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
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, the Deputy Title IX Coordinator, or the Title IX Program Manager.

**Online:**
https://www.utsouthwestern.edu/about-us/title-ix/what-to-do/

**By Phone:** 214-648-8175
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

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.

Clinical

DARCC offers short and long-term individual counseling, and therapeutic groups. All staff counselors are fully licensed in 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.

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

214-712-4900

Monday-Thursday from 9 a.m.-5 p.m.
Friday from 9 a.m.-3 p.m.

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.
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.

Visit RAINN.org to view RAINN's complete "Friends and Family Toolkit for Supporting a Loved One After Sexual Violence"
Contact the Employee Assistance Program for more assistance with safety planning: 214-648-5330

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.
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.
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))