



# Supporting Survivors on Your Campus

Introduction

What is Survivor Support?

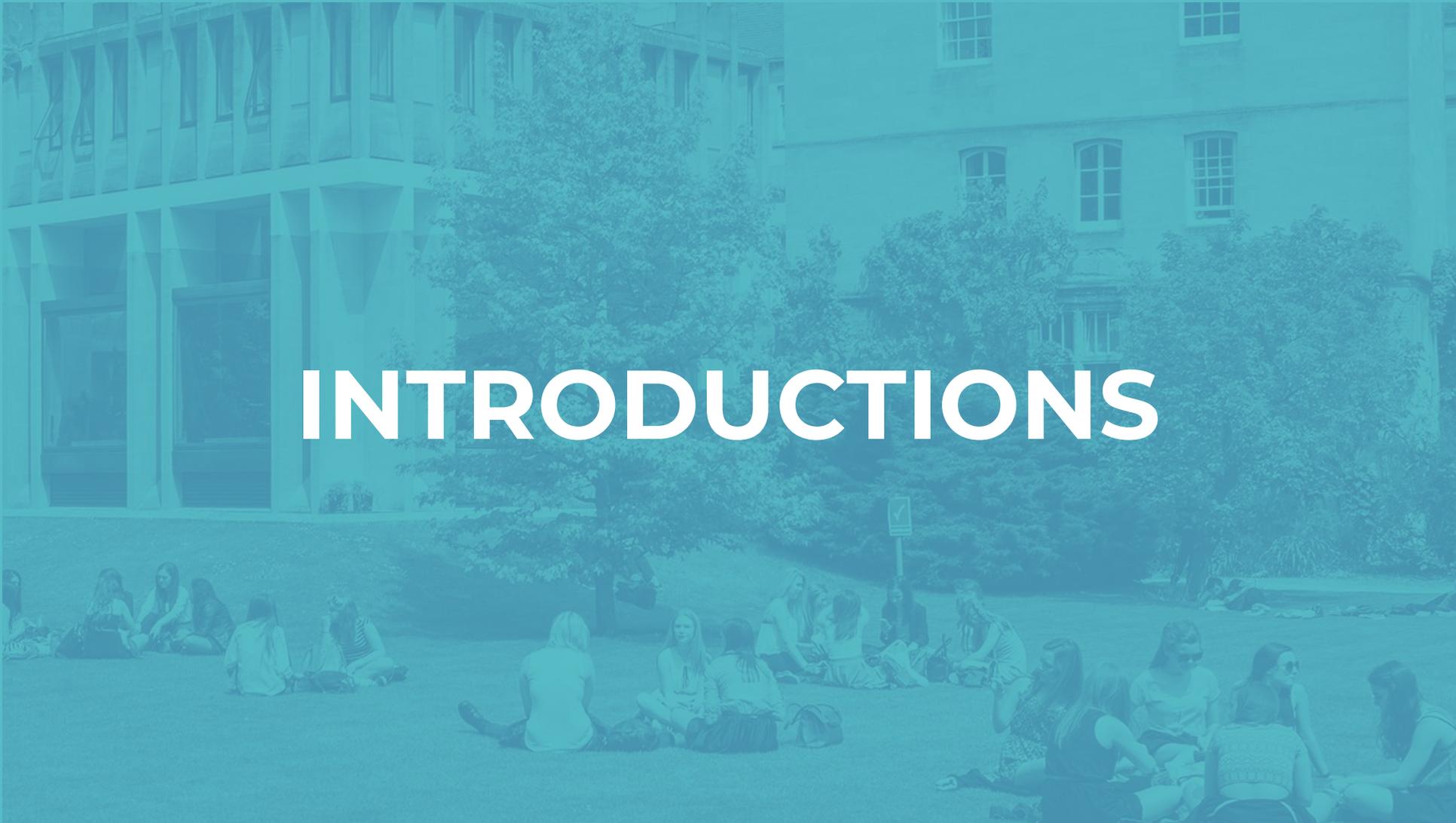
Comprehensive Support Programs

Fair & Equitable Disciplinary Processes

How to Support a Friend

Self-Care Activity

# Contents



# INTRODUCTIONS



# WHAT IS SURVIVOR SUPPORT?

# Background

**90%** of sexual assault survivors do not report the violence they have experienced.

Marginalized communities in particular face significant obstacles in obtaining necessary medical care or accessing the legal system. Factors such as race, language barriers, disability, class and gender identity often exacerbate the institutional failure in response to sexual violence.

