, work, or social environments.

Common Myths Concerning Sexual Assault

<table>
<thead>
<tr>
<th>Myth</th>
<th>Fact</th>
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<tbody>
<tr>
<td>Most victims are raped by strangers, in unfamiliar places or on dark nights.</td>
<td>It is estimated that 80-85% of rapists are known to the adult they attack. &quot;Acquaintance rape&quot; by a friend, new acquaintance, or coworker is frequent, particularly among young, single women. Statistics show that 50% of sexual assaults occur in or around a woman's home, 50% occur during the day.</td>
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<tr>
<td>If the victim didn't fight or try to run away, or there was no weapon or injuries sustained, rape did not occur.</td>
<td>Threats of violence can be a weapon, and a woman may not resist vigorously for fear of injury or death. Also, people often don’t fight because they are in shock and confused about what is happening.</td>
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<td>Someone who was drinking or drunk when sexually assaulted is at least partially to blame.</td>
<td>Sexual assault survivors are never responsible for the attack, no matter what, no matter how much alcohol was consumed. Responsibility lies with the perpetrator; the survivor is never responsible for the assailant's behavior. Alcohol may increase the risk of sexual assault, and may make someone incapable of giving consent or protecting themselves, but it is not the cause of the assault.</td>
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<td>Perpetrators of sexual assault come largely from certain races or backgrounds.</td>
<td>88% of offenders are the same race and have the same background as the victims.</td>
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<td>Rape has to do with sex and passion.</td>
<td>Rape has to do with power and control.</td>
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<td>Rapists have psychological problems.</td>
<td>Most assailants are males with no history of mental illness.</td>
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<td>Women often falsely accuse men of sexual assault or rape (for example, to get back at them, or because they regret or feel guilty about having sex).</td>
<td>The rates of false reporting of sexual assaults are the same rates for false reporting of other crimes. In fact, sexual assault is vastly underreported.</td>
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<td>Rape and sexual assault can only be perpetrated by men against women.</td>
<td>Although 90% of victims are female and 95% of rapists are male, men can also be assaulted by women. In addition, same-sex sexual assaults occur as well, regardless of sexual orientation.</td>
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Feelings Most Frequently Experienced Following Sexual Assault

Every survivor will have their own set of physical and emotional reactions, but some of the most common that survivors may encounter include:

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<tr>
<th>感动</th>
<th>This is a logical and healthy reaction if the anger is directed at the crime and the rapist and not oneself. Anger can be helpful in regaining strength and control in life again.</th>
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</thead>
<tbody>
<tr>
<td>焦虑</td>
<td>Avoidance Reactions: Avoiding people, places, things, or conversations that may serve as reminders.</td>
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<tr>
<td>背叛</td>
<td>Betrayal: Betrayal of the assailant if it was someone they trusted or betrayal of the society or the system.</td>
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<tr>
<td>品牌综合症</td>
<td>Branded Syndrome: The belief that everyone knows or can tell that they have been raped.</td>
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<tr>
<td>否认或否认</td>
<td>Denial or Disbelief: Did this really happen? I’m fine, I can go on as if nothing happened.</td>
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<td>抑郁</td>
<td>Depression: There is a sense of loss that often results from sexual assault, loss of one’s previous self, sense of optimism (hope), self-esteem, and self confidence.</td>
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<tr>
<td>混乱</td>
<td>Disorientation: Difficulty with memory and concentrating.</td>
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<td>情绪性震惊，分离，麻木</td>
<td>Emotional Shock, Detachment, and Numbing: When emotions are too much, the body and the mind sometimes react by shutting down and becoming numb.</td>
</tr>
<tr>
<td>恐惧</td>
<td>Fear: Fear of bodily injury, being alone or in crowds, or fear of people, places, or things that remind them of the assault.</td>
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<td>内疚</td>
<td>Guilt: Feel as if they did something to make this happen, that they should have done more, or guilt for being “stupid enough” to get into that situation.</td>
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<tr>
<td>缺乏信任</td>
<td>Lack of Trust: Lack of trust of ability to make judgements or lack of trust of the opposite gender or in general.</td>
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<td>身体症状</td>
<td>Physical Symptoms: A variety of stress symptoms include muscle tension, headaches, stomach pains, nausea, loss of appetite, sleep disturbances, fatigue, nervousness, and/or skin problems.</td>
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<tr>
<td>无力感</td>
<td>Powerlessness: During the attack, the rapist had complete control over the survivor and this feeling of helplessness may extend into other aspects of life for varying amounts of time.</td>
</tr>
<tr>
<td>重触发或令人不安的记忆</td>
<td>Retriggering or Distressing Memories: Nightmares, flashbacks, or unwanted reminders.</td>
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<tr>
<td>耻辱和尴尬</td>
<td>Shame and Embarrassment: Feel embarrassed, “dirty”, or humiliated. Difficulty talking about the situation.</td>
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Advantages and Disadvantages of Reporting a Sexual Assault

Many parents feel that their child should always report an assault. However, there are many pros and cons to reporting and it is not an easy decision. Let your child be in control of making that decision and help them keep the following facts in mind:

**Advantages of Reporting a Sexual Assault:**
- If they report the assault there is an opportunity to hold the assailant accountable.
- It can be helpful for some people’s healing process to know that they took a stand and spoke out.
- If they report the crime and the suspect is caught and convicted, they may have helped to protect others from falling victim to that person.
- If more people reported, authorities could increase their awareness of the frequency of sexual assault and the patterns of assailants.

**Disadvantages of Reporting a Sexual Assault:**
- The reporting and legal process can prove to be re-traumatizing for some people, sometimes as a result of having to repeat the story many times to many people.
- There is a chance that the assault could become more public and friends/family may have to be informed or interviewed by the police.
- Fewer than one out of five cases go to trial, and fewer result in conviction.
- The steps of a legal case can take much longer than survivors want/expect. It can feel like the legal system is keeping the assault alive and present in their mind while they wait for the process.
STALKING

What is Stalking?
Stalking is defined as engaging in a course of conduct directed at a specific person that would cause a reasonable person to feel fear for his or her safety or the safety of others or suffer substantial emotional distress. Substantial emotional distress means significant mental suffering or anguish that may, but does not necessarily, require medical or other professional treatment or counseling. “Course of conduct” is defined as a pattern of two or more acts over a period of time, however short, that evidence a continuity of purpose. This includes direct, indirect, or 3rd party actions.*

What Do Stalkers Do?

- Continue to contact victims even though they have told them to stop.
- Follow victims and show up wherever they are.
- Send unwanted gifts, letters, cards, messages, or e-mails.
- Damage a victim’s home, car, or other property.
- Monitor a victim’s phone calls or computer use.
- Use technology, like hidden cameras or global positioning systems (GPS), to track where victims go.
- Drive by or hang out at a victim’s home, school, or work.
- Threaten to hurt a victim, their family, friends, or pets.
- Posting information or spreading rumors about a victim on Facebook or other forms of social media, in a public place, or by word of mouth.
- Other actions that control, track, or frighten a victim.

The Use of Technology to Stalk

<table>
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<tr>
<th>Cell Phones: Stalkers use cell phones in a variety of ways: Calling often and leaving messages, texting, sending photos and videos, tracking via GPS, monitoring cell phone using software and apps, accessing information from a victim’s cell phone, and/or accessing personal information stored in a phone’s memory.</th>
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</thead>
<tbody>
<tr>
<td>Spoofing: Spoofing is the deliberate falsification or misrepresentation of the telephone number and/or name displayed on the Caller ID to disguise the identity of the caller.</td>
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<td>Facebook: Stalkers use facebook to send messages, post on their victim’s page, track their whereabouts, and other harassing behaviors.</td>
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<td>Other Social Media: Stalkers will post about the victim on their own site, impersonate a victim online, send messages to the victim, upload or tag photos of the victim, or gather information regarding the victim.</td>
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<tr>
<td>Computers and Spyware: Spyware is a software which allows stalkers to view and record what their victims do on their computer.</td>
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<td>GPS: Global Positioning System (GPS) is a program that provides users with positioning, navigating, and timing services.</td>
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</tbody>
</table>
**UNCW’s Code of Student Conduct:**

**Gender-Based/Sexual Misconduct Policy**

UNCW takes issues of sexual misconduct, relationship abuse, and stalking very seriously. If a student wishes to make a report of a violation, they can submit a complaint to the Office of the Dean of Students (ODOS) or to the Title IX Coordinator/Deputy Coordinator. All non-confidential university employees (staff, faculty and RAs) who receive notice of alleged sexual misconduct, physical or sexual relationship abuse or the threat of such abuse, or stalking behavior must notify the Title IX Coordinator. There are three resources that can remain confidential: the CARE Office, the Counseling Center, and the Student Health Center.

- Title IX ensures gender equity on campus and protects students from hostile environments that can result from experiences of gender-based interpersonal violence.

- The Title IX Coordinator/Deputy Coordinator will reach out (generally via email) to the student who has experienced the interpersonal violence to suggest a meeting. A CARE Advocate and/or other support person can attend that meeting, and subsequent meetings, if the student chooses to participate.

- Victims have the right to access resources, options and appropriate remedies, as available. The Title IX Coordinator/Deputy Coordinator is responsible for ensuring the university's compliance with all Title IX requirements as well as promoting safety on campus related to these issues. If the situation entails a risk to campus safety and security, the university may need to investigate situations and adjudicate the accused student(s) while acting in the role of the complainant.

- Victims can request a no contact order. This is issued through the university and both parties must be students at the university. If the no contact order is violated, the student may face sanctions for a violation of the Code of Student Conduct.

- All students are entitled to a prompt, fair and impartial investigation and resolution of complaints.

- Possible sanctions for violating the policy include a range from written reprimand up to and including suspension or expulsion. UNCW considers these violations to be serious, thus typically the most severe sanctions are imposed.

- For further information about the policy and the procedures, or to file a Title IX report, refer to: [http://uncw.edu/ noharm/policies/index.html](http://uncw.edu/ noharm/policies/index.html)
Options for Protective Orders / No Contact Orders

Title IX: no contact order
- This is issued through the university and both parties must be students at the university.
- If the no contact order is violated, the student may face sanctions for a violation of the Code of Student Conduct.

DVPO- Domestic Violence Protective Order (50B)
- A criminal order
- To obtain a Domestic Violence Protective Order, you and the defendant must be married or divorced, persons of the opposite sex who live together or have lived together, have a child in common, are parent and child or grandparents and grandchild, are current or former household members, or are persons of the opposite sex who are or were in a dating relationship.
- If the person violates this order, they will be arrested immediately.
- To obtain a year-long protective order, you will be assigned a date to appear before a district court judge within a week or two of applying for the order (these hearings are held on Fridays). Upon completing the application, a judge may grant an Ex Parte to provide immediate relief and make the Protective Order effective as soon as the defendant is served the paperwork.
  - You should request that the judge restrict the defendant’s access to UNCW campus (with only necessary exceptions if the defendant is a student).

Civil No Contact Order (50C)
- A civil order
- To obtain a No Contact Order, the defendant must have committed non-consensual sexual conduct or have followed you on more than one occasion or otherwise tormented, terrorized, or terrified you, placing you in reasonable fear for your safety.
- If violated, a court date will be set for possible punishment.
- To obtain a no contact order, you will appear before a district court judge within a couple weeks of turning in the application. An Ex Parte can be issued that provides immediate relief and puts the no contact order in place until that court date.
  - If you receive a Domestic Violence Protective Order or a Civil No Contact Order, you should carry a copy with you at all times as well as provide copies to the UNCW Police Department and the Office of the Dean of Students. CARE is able to assist with making and distributing copies to UNCW departments.

The process of filing for a protective order or a no contact order is not an easy decision to make because there are possible positive and negative effects that need to be taken into consideration. To discuss your options, please contact the Victim Advocate with the CARE office at 962-CARE.
FOR THE PARENTS OF VICTIMS OF INTERPERSONAL VIOLENCE

If your daughter or son confides in you that she/he has been sexually assaulted, you may experience a number of conflicting emotions, such as anger, guilt, self blame, betrayal, and helplessness. As a parent, it is normal to feel any or all of these emotions at once. Your daughter or son has put a lot of trust in you to share such a sensitive experience, and perhaps without realizing it, she/he has place a lot of responsibility on you as well. Some common feelings you may have:

- **CONCERN FOR THE VICTIM:** You may feel some stress and anxiety about how to appropriate help the victim deal with the trauma.

