

## **NO MORE's Survivor Resource Guide**

### ***Search for Support Based on Your Needs***

#### **Emotional Support**

- ❖ [Center for Well-Being Therapy](#)- 8 free sessions with AU's counseling. Sessions are confidential. Also offers [group therapy](#) for survivors, Black students, LGBTQ+ students, students of color, and more.
- ❖ [Psychology Today](#)- Find a therapist in DC. Filters for insurance type, location, and specializations.
- ❖ [National Domestic Violence Hotline](#): Call 800-799-7233 or text START to 88788 to receive confidential support.
- ❖ [Network for Victim Resources DC](#): Call (202) 742-1727 to schedule an appointment.
- ❖ [RAINN Hotline](#): Call 800-656-4673 or click [here](#) for online chat.

#### **Seeking Justice- Evidence Preservation**

- ❖ [DC Forensic Nurse Examiners](#) (DCFNE) (also known as DCSANE) - free medical forensic care for sexual assault and domestic violence, open 24/7. Evidence is collected through a physical "Sexual Assault Nurse Examiner" exam and stored by DCFNE unless a police report is filed. *Note: police report is not required.* Washington Hospital Center (WHC) at 110 Irving Street NW, Washington, DC, 20010 (can provide and coordinate free transportation) |800-641-4028|
- ❖ [DC Rape Crisis Center](#)- For a forensic exam, call (800) 641-4028.
- ❖ [Audio Recordings](#): If it is safe and available to do so, record uncomfortable and unsafe situations with your phone to preserve evidence. Free apps like Voice Memos or Otter are available on iPhones, Recorder is available on Android devices. These recordings can be used as evidence if needed in Title IX, civil, and criminal proceedings.

#### **Seeking Justice- Interacting with the System**

- ❖ [Title IX](#): for formal reports and opening investigations, or for informal resolutions such as no-contact orders.
- ❖ [Center for Advocacy and Student Equity \(CASE\)](#): for connecting with a student advocate trained in Title IX and sexual violence policy or resources. Free, confidential, open to all students. (not fully active as of 9/15/23)
- ❖ [DC Law Enforcement](#): For the Sexual Assault Unit, call (202) 727-3700 or go to 300 Indiana Avenue, NW, Room 3042, Washington, DC 20001. For the Domestic Violence Unit, call (202) 727-7137 or go to 300 Indiana Avenue, NW, Room 3156, Washington, DC 20001.

## Seeking Justice- Find an Expert Advocate

- ❖ [Network for Victim Resources DC Advocacy Services](#): Accompaniment while filing a police report and court proceedings. Accompaniment for on-campus reporting and on-campus proceedings. Request [here](#).
- ❖ [National Women's Law Center](#)—legal help for student survivors
- ❖ [Survivor Advocacy](#)- on campus, free, confidential, appointment-based services for information and support
- ❖ [Lighten the Load](#): Request a student advisor that can help you through the Title IX process. This advisor can come with you to meetings and help you navigate Title IX policy

## Safety

- ❖ [Dean of Students](#): Offers accommodations and *No Contact Orders* for survivors
- ❖ [Civil Protective Order](#): File online or in-person with DC Courts, a CPO limits a person from contacting or coming in physical proximity of the filer for up to two years. Eligible to file if the person you are filing against subjected you to sexual assault or domestic violence. Call (202) 879-0157 for questions about filing.
- ❖ [Anti-Stalking Order](#): File online or in-person with DC Courts, an ASO limits a person from engaging in stalking. Eligible to file if the person you are filing against subjected you to stalking within 90 days of filing. [Guide](#) to self-representing.
- ❖ [My Sister's Place](#): Emergency housing and other support services. Call (202) 540-1064 for information about programs and availability.
- ❖ [AUPD](#): Emergency number 202-885-3636. Non-emergency number: 202-885-3636
- ❖ [RAVE Guardian App](#): Panic Button: Direct immediate connection to campus safety with GPS location and personal profile information. Tip Texting: Enables anonymous crime tip reporting and 2-way communication via SMS or mobile app. Personal Guardians: Students can identify friends, roommates, and family as 'Guardians' along with Campus Safety. Students can set a Rave Guardian Timer. During a Timer session Guardians and Campus Safety can check the status of student. If the Rave Guardian timer is not deactivated before it expires, campus safety is automatically provided with the user's Rave Guardian profile to proactively identify and check-in on the individual.

