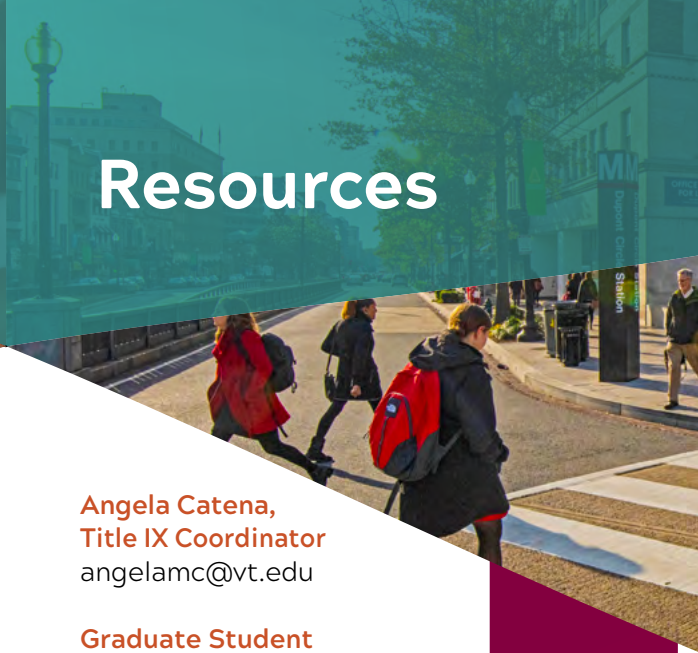




# Resources



## Get Support

If you have experienced sexual harassment or violence, Virginia Tech encourages you to reach out for support and to report what happened.

### Know that you are not alone

There are resources at Virginia Tech to support you, including support measures through Title IX and confidential support and advocacy—whether you choose to report or not.

### You have the right to report

You have the right to report to police or to the university, and your report will be taken seriously. There is no time limit on reporting to the university.

**Angela Catena,**  
Title IX Coordinator  
angelamc@vt.edu

**Graduate Student  
Ombudsman \***  
graduate.ombudsman.vt.edu

**Dean of Students Office**  
dos.vt.edu

**CARES Program for Survivors**  
womenscenter.vt.edu/advocacy

**Virginia Tech Police  
(Non-emergency)**  
police.vt.edu

**TimelyCare Virtual Mental  
Health Counseling \***  
timelycare.com/virginiatech

**National Sexual Assault Hotline**  
800-656-4673 (Available 24/7)  
hotline.rainn.org/online

\* Denotes a confidential resource which cannot share identifying information about you without your consent.

These resources serve the Virginia Tech community, no matter where you are located. For more, visit [safe.vt.edu](https://safe.vt.edu).

Report sexual violence or harassment to the Title IX coordinator:



Reporting form



**Every** member of our community has the right to live in an atmosphere free from sexual harassment and violence.

[safe.vt.edu](https://safe.vt.edu)



# Prioritize Your Safety

Your health and well-being are important

Seeking medical care after sexual violence is important, even if you do not think you have injuries. Go to the nearest healthcare center or hospital.

## Keep yourself safe

No contact orders may be issued by the university. Additionally, a protection order may be sought through the Virginia court system. Further safety and support measures, including academic help, housing changes, and more are also available.

## The **3Ds** of Bystander Intervention

- ▶ **Direct** If you're feeling safe, approach the individuals directly and say something.
- ▶ **Distract** You may be more comfortable distracting the people involved by changing the subject.
- ▶ **Delegate** Find a trusted person in a position of authority to help. It's not all on you.



[safe.vt.edu](https://safe.vt.edu)



# Remember **NO MEANS NO** Always

## Get Involved

Each member of the community can help the university in the ongoing work to transform our culture and protect against sexual violence.

### Understand consent

Consent is knowing, voluntary, and clear permission—by words or actions—to engage in mutually agreed upon sexual activity. Silence or stillness is not consent. Consent cannot be given if someone is incapacitated, intimidated, threatened, or coerced.

## Support a Friend

Many individuals who experience sexual violence and harassment confide in their friends and loved ones. To support a friend, you can:

- ▶ **Listen** to what your friend has to say, without judging or pressing for details.
- ▶ **Reassure** your friend that what happened was not their fault and whatever they are feeling is okay.
- ▶ **Help** your friend find resources and explore options for reporting.