- **HELPLESSNESS:** Parents may wish they could have protected their child and want to fix the situation so that life can get back to normal. This can be even harder for parents who live a long distance from the campus.

- **FEELING OUT OF CONTROL:** Just as the victim is feeling the effects of the loss of control in their lives, so too does the parent. The abuse/assault has changed the parent’s relationship with the victim, and it is out of the parent’s control to change that.

- **WANTING TO HARM THE OFFENDER:** This is a natural reaction, but not a realistic one. This creates further crisis, and the child might feel the need to protect the offender (especially if the offender is known to the victim).

- **LOSS OF INTIMACY/TRUST:** Because the victim needs time to work on trust issues, the loss of trust affects any relationship in which she/he is involved.

- **GUILT:** Parents often feel guilty about their own feelings of anger at how crisis is disrupting their family.

- **DIFFICULTY EXPRESSING YOUR OWN FEELINGS:** Parents may feel that because they are not the actual crime victim themselves, they shuld be able to deal with their own feelings and “just get over it”.

- **SECONDARY TRAUMATIC STRESS:** Often, vicarious trauma refers to a changing in someone’s worldview as the result of hearing a victim’s story.

It is important for parents to realize that their feelings are valid. Everyone who is directly involved with the victim will be affected by her/his experience. Consider utilizing stress reduction techniques to manage anxiety, and don’t blame your daughter or son. Believe your child. Seek resources and support for yourself. Let your child ask you for what she or he needs, and try not to assume that you will automatically know.
How to Help as a Parent

- **LISTEN** – It says a lot about your daughter/son’s trust and respect in you when they choose to tell you what happened. Listen actively and non-judgmentally. Be patient and allow them as much time as they need. Only ask questions to find out how they are feeling or to find ways you can help. Do not ask “Why” questions as they can be seen as accusatory and judging. Try not to respond emotionally. Even though it is normal to be upset when someone we love has been hurt, they may shut down if they feel like they are causing pain or anger for you.

- **BELIEVE** – Statistics tell us that in most situations, victims are telling the truth. Tell them that you believe them and want to support them. Assure your daughter/son that it is not their fault, no matter what happened. It can be very difficult for parents to hear the circumstances of an assault, especially if drugs or alcohol, previous forms of consensual sex, or any other activity that you do not approve of was involved. This is a good time to keep judgments to yourself, though. Your reaction may impact whether or not your daughter/son chooses to continue to share this information with you and whether they choose to seek additional support.

- **INFORM** – Provide your daughter/son with resources and information. Offer to go with them to the CARE office, the Police Department, or the Office of the Dean of Students. If you are not able to go with them to seek support, talk about who they think might be able to go with them. Having a support person can make it easier to take the first step in getting help!

- **EMPOWER** – At the core of any type of interpersonal violence is power and control. Victims of abuse, stalking, and assault have had their power and control taken from them. As a parent, you can help them regain that sense of power by allowing them to make their own decisions about what they want to do. This can be hard since you may want your daughter/son to report to police or tell their RA. It can be even more difficult because in the past, you may have been the primary decision-maker for your daughter/son. However, the best thing possible is for your daughter/son to make their own decisions and choose the timing that is right for their healing process.

- **RESPECT** – Respect the decisions that your daughter/son makes or has made about what has happened to them. Realize that they chose the best option possible, given the information that they had/have available to them. Respect that they are still competent, independent individuals; the fact that they were hurt does not mean that they are unable to protect themselves and while it is natural for parents to want to take care of their student after something bad happens, it will help their healing process for them to maintain their autonomy and self-reliance. Additionally, it can help to discuss and respect your daughter/son’s wishes about who they want to know. Assure your daughter/son that you
will respect their privacy. It can be scary to them to tell someone what happened and not know who else that person might tell. Give them control over that decision, as well, and respect their wishes and privacy. You may find it helpful to seek confidential, professional support, yourself, though, as having a safe person to talk to can help to process your feelings, as well.