# Survivor Support Is...

The specific response provided to victims of sexual violence by a campus community.

What does comprehensive support look like?

- Coordinated Community Response Team (CCRT)
- Survivor-centered victim services and advocacy
- Trauma-informed and effective law enforcement response
- Fair, equitable disciplinary processes

Both the **variety** and **quality** of the of response options are critical.

# Survivor-Centered Victim Services & Advocacy:

- Accessible for all victims
- Intersectional
- Understand that experiences of each survivor is different
- Interventions that prioritize the needs of the survivor
- Comprehensive services that reflect an understanding of the impact of trauma
- Culturally relevant

# What is a CCRT?

Coordinated Community Response Team (CCRT)

community approach to sexual violence on campus and refers to a multifaceted, coordinated effort to accomplish unified goals that engages key stakeholders from the surrounding community and throughout the campus including students, faculty, staff and administrators.

# A Successful CCRT Will...

- Campus climate surveys
- Foster coalitions and networks
- Promote safe campuses
- Provide trauma-informed services and support for survivors
- Develop fair and effective policies and protocols & hold perpetrators accountable
- Strengthen student knowledge and bystander intervention skills
- Promote campus and community education and collaboration

# Who Should Be Your Community Partners?

Any organization in your local community that your institution has a formal or informal relationship with can be on your CCRT.

# Example Partners

Campus and  
Local Law  
Enforcement

Local Rape Crisis  
Center, Domestic  
Violence Shelter, or  
other Survivor  
Response group

Local  
Hospital

Office of  
the  
Registrar

Survivor  
Advocates

DRC

Campus  
Clinic

Resident  
Housing  
Association

Campus LGBTQ  
Center



# FAIR & EQUITABLE DISCIPLINARY PROCESSES

# Single Investigator Model

The original process

# Hearing Board Model

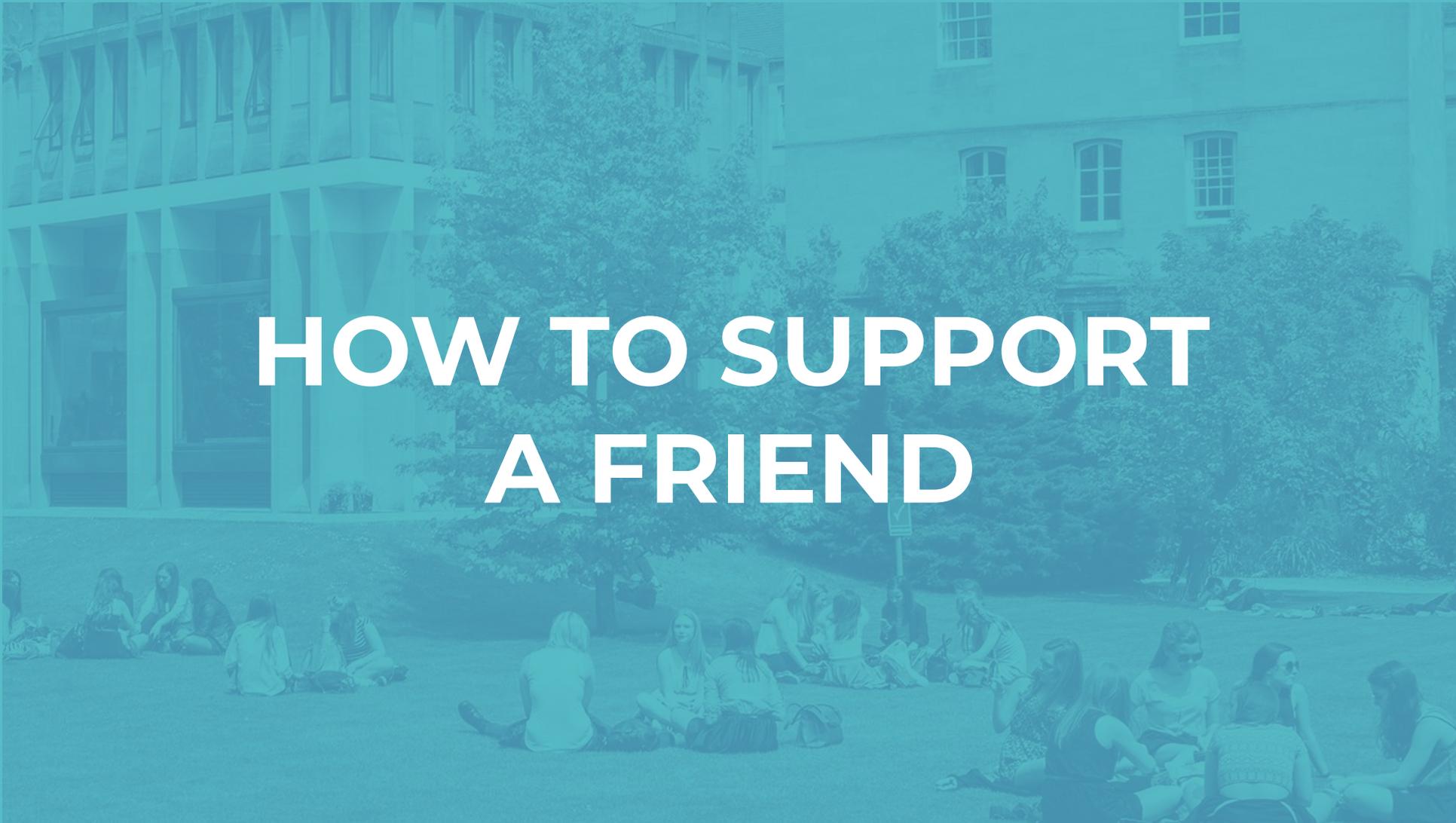
Real life example: my story

# Hybrid Model

- Hybrid model is defined as a single investigator who compiles a report and deliberative board then reviews the report and determines responsibility and sanction.
- A well-trained investigator can get into details of a case allowing the board more opportunity to focus on the factual inconsistencies and make a determination.
- The hybrid model allows for "checks and balances" on the investigation without parties having to repeat every detail of the incident again.

# Restorative Justice Model

Effective or traumatizing?



# HOW TO SUPPORT A FRIEND

# Why Your Reaction is Important

**40% of the time, a survivor will disclose to a friend or peer before they report to anyone else.**

*It is often hard to know what to say... so start by just listening.*

**How would *you* respond?**

**What should you avoid  
saying/doing?**

# **Mandated Reporters**

# SELF-CARE ACTIVITY



**Remember: you cannot best support others if you aren't supporting yourself. Be mindful of vicarious or secondary trauma and practice self-care.**

# What is Self-Care?

Self care is the act of doing an activity you personally enjoy in order to preserve your mind and body.

In the field of sexual violence, self care is especially important to remember to fit into our schedules. The exposure to trauma and disclosures can lead to vicarious trauma or secondary trauma.

**Vicarious or secondary trauma is defined by the U.S. Department of Health and Human Services:**

“Trauma-related stress reactions and symptoms resulting from exposure to another individual’s traumatic experiences, rather than from exposure directly to a traumatic event.”

# Examples of Self-Care from Regional Advisors

## Alma Baker

“My short-term goals are having multiple things I rely on as my self-care. Sometimes some TV does help, other times it is going for a ten minute run outside, shutting off all technology while eating a comforting meal, or even taking a 10 minute nap....What I have found important is knowing myself and what type of break I am needing in the moment and meeting my needs before I get too overwhelmed.”

## Carly Dryden

“There are days when the drive to create new programming, to reach out to other organizations on campus, and to send a million emails is going about 100 miles per hour, but there are also days when I can't even think about [it]. This is when I know that I need to take a moment and take a break: when the work that I love becomes just a bit too heavy for my heart, it is time to do something for me and not for the cause that I love to work so hard for.”

