



# College of the Atlantic

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## INFORMATION FOR FAMILY AND FRIENDS OF SURVIVORS

It is always difficult when a person we care about tells us they have been hurt, especially when they tell us they have been sexually assaulted. It is hard to know what to say or to know the best way to help them.

### SOME THINGS YOU CAN DO:

- Listen without judgement
- Believe them
- Encourage them to seek out resources and support on campus or off-campus
- Encourage them to practice self-care and ask for help
- You can contact COA's Title IX Office to let us know about a concern: [www.coa.edu/human-resources/title-ix](http://www.coa.edu/human-resources/title-ix)

It is important that the student be allowed to make their own decisions about what they need or want to do to address what happened. There are many resources and supports on campus including academic accommodations, no-contact orders, adjustments to course schedule, and/or housing relocation that they can access simply by reaching out to the Title IX office.

Know that there are limits to what the College can share with you and that the student may need to provide written permission first.

It is important to take care of yourself too. Many support agencies can be helpful for you too. You can call the National Sexual Assault Hotline at 800.656.HOPE (4673) or visit [online.rainn.org](http://online.rainn.org) and receive confidential support.

## GET IN TOUCH WITH THE TITLE IX OFFICE

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**Office:** 207.288.5015, ext. 5614  
**Email:** [pkaur@coa.edu](mailto:pkaur@coa.edu)

**Emergency Line:** 207.288.9001  
**Office Location:** Turrets, 2nd Floor Annex