

# **VIRTUAL RESOURCE GUIDE** FOR **EMPLOYEES**

**THE OFFICE OF INSTITUTIONAL  
EQUITY & ACCESS**

# INSIDE THIS GUIDE

1

## UT SOUTHWESTERN RESOURCES

Explore campus and community resources for individuals affected by sexual violence.

2

## PREVENTION TOOLKIT

The National Sexual Violence Resource Center's **I Ask** Campaign 's prevention guide.

3

## COMMUNITY RESOURCE HIGHLIGHT

Contact the Dallas Area Rape Crisis Center, and explore the services offered by the organization.

4

## T.A.L.K. ABOUT SEXUAL VIOLENCE

Helpful tips for navigating dialogue with survivors in your network, from the Rape, Abuse, & Incest National Network.

5

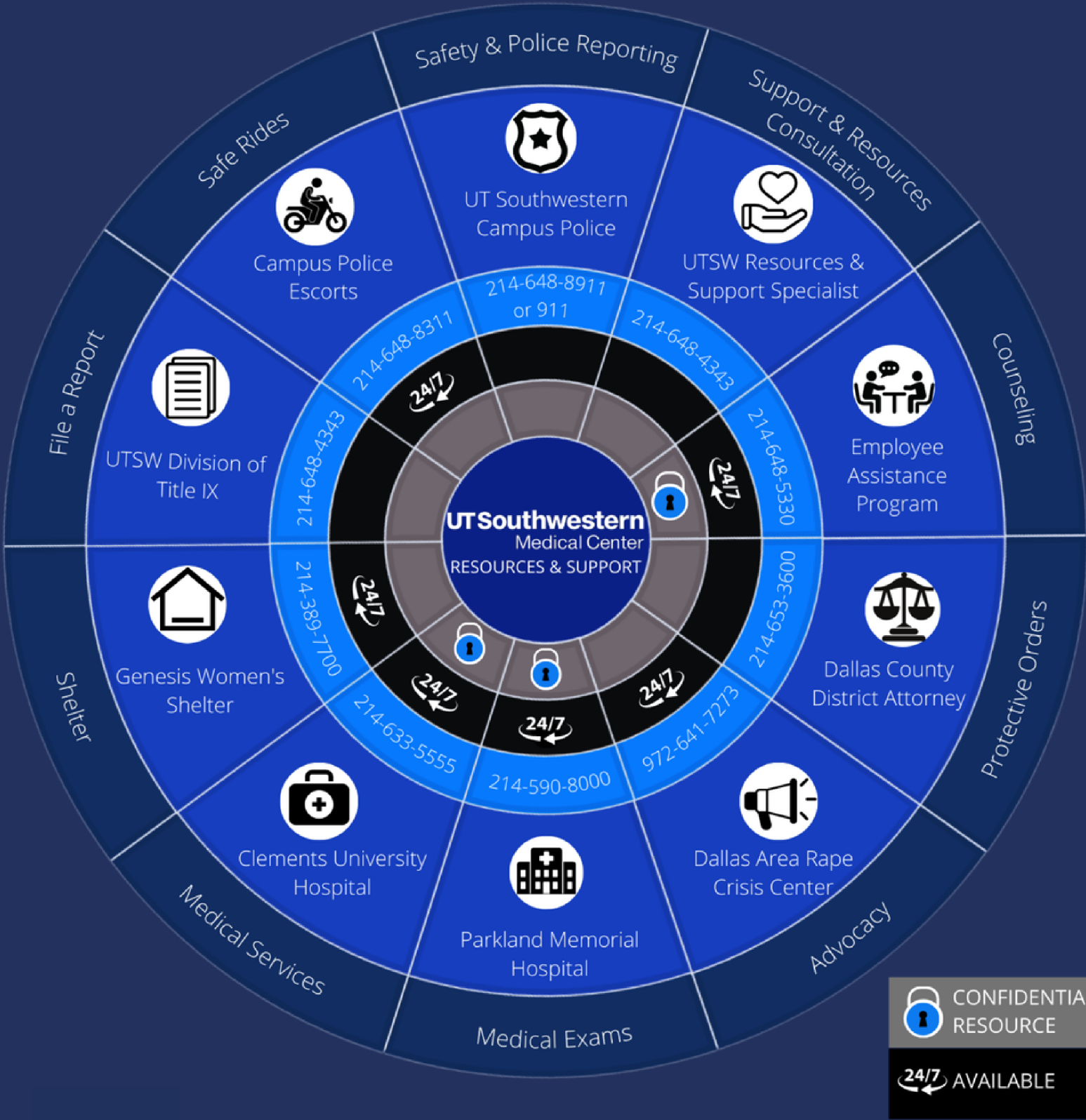
## NAVIGATING SAFE RELATIONSHIPS

Get help with safety planning by contacting the Employee Assistance Program, and utilizing EAP's safety plan guide.

# FOR MORE RESOURCES, EMAIL

TITLEIX@UTSOUTHWESTERN.EDU

# RESOURCES & SUPPORT



# HERE TO HELP

Available Assistance During the Title IX Process



## Supportive Measures

Supportive measures must be offered to an alleged victim once an institution has actual knowledge of potential harassment.

Assistance must be offered also to respondent once a formal complaint is filed.

## FOR MORE INFORMATION

Contact the Office of Institutional Equity & Access  
[TitleIX@UTSouthwestern.edu](mailto:TitleIX@UTSouthwestern.edu)

# HOW TO REPORT

If you would like to report information regarding **sexual harassment, sexual misconduct, sexual assault, domestic/dating violence, or** stalking committed by or against a UT Southwestern employee:



**Email:** TitleIX@UTSouthwestern.edu



**Online:**

<https://www.utsouthwestern.edu/about-us/title-ix/what-to-do/>



**By Phone:** 214-648-4343



# COMMUNITY RESOURCE HIGHLIGHT

## 24/7 CRISIS HOTLINE: 972-641-7273

### Services

Services are available to anyone impacted by sexual violence. Sexual violence doesn't discriminate. We serve all individuals who have been impacted by sexual violence with respect and compassion. This includes women, men, the LGBTQ+ community, immigrants, refugees, and all other survivors of sexual violence. We're here to provide a safe space. All services are confidential and free of charge. Select services are also available in Spanish.



### Advocacy

#### Medical Advocacy

Advocates are available 24 hours a day/7 days a week to provide face-to-face support and information at Texas Health Resources Presbyterian Hospital Dallas. When you go to the ER at Texas Health Presbyterian Dallas and inform them you are there for a Sexual Assault Nurse Examination, they will take you back to an ER room. At that time, the THR charge nurse will meet with you and dispatch an advocate from DARCC to come be with you through the process. If you have more questions, please call our hotline at [972-641-7273](tel:972-641-7273).

#### Legal Advocacy

Advocates are available to accompany the survivor to the police station and courthouse on request. If you would like law enforcement or judicial accompaniment, please call our hotline at [972-641-7273](tel:972-641-7273) and state when and where you would like to have an advocate meet you. At that time, our team will take down your name and phone number and have a staff member follow-up with you in 2-3 business days to discuss the availability of an advocate.

#### Case Management

Ongoing support is available to assist with Crime Victims Compensation, Address Confidentiality program, referrals and to address any questions or concerns survivors may have. For assistance with case management, please call our hotline at [972-641-7273](tel:972-641-7273) who can take down your name and information and have our bilingual case manager follow-up with you in 2-3 business days.



### Clinical

#### Counseling

DARCC offers short and long-term individual counseling, and therapeutic groups. All staff counselors are fully licensed by the state of Texas or under the supervision of licensed staff. If you are interested in accessing our free, bilingual counseling services please call our hotline at [972-641-7273](tel:972-641-7273).

