

To Support Someone Who Has Been Assaulted

- **Express** your love, concern, and understanding.
- **Help** them to feel protected.
- **Respect** their decisions - **trust** them.
- Help them **find resources**.
- **Do not** confront others involved.
- **Do not** force them into doing something that they don't want to do - allow them to make the decisions.
- **Do not** guilt them or assume they did something wrong - **it is not their fault.**
- **Do not** get upset at them or overreact.
- **Do not** remind the person of the incident.
- **Do not** offer support you cannot provide and don't overextend yourself.

On-Campus Resources

Title IX Office
(801) 863-7999
TitleIX@uvu.edu

Student Health Services
(801) 863-8876

UVU Police
(801) 863-5555
uvucampuspd@uvu.edu

**UVU Crisis Therapist/
Victim's Navigator**
(801) 863-8397

University Ombuds
(801) 863-7237
talatoua@uvu.edu

Community Resources

Utah Domestic Violence Coalition
(800) 897-5465

Planned Parenthood Orem
(801) 226-5246

Orem Victim's Advocate
(801) 229-7128

The Refuge
(801) 227-5038

National Sexual Assault Hotline
(800) 656-4673

24 hour Rape Crisis Line
(801) 356-2511

Utah HIV/AIDS Hotline
(800) 366-2437

Utah County Health Department
(801) 851-7000

For more information, visit
www.uvu.edu/equalopportunity

Sexual Assault Support Services



UVU **UTAH VALLEY**
UNIVERSITY.

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If It Happens To You

If you have been assaulted, you can follow these steps to receive the support and resources you need.

Get to a safe place as soon as possible

Try to preserve all physical evidence

Save your clothes in a paper bag. **Do not** shower, brush your teeth, etc.

Seek medical attention

You can go to any local Emergency Room.

During the first 72 hours, important concerns such as pregnancy, sexually transmitted infections, or injuries should be addressed.

Seek support

You can receive support and resources from any of the contacts listed on the Resources page.

Decide whether to report the crime

Delay can result in lost evidence.

Reporting Options

• Report to the Title IX Office

The Title IX Office offers supportive measures and resources, and can explain your options for the reporting process.

- Email us at TitleIX@uvu.edu
- Call us at **801-863-7999**
- Visit us in person at **BA - 203**
- File a complaint online here:



<https://www.uvu.edu/equalopportunity/report.html>

• Report to the Police

- You can contact UVU Police or any local Police Department.

• Not Report

We encourage you to talk to someone you trust about what happened. Please consider the risk that comes with not reporting. The situation can escalate, putting yourself and others at further risk.

Sexual Harassment Statement

At UVU, we aim to reduce the occurrence of sexual harassment and sexual violence on campus by creating a community intolerant of sexual violence and sexual harassment.

- Reporting to the Title IX Office does not mean you have to file with the police.
- Reporting an assault is not the same as pressing charges.
- UVU protects victims of sexual harassment or violence by not charging them with drug or alcohol related violations of the Student Code of Conduct (Policy 541).
- Employees must report to Title IX within 24 hours of being informed.
- Students and employees can access Policies 162 and 165 at: policy.uvu.edu/

If you have any questions about sexual harassment or violence, or believe that you or someone you know has been a victim, contact the Title IX Office for assistance.

We are here to support you.