INFORMATION FOR STUDENTS, FRIENDS & FAMILY MEMBERS:

What to do if you learn of sexual harassment, sexual assault or violence, intimate partner violence, domestic violence, or stalking

Utah Valley University is committed to preventing sexual violence for those learning, working, and visiting our campus. The University is taking proactive measures to increase awareness through education and training, including the “It's On Us” sexual violence prevention campaign sponsored by the White House and led on our campus by the UVUSA, the Dean of Students Office and the Title IX Coordinator. This page provides information and resources for students who receive reports of sexual violence, rape, dating violence, domestic violence, or stalking from students, employees, or visitors. If someone is willing to voluntarily disclose they have experienced sexual violence, it is likely they trust you. Providing helpful information regarding campus resources available so they can make informed decisions can help the individual to begin the healing process.

In the event that someone tells you that they have experienced rape, sexual assault, or another form of sexualized violence, you can provide support in many ways. You may help by referring the individual to university or local medical and therapeutic resources, offering to accompany your friend or family member to the hospital or police station, referring them to campus resources like this website, the Title IX Coordinator, HR, the Ombuds or the Student Conduct Officer. Detailed information listing options and resources including UVU Student Health Services (801-863-8876) and the Rape Recovery Center (801-467-7273) can be found on our Sexual Assault Brochure.

Other ways you can help include:

- Be gentle, sensitive, and respectful of the individual’s wishes for closeness or affection. Ask the individual if it is okay to touch or hug her/him.
- You are encouraged to contact the Rape Recovery Center. They welcome individuals and friends to contact them for free advice and support. They can also provide a trained advocate for immediate in-person support.
- If the individual wants to report the rape to law enforcement or chooses to seek medical attention, offer to go with them.
- Ask what you can do to help. Let your friend know that you are willing to listen in a non-judgmental way.
- Check in frequently to ensure you are not crossing boundaries or providing assistance that isn’t helpful.
- Give adequate space to your friend. It’s important to respect the time and space (it may be days or weeks) that your friend asks for. Healing from sexualized violence can largely be a process about establishing autonomy in one’s own life as much as it can be about receiving the support of family and friends.
• Keep the safety of your friend in mind. Are there things that may decrease ongoing risk? This might include helping to coordinate transportation, networks of care, and/or communicating telephone availability.
• Make sure to take care of yourself. Confiding in a trusted friend or counselor yourself can be beneficial.
• Remember not to promise support you know you can’t provide.
• Do not attempt to seek revenge against the rapist.

It is important to remember that you can’t do everything with or for someone else who is healing from the trauma of sexualized violence. Healing is an individual process that sometimes requires privacy.

If you are uncomfortable with a person reporting to you, please tell the individual about the University brochure listing options and refer them to an appropriate resource. You may also call UVU Student Health Services, the Title IX Coordinator, or Deputy Title IX Coordinators.

It’s on each of us to prevent sexual violence both on campus and for members of our campus community. Your assistance in providing a safe and supportive environment for our students and employees is appreciated.

IT’S ON US . . .

To RECOGNIZE that non-consensual sex is sexual assault.
To IDENTIFY situations in which sexual assault may occur.
To INTERVENE in situations where consent has not or cannot be given.
To CREATE an environment in which sexual assault is unacceptable and individuals are supported.

www.itsonus.org/#pledge