Please provide an advocate your name, phone number, and age. At that time, our advocate will pass along your information to our clinical team who will follow-up with you in 2-3 business days.

If you would like to speak to our clinical team directly, please call them during regular business hours:

[214-712-4900](tel:214-712-4900)

Monday-Thursday from 9 a.m.-5 p.m.

Friday from 9 a.m.-3 p.m.

#### Walk-In Crisis Intervention

Crisis intervention and advocacy are available on a walk-in basis at our clinical office during regular business hours, Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9 a.m.-3 p.m. No appointment is necessary.

Call the crisis hotline at [972-641-7273](tel:972-641-7273) for more information



### Community Outreach and Education

#### Sexual Violence 101

Basic information about sexual violence, including the spectrum statistics, facts, and the effects of sexual violence.

#### Sexual Assault/Sexual Harassment in the Workplace

Appropriate for high school and college age youth and adults. What is sexual harassment, how to respond if it happens to you or someone you know, the continuum of sexual violence, facts, statistics, and the effects of sexual harassment.

#### Understanding Trauma

Detailed information about the effects of trauma, as well as how to support people who may be experiencing trauma.

#### History and Prevention of Sexual Violence

Training that looks at statistics, historical events, oppression, power and privilege, culture and rape culture, what prevention is and is not, and what the participant's role should be in ending sexual violence.

# T.A.L.K. ABOUT SEXUAL VIOLENCE

When a colleague or someone close to you discloses that they have experienced sexual violence, you may not know what to say. The "**TALK**" method can help you remember how to respond with empathy.



<b>T</b>	<b>THANK THEM FOR TELLING YOU</b>
<b>A</b>	<b>ASK HOW YOU CAN HELP</b>
<b>L</b>	<b>LISTEN WITHOUT JUDGMENT</b>
<b>K</b>	<b>KEEP SUPPORTING</b>

Visit [RAINN.org](http://RAINN.org) to view RAINN's complete "*Friends and Family Toolkit for Supporting a Loved One After Sexual Violence*"

# SAFETY PLANNING

1

Dial 911 in an emergency situation.

2

If it is safe to do so, maintain communication with your friends and family.

3

Establish a “call 911” code word, phrase, or signal to use with children, family, friends, or neighbors.

4

Teach children how to get help.

5

Identify areas of the house where there are no weapons and allows for escape/exit.

6

Practice your exit plan and teach it to your children.

7

If physical abuse occurs, make yourself as small as possible.

8

Use technology safely.

9

If safe to do so, limit access to weapons.

Contact the Employee Assistance Program for more assistance with safety planning: 214-648-5330



- 1** Communicate on the dating platform..
- 2** Do your own research.
- 3** Don't share your personal information.
- 4** Use safety tools and resources provided by the dating platform.
- 5** Be mindful of your surroundings while live streaming or video chatting.
- 6** Maintain control.
- 7** Trust your intuition.