DO:

- Stay calm and process your feelings separately
- Put your judgments about what happened or their choices aside
- Respect their decisions
- Allow them time to focus on themselves and talk about their feelings without interruption
- Offer them options, information and resources
- Notice changes in their appearance, behavior or mood and address them as they arise
- Continue to talk about it and let them know you care

DON’T:

- Panic or show too much emotion
- Show anger or express desires for revenge
- Blame them or ask blaming questions (i.e. Why were you there?)
- Blame yourself, either
- Assume that you know best for them or tell your daughter/son what to do
- Avoid talking about what happened but don’t make everything about what happened, either; find a healthy balance

TAKE CARE OF YOURSELF. Supporting your student through a trauma can be a difficult and emotionally draining experience. Don’t hesitate to seek help and support for yourself when you need it.
Self-Care

As a parent it is normal to feel pressured to give all your energy and attention to a child that has survived interpersonal violence. However, it is important to remember that self-care enables you to better care for your child. Here are some tips for practicing self-care.

- **Maintain your lifestyle.** It can be difficult to stay emotionally strong if you are mostly focusing on the sexual assault. Maintaining your lifestyle and continuing to do what you enjoy is important for your emotional wellness. If you enjoy painting, cooking, exercising, spending time with friends, or other activities, keep them up. It may seem challenging to make time to do these activities, but they can be helpful self-care strategies in the long-run. (RAINN.org)

- **Reach out and talk about it.** It’s normal to have a difficult time processing the sexual assault of someone you care about. It can continue to be difficult as time goes on and the survivor begins the healing process. You can call the National Sexual Assault Hotline at 800.656.HOPE (4673) to chat with someone who understands what you’re going through. You can also consider talking to someone who is trained professionally to help you deal with these thoughts and feelings, like a mental health professional. (RAINN.org)

- **Make plans.** Sometimes talking what happened can help you cope with your feelings, and other times it can make you feel more stuck. Make plans that give you a break from talking or thinking about the assault. It could mean starting a new hobby or revisiting one you already enjoy. You could go to dinner with a group of friends who understand this isn’t time to discuss what happened. Maybe you prefer a solo activity, like going on long walks. Let this be a time where you can take your mind off the assault. (RAINN.org)

- **Take time to relax.** Relaxation looks different for everyone. You might consider meditation or deep breathing exercises. Maybe journaling helps you sort through your thoughts and find peace. Build time into your day for these moments of relaxation so that you don’t skip out. (RAINN.org)

### Physical Self-Care Tips:
- Eat healthy meals
- Exercise
- Receive regular, preventative medical care
- Sleep
- Get time away from the tv, phone, or computer
- Practice deep breathing techniques

### Emotional Self-Care Tips:
- Spend time with friends & Family
- Read
- Express your emotions with a trusted friend or a professional
- Get a massage or go to a spa
- Find things that make you happy

### Spiritual Self-Care Tips:
- Take time for self-reflection or meditation
- Attend a local place of worship
- Write in a journal
- Enjoy a hobby or find new hobbies
- Meditation
- Yoga
**UNCW Resources**

**www.uncw.edu/noharm**

**CARE Office:** (910) 962-CARE (2273)
**After Hours Emergency:** (910) 512-4821

Relationship education and supportive services including crisis response and advocacy related to relationship abuse, sexual assault, stalking and harassment.

**Title IX Coordinator:** (910) 962-3876

Oversight of Title IX reports, investigations and adjudication.

Title IX reports can be submitted to: www.uncw.edu/sexualmisconduct

**University Police:** (910) 962-2222

Response to any campus safety and security issues, self-defense classes and support throughout off-campus investigative and judicial procedures.

**Office of the Dean of Students:** (910) 962-3119

Support services and information about campus conduct procedures.

**Counseling Center:** (910) 962-3746

Confidential individual and support group counseling for issues related to the healing process.

**Student Health Center:** (910) 962-3280

Confidential medical care, including free STI testing and free preventative medication for STIs and pregnancy.

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**Community Resources**

**The Open Gate Domestic Violence Shelter & Services, Inc.:** (910) 343-0703

Public center for those seeking support for domestic violence-related issues.

**Wilmington Police:** (910) 343-3600

**New Hanover Sheriff’s Office:** (910) 798-4200

**District Attorney’s Office:** (910) 341-1401

**Rape Crisis Center:** (910) 392-7460

**Rape, Abuse, & Incest National Network (RAINN):** (800) 656-HOPE

**North Carolina Coalition Against Domestic Violence:** www.nccadv.org

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“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”

-Mary Anne Radmacher