# Tips to Develop a Routine

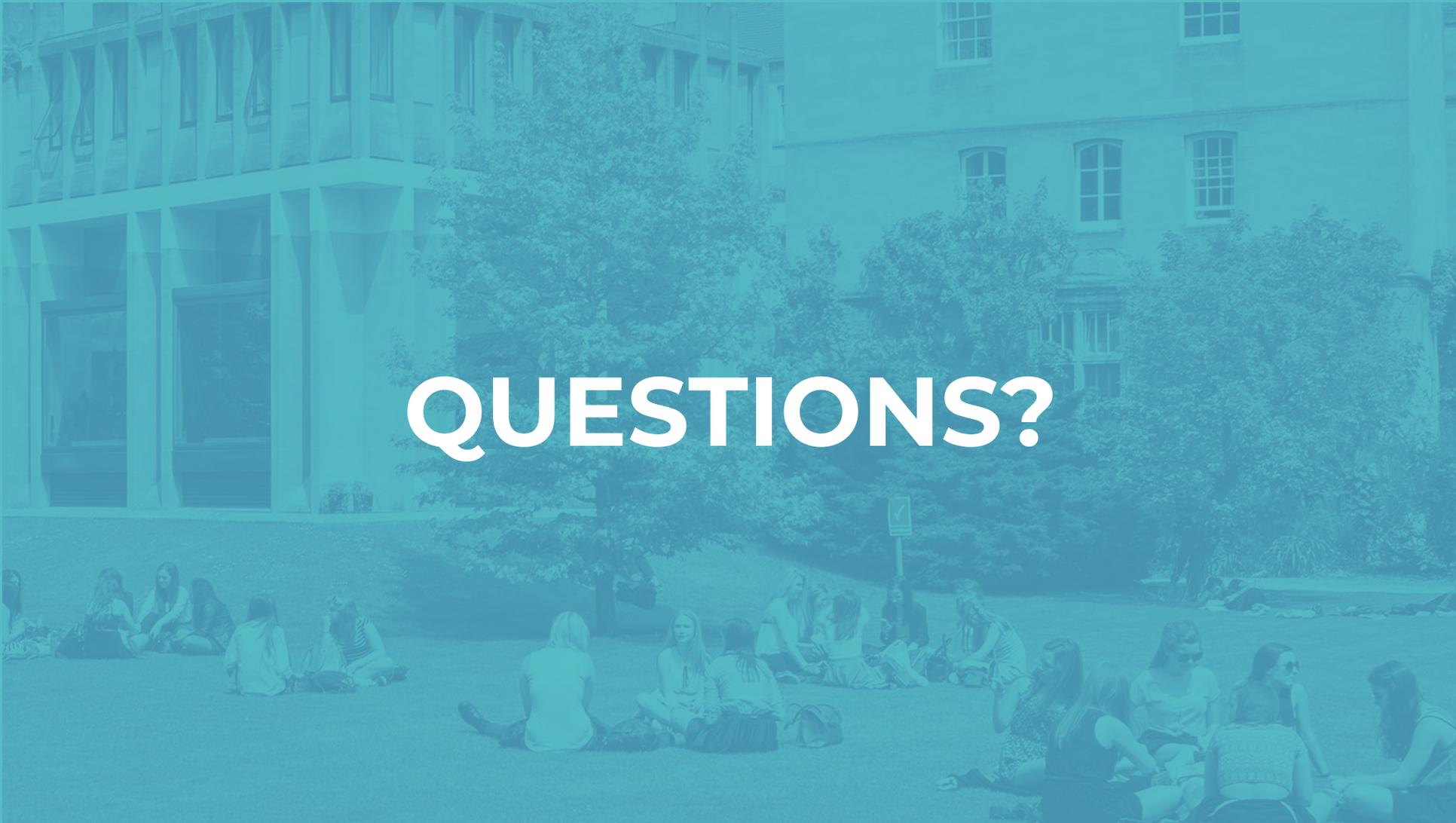
- Think about what you enjoy doing.
- Schedule a time to do it each day, week, or however often you feel it is needed.
- Think of ways to incorporate relaxing activities in your day to day schedule.
- Spend time with people in your life that make you feel happy.
- It's okay to say no.
- Take care of your body.
- Think about why you are doing the self care activity.

## **Activity**

Everyone's list for self-care will look different. Grab a pen and take 5 minutes to begin writing your own self-care list. Schedule one time next week that you will practice self-care.

Take your list and build on it.

Use it regularly - self-care does not need to only be used when you reach your emotional limit, your physical and mental health are always a priority.



# QUESTIONS?



**THANK YOU!**

**FOR MORE  
RESOURCES VISIT  
[ITSONUS.ORG](https://itsonus.org)**