# ONLINE DATING SAFETY



# HEALTHY RELATIONSHIPS

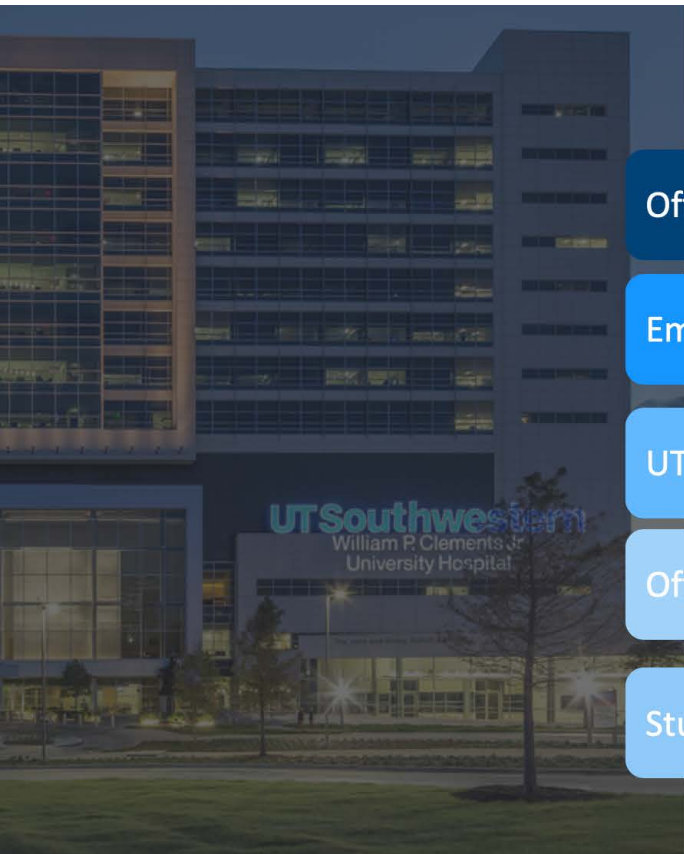
**Respect:** Encourage and demonstrate **healthy attitudes and relationships.**

**Empower:** Everyone has the right and power to set limits, feel safe, and seek support.

**Communicate:** Express yourself to partners, peers, friends, and family.

**Learn:** I have the ability to access information that pertains to my **health** and **well-being.**

**Consent:** Seek **mutual agreement** without being fearful or pressured.



## UT Southwestern Resources

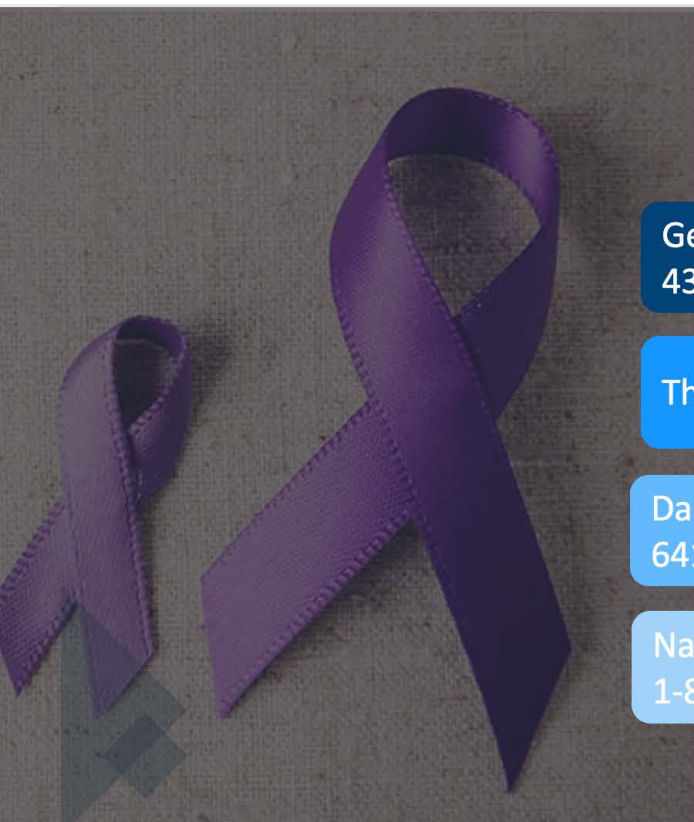
Office of Institutional Equity & Access: 214-648-4343

Employee Assistance Program: 214-648-5330

UT Southwestern Police Department: 214-648-5311

Office of Compliance: 214-648-6024

Student Wellness and Counseling: 214-645-8680



## Off Campus and National Resources

Genesis Women's Shelter (24-Hour Crisis Hotline: 214-946-4357)

The Family Place (24-Hour Crisis Hotline: 214-941-1991)

Dallas Area Rape Crisis Center (24-Hour Local Hotline: 972-641-RAPE (7273))

National Domestic Violence Hotline (24-Hour Crisis Hotline 1-800-799-SAFE(7233))