## Informational

- ❖ [DC Victim Hotline](#): Victims of a crime can call or text 844-443-5732 for information and referral.
- ❖ [UASK DC](#)—all-in-one resource that guides college students through responding to sexual violence
- ❖ [Network for Victim Resources DC](#): Information about medical exams and legal services
- ❖ [Know Your IX](#): student-run organization that has [resources](#) on Title IX and your rights
- ❖ [End Rape on Campus](#): resources for survivors and suicide prevention.
- ❖ [Every Voice Coalition](#): Focused on putting pressure on Universities and increasing survivor protections.
- ❖ [Student Code of Conduct](#): Information about prohibited conduct and [flowchart](#) explaining the process of filing a complaint. To file a complaint with the Office of Student Accountability and Restorative Practices (previously The Office of Student Conduct and Conflict Resolution Services), click [here](#). You have the right to an advisor.
- ❖ [Title IX Policy](#): Information about prohibited sexual conduct. To file a complaint with Title IX, click [here](#). You have the right to an advisor at every step of the process. Advisor of choice is not limited to American University students, faculty or staff; however, the role of an advisor is limited to consultation.
- ❖ [Survivor Bill of Rights](#): A comprehensive list of rights and resources that the American University Student Government deems should be afforded to all survivors.

## Financial Compensation

- ❖ [Victim Crime Compensation Program](#): Apply to be financially compensated for emotional or physical injury from being victimized. To be eligible, must have reported crime to police, received SANE exam, or filed for a civil protective order within seven days following occurrence. [Here](#) are some costs you could receive compensation for.

## Survivor Student Groups at American University

- ❖ [No More](#): Survivor-based chapter on campus that focuses on supporting survivors of sexual assault and domestic violence. For meeting and event information, visit instagram account @nomore.au or email [nomore.american@gmail.com](mailto:nomore.american@gmail.com).
- ❖ [AU It's On Us](#): Chapter on campus that focuses on sexual assault prevention and education. For more information, visit instagram account @aitsonus or email [aitsonus@gmail.com](mailto:aitsonus@gmail.com).

## Non-Survivor Specific Resources

### Reproductive Health Resources

- ❖ [AU Repro](#): a student-led group fighting for reproductive justice on campus. DM their Instagram for free Plan B and condoms.
- ❖ [American University Student Health Center](#): [provides](#) STI testing, pregnancy testing, emergency contraception, counseling on Sexual Assault Nurse Examiner evaluations and [pregnancy terminating care](#) (abortion), and other resources. Most services require a copay and appointment
- ❖ [American University Center for Wellbeing](#): provides condoms, dental dams, lube, and other safe sex resources.
- ❖ [Abortion Finder](#): find abortion providers near you as well as resources for financial support.
- ❖ [Planned Parenthood DC](#): offers [abortion care](#), [birth control](#), [emergency contraceptive](#) (morning-after pill), [gender affirming hormonal treatment](#), [STD testing](#), [HIV services](#), [GYNO care](#), [pregnancy care](#), and [primary care](#). 1225 4th St NE, Washington, DC 20002 | (202) 347-8512 | typical hours: 8 am to 5 pm
- ❖ [Dupont Clinic](#): [provides](#) abortion care, pregnancy care, and IUDs. 1120 | 19th Street NW, Washington, DC 20036 | (202) 844-2004 | weekdays: 9 am - 5 pm; weekend: 10 am - 2 pm
- ❖ [Washington Surgi-Clinic](#): [provides](#) abortion care, STD treatment and diagnosis, and emergency contraceptive (morning-after pill). 2112 F Street NW, Suite 400, Washington, DC 20037 | (202) 780-3539 | typical hours: 9 am - 6 pm
- ❖ [Medstar Family Planning and Preventative Services, Women, Infant and Adolescent Services](#): provides abortion care, birth control, STD treatment and diagnosis, and emergency contraceptive (morning-after pill). | 106 Irving Street, Suite 4700N, Washington, DC 20010 | (202) 877-7479 |
- ❖ [Silver Spring Gynecology and Family Planning](#): provides abortion care, birth control, STD treatment and diagnosis, and emergency contraceptive (morning-after pill). 7676 New Hampshire Ave, Floor 3, Suite 318, Takoma Park, MD 20912 | (301) 588-1682 | (Spanish & Amharic)
- ❖ [Days for Girls at AU](#): a student-led group working on providing sustainable menstrual products on campus.

### Affinity or Identity-Based Student Groups at American University

- ❖ [Multicultural Student Union](#): a club that works to encourage educational cultivation and growth amongst all American University students of various cultures, races, and

ethnicities through the exploration of intersectionality, inclusion, and empowerment initiatives. | [americanmcsu@gmail.com](mailto:americanmcsu@gmail.com)

***For women:***

- ❖ [Leading Women of Tomorrow AU](#): a student-run, non-profit, nonpartisan organization, seeks to empower and support nonbinary and female-identifying students to consider careers in public service to bridge the gender gap among public representatives. | [leadingwomenoftomorrowau@gmail.com](mailto:leadingwomenoftomorrowau@gmail.com) | [instagram](#)
- ❖ [She's the First](#): an AU chapter of global nonprofit that empowers college students to become advocates for girls. | [shesthefirst.au@gmail.com](mailto:shesthefirst.au@gmail.com) | [instagram](#)
- ❖ [The Women's Network](#): a networking organization that connects women to fellow female peers all around their respective college campus and to seasoned professionals in a variety of industries | [instagram](#)
- ❖ [IGNITE American University Chapter](#): The purpose of this organization is to increase the political ambition, civic engagement, and leadership skills of its members in order to build the next generation of women leaders.

***For Black students:***

- ❖ [Black Girls Vote AU](#): a grassroots, nonpartisan organization created to represent the national and international concerns of black women. | [bgvau@blackgirlsvote.com](mailto:bgvau@blackgirlsvote.com) | [instagram](#)
- ❖ [Sister Sister](#): offers a space of empowerment for Black women on campus and to explore community building and networking opportunities. | [sistersisterau@gmail.com](mailto:sistersisterau@gmail.com) | [instagram](#)
- ❖ [Brother Brother](#): the representative organization for male Black/Indigenous and Latinx diaspora at American University. | [brotherbrotherau@gmail.com](mailto:brotherbrotherau@gmail.com) |
- ❖ [Black MBA AU Chapter \(GSC-KSB\)](#): an organization working to lead in the creation of educational, wealth building, and growth opportunities for those historically underrepresented throughout their careers.
- ❖ [National Association for the Advancement of Colored People American University Chapter](#): an organization working to advance the political, educational, social, and economic status of people of color, to eliminate racial prejudice, to keep the public aware of the adverse effects of racial discrimination, and to take all lawful action to insure its elimination consistent with NAACP and American University efforts and guidelines. | [americanunaacp@gmail.com](mailto:americanunaacp@gmail.com) | [instagram](#)

***For Native or Indigenous students:***

- ❖ [Student Advocates for Native Communities at American University](#): a student organization of Native students and allies at American University in Washington, DC | [american.sanc@gmail.com](mailto:american.sanc@gmail.com)

***For Asian students:***

- ❖ [Asian American Student Union](#): a student run organization that is dedicated to fostering and advocating for visibility and unity of the AAPI community. | [au.aasu@gmail.com](mailto:au.aasu@gmail.com) | [instagram](#)
- ❖ [South Asian Student Association](#): a student run organization to promote South Asian culture at AU through social, professional and dialogue based events pertaining to South Asian experiences and culture. [sasa.american@gmail.com](mailto:sasa.american@gmail.com)

***For Korean students:***

- ❖ [Korean Student Association](#): a club working to foster a community for Koreans, Korean Americans, and enthusiasts of Korean culture on AU's campus. | [auksapresident@gmail.com](mailto:auksapresident@gmail.com) | [instagram](#)

***For Chinese students:***

- ❖ [Project Pengyou](#): a safe space for Chinese and Chinese Americans with the intention of transforming US-China relations from our chapter to the whole foundation. | [auprojectpengyou@gmail.com](mailto:auprojectpengyou@gmail.com) | [instagram](#)
- ❖ American University Chinese Students and Scholars Association: [instagram](#)

***For Vietnamese students:***

- ❖ [Vietnamese Student Association](#): [instagram](#)

***For Ethiopian and Eritrean students:***

- ❖ [Ethiopian and Eritrean Student Association](#): a philanthropic and cultural organization that serves to give back, by giving money and giving time, to organizations that support both Ethiopia and Eritrea locally and globally and promote the Ethiopian and Eritrean culture on campus and connect with the community in the DMV area. | [americanunicesa@gmail.com](mailto:americanunicesa@gmail.com) | [instagram](#)

***For Caribbean students:***

- ❖ [Caribbean Circle](#): an active educational vehicle for the American University by promoting the social, cultural, and political aspects of Caribbean life, and presenting issues from a Caribbean perspective. [aucaribbeancircle@gmail.com](mailto:aucaribbeancircle@gmail.com) | [instagram](#)

***For African students:***

- ❖ [African Students' Organization](#): an organization that aims to celebrate African culture and raise awareness of contemporary matters through education and communal efforts. | [ewau.aso@gmail.com](mailto:ewau.aso@gmail.com) | [instagram](#)

***For Iranian students:***

- ❖ [Iranian Student Association](#): an organization meant to educate, inspire, and advocate for Iranian culture, and social inclusion at [AU.iranianstudentassociationau@gmail.com](mailto:AU.iranianstudentassociationau@gmail.com)

***Latine students:***

- ❖ [Latinos En Acción \(LEA\)](#): a community building organization that works to advocate for immigrants' rights, such as passing a pathway to citizenship, while empowering and

creating a community within the Latine population on campus |  
[lea.americanu@gmail.com](mailto:lea.americanu@gmail.com) | [instagram](#)

***For Mexican students:***

- ❖ [Mexican Club at American University](#): a club that creates a safe space for Mexicans & people of Mexican descent, and through showcases of Mexican culture and heritage shows a broader base of students and faculty the beauty of Mexico and Mexicans. | [mexicansau@gmail.com](mailto:mexicansau@gmail.com)

***For Brazilian students:***

- ❖ Brazilian Student Association at American University (BRASA AU): [instagram](#)

***Hindu students:***

- ❖ [Hindu Students Association](#): [americanhsa@gmail.com](mailto:americanhsa@gmail.com) | [instagram](#)

***For Muslim students:***

- ❖ [Muslim Professionals Association](#): an organization working to provide professional career services to the Muslim community on campus and support the success of Muslims on campus.
- ❖ Muslim Student Association:

***For LGBTQ+ students:***

- ❖ [PRIDE at AU](#): a club that creates fun and educational programming for LGBTQ+ students. The groups hold social outings and events in order to build up the queer community on campus. | [americanupride@gmail.com](mailto:americanupride@gmail.com)

***For first generation students:***

- ❖ [First-Generation Student Union \(FGSU\)](#): an organization committed to advancing the goals of first generations and low-income college students, their welfare, representation, and community longevity at American University. | [proudtobefirst@gmail.com](mailto:proudtobefirst@gmail.com) | [instagram](#)

**Glossary:**

No Contact Orders: Are issued through the Dean of Students Office or Title IX Office. NCOs prohibit interaction between students, and detail expectations for parties' interactions. NCOs do not prevent offenders from being in the same public spaces as survivors, but do give an avenue for reporting if any physical or verbal contact is made, or if offenders engage in triggering behaviors such as prolonged staring.

