



## **Title IX Risk Reduction Resources**

The Rape Abuse Incest National Network (RAINN) has developed an online library of resources addressing how to reduce your risk of experiencing or perpetrating sexual misconduct and relationship violence. Use the links below to familiarize yourself with the wealth of important information and advice available through RAINN.

<https://www.rainn.org/get-information/sexual-assault-prevention>  
<https://www.rainn.org/get-information/sexual-assault-prevention/safety-plan>  
<https://www.rainn.org/get-information/computer-safety>  
<https://www.rainn.org/get-information/sexual-assault-prevention/avoiding-pressure>  
<https://rainn.org/get-information/sexual-assault-prevention/alcohol-safety>  
<https://rainn.org/get-information/sexual-assault-prevention/what-is-consent>  
<https://www.rainn.org/get-information/sexual-assault-prevention/bystanders-can-help>

For more information on RAINN's rape and sexual violence services, call 1.800.656.4673 (1.800.656.HOPE) or use their secure, online private chat option: <https://hotline.rainn.org/online/terms-of-service.jsp>

The One Love Foundation, founded in 2010 to honor the memory of Yeadley Love, works with young people across the country to raise awareness about the warning signs of abuse and activate communities to change the statistics around relationship violence. The Foundation also offers real-time resources – live chat, text message, hotline and Call a Peer Advocate – via the link below:

[http://www.joinonelove.org/real\\_time\\_resources](http://www.joinonelove.org/real_time_resources)

Other outstanding resources are listed below with accompanying links.

**10 Warning Signs of an Unhealthy Relationship** by *Break the Cycle*

<http://www.breakthecycle.org/warning-signs>

**How Can I Help A Friend or Family Member Who Is Being Abused?** by *The National Domestic Violence Hotline*

<http://www.thehotline.org/help/help-for-friends-and-family/>

**Tips for Supporting a Survivor of Sexual Assault** by *Know Your IX*

<http://knowyourix.org/i-want-to/support-survivor/>

**Help A Stranger** by *Loveisrespect.org*

<http://www.loveisrespect.org/for-someone-else/help-a-stranger>

**Help Your Child by Loveisrespect.org**

<http://www.loveisrespect.org/for-someone-else/help-my-child>

**No More – Together We Can End Domestic Violence & Sexual Assault** <http://nomore.org>

**Resources for Male Survivors by Men Can Stop Rape**

<http://www.mencanstoprape.org/Resources/resources-for-male-survivors.html>

The following local emergency resources are available to victims of sexual assault and domestic violence:

**For All Seasons, Inc. Hotline (1.800.310.7273)**

For All Seasons provides counseling, advocacy, and education to victims of rape, sexual assault and abuse.

**Mid-Shore Council on Family Violence (1.800.927.4673)**

The Mid-Shore Council on Family Violence provides direct services for victims of family violence, including a 24-hour hotline, crisis intervention, counseling, support group, emergency shelter, client advocacy, children's programs, court accompaniment, information and referral.

**Eastern Shore Operations Center (1.888.407.8018)**

The ESOC operates 24/7 to deal with both crisis and non-crisis mental health concerns. In emergency situations, the ESOC can even send out one of its Mobile Crisis Teams to provide immediate mental health assistance. Or, it can help a student make connections with a public mental health care provider in his or her own county.

**Life Crisis Center Hotline (1.800.422.0009)**

The Life Crisis Center Hotline provides counseling for victims of domestic violence or sexual assault, suicide prevention, support groups, emergency shelter, shelter referral, medical care, and assistance with the process of prosecution.

**Suicide Hotline (1.800.SUICIDE)**

The Suicide Hotline provides counseling for suicide prevention.