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The detailed definitions of these and other key terms are set forth in Rivier University's Sexual Misconduct and Harassment Policy.

Sexual Assault

- Place the person in reasonable fear for safety, or of harm or bodily injury to self or others;
- Reasonably cause substantial emotional distress to the person.

Examples of stalking include, but are not limited to:

- Non-consensual communication including telephone calls, text messages, email messages, social network site postings, letters, gifts, or v Ç }šZ Œ }uuµv] š}}v Œ µvÁ vš v X}Œ %o %o Œ•}v]v (ŒV
- Following, pursuing, waiting or showing up uninvited at a classroom, workplace, residence, or other locations frequented by the person;
- Vandalizing a person's property;
- Accessing email and social media accounts;
- Spreading lies or rumors about a person, for example, filing false reports, posting or distributing personal or false information;
- Manipulative or controlling behaviors, such as threats to harm oneself in order to force contact;
- Threatening physical contact against a person or their friends and family; or
- any combination of these behaviors directed toward an individual person.

What to do

Connect to Support & Resources

Seek Medical Care

Your Reporting Options





Take Care of Yourself

Self-Care Tips

- Get support from family and friends. Identify people you can trust to validate your feelings and affirm your strengths.
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Things to Consider

Are you in the same class as the individual who assaulted you/was involved in the incident? Are your grades suffering because of the incident?

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Do you live in the same residence hall as the person who assaulted you/was involved in the incident?

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Be Respectful of their Choices and Decisions

It is very important to let them make decisions and have those decisions respected, even if you disagree*. It can go a long way in helping them regain a sense of control in their lives.

*Unless they are making unhealthy or dangerous choices – if this is the situation, call 911 and/or Public Safety.

Keep Promises

Be sure to follow through on any promises you make, no matter how minor it may seem.

Educate Yourself – Be a Resource

In addition to providing comfort and support to a survivor, be sure educate yourself on what is sexual misconduct and gender-based violence. A great place to begin is with the University's Sexual Misconduct Policy, located in your Student Handbook. You can also take time to learn about prevention and take part in national awareness events and activities on campus. Explore volunteering and interning opportunities with a local crisis center. Speak out against inappropriate jokes and comments. The more information you know, the more of a positive impact you can make.

Here are a few resources where you can learn more about gender-based violence, as well as local and statewide support options:

[Bridges Domestic & Sexual Violence Support](#)

(603) 889-0858 | Bridgesnh.org
(Offices in Nashua & Milford)

[YWCA](#)

(603) 668-2299 | Ywcanh.org
(Manchester, NH Location)

[New Hampshire Coalition Against Domestic & Sexual Violence](#)

Sexual Assault Hotline:

1-(866) 644-3574

Domestic/Dating Violence Hotline:

1-(800) 277-5570

Nhcadsv.org

(Concord, NH)

What are my options?

What to do if you have experienced sexual or relationship violence

Go to a hospital or medical provider ASAP

Especially if a sexual assault took place. This is the best option in order to provide and ensure physical safety, emotional support, and medical care.

Southern NH Medical Center
(1.4 miles away from campus)

St. Joseph's Hospital
(3.0 miles away from campus)

Contact Public Safety

Public Safety (located in the Dion Center) can provide immediate assistance, take a report, ensure immediate safety and well-being, make a referral to the Title IX Coordinator, coordinate transportation to the hospital, and refer support services.

Rivier University Public Safety

Connect with a Confidential Advocate or Speak to a Counselor

Regardless of whether or not an incident is reported, help and support is always available.

Bridges Crisis(ak)3ort

