

Rights and Options Guide for Survivors of Dating Violence, Domestic Violence, Sexual Assault, and Stalking



The University of Pittsburgh values the safety and health of all members of the Pitt community and seeks to foster an environment in which its students and employees treat others with respect, civility, and dignity. University policy prohibits any behavior that involves dating violence, domestic violence, sexual assault, or stalking of another person. These crimes can be traumatizing, and it is important to know there are University and community resources available to support all Pitt community members. There is no one correct response to these crimes – simply different options to access support and different reporting options. Your immediate and long-term safety is what is most important, and the resources and options described below may be helpful as you decide what next steps are a good fit for you.

This document contains a large amount of information on sensitive topics and may be overwhelming to digest all at once. Please use the quick links below to find the specific information you are looking for.

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WHERE DO I START?

After experiencing a traumatic incident, you may be feeling overwhelmed and not sure what to do. Before making any decisions, you may want more information about what resources and services are available to you or to talk with someone confidentially as you decide what next steps are best for you. All the confidential resources listed below are available 24/7 for counseling, information, and support.

1. [University Counseling Center](#): 412-648-7930 (On-Campus; Students)
2. [Life Solutions](#): 1-866-647-3432 (On-Campus; Employees)
3. [Pittsburgh Action Against Rape](#): 1-866-363-7272 (Off-Campus; Students and employees)
4. [Women's Center and Shelter of Greater Pittsburgh](#), 412-687-8005 (Off-Campus; Students and employees)
5. [Center for Victims](#), 1-866-644-2882 (Off-Campus; Students and employees)
6. [Resolve Crisis Services](#): 1-888-796-8226 (Off-Campus; Students and employees)
7. [Suicide & Crisis Lifeline](#): Dial 988 (Off-Campus; Students and employees)

WHAT TO DO IF YOU EXPERIENCE ONE OF THESE CRIMES (Dating Violence, Domestic Violence, Sexual Assault, or Stalking)

Your immediate safety is a top priority. If you are in immediate danger, call Pitt Police at 412-624-2121 or call 911. If possible, as quickly as you can, find a safe place away from the perpetrator or any other potential danger. Once you are out of danger, here are a few next steps to consider:

1. You are encouraged to seek immediate medical attention for your own physical health and to preserve all physical evidence. You can receive treatment at any medical facility; hospital emergency departments are in the best position to treat you and collect physical evidence. The following locations have specially trained staff, sexual assault nurse examiners (SANE), to help survivors of sexual assault and/or can offer a sexual assault forensic exam (SAFE):
 - a. UPMC Magee Womens Hospital, 300 Halket Street, 412-641-4933
 - b. UPMC Mercy, 400 Locust Street, 412-232-8111

Medical facilities have an obligation to notify law enforcement of any injuries they treat that are the result of a crime. Victims can remain anonymous to police and this notification does not obligate a victim to speak to law enforcement, file a police report, or press charges against a perpetrator.

2. You have the right to notify the proper law enforcement agency of the crime, to be assisted in notifying law enforcement authorities by university officials if you so choose, and to decline to notify such authorities. You are strongly encouraged to contact the Pitt Police at 412-624-2121 or the City of Pittsburgh Police by dialing 911 to report the situation. The police can assist with transportation to a facility for a SAFE exam if you so choose.

You have the right not to press charges if you call the police. However, after reviewing the report, Pitt Police may determine that a serious or ongoing threat to the campus community exists and may be required to issue a campus crime alert. Crime alerts do not contain personally identifying information about the victim.

Pitt Police are required to include crimes reported to the Pitt Police occurring within Pitt Police patrol jurisdiction in the daily crime and fire log. The daily log does not contain personally identifying information about the victim.

3. You may contact the [Office of Civil Rights and Title IX](#) at 412-648-7860 (during University business hours: 8:30 a.m. – 5 p.m., Monday through Friday). This office can assist with accommodations, if requested and reasonably available. This office also can connect you with other resources and services available to you on and off campus. You also may file a report online through the [Pitt Concern Connection](#).
4. Students may contact the University Counseling Center at 412-648-7930 (8:30 a.m.-5 p.m., Monday through Friday) or 412-648-7856 (after 5 p.m. and on weekends). Counselors will advise victims of reporting options, can guide students through the process of receiving a medical exam, and will assist victims in notifying campus or local police authorities if desired. (Walk-in appointments may be available Monday-Friday 9 AM – 4 PM at the Wellness Center in Nordenberg Hall.)
5. Employees may contact Life Solutions at 1-866-647-3432. [Life Solutions](#) is the University of Pittsburgh's Faculty and Staff Assistance Program that provides a broad range of services to assist University employees and their household members to balance work and the stresses of daily life. Life Solutions offers personalized care services, 24-hour support, online resources and tools, and more, all at no cost to you.

If you do not want to call the police after an incident but feel the need to leave the current environment, Pitt's SafeRider program may be able to offer you transportation back to your residence by calling 412-648-CALL (2255). More information about SafeRider can be obtained at www.pts.pitt.edu/transportation/shuttle-services/saferider.

There are community resources available 24/7 to assist victims. Community resources include Pittsburgh Action Against Rape at 1-866-363-7273 (answers 24 hours a day) and the Women's Center & Shelter of Greater Pittsburgh at 412-687-8005 (answers 24 hours a day). Both groups provide an advocate/escort to accompany victims through the medical and/or legal process. Victims who seek assistance from these organizations are not obligated to press charges against the perpetrator.

PRESERVING PHYSICAL EVIDENCE

In the aftermath of a traumatic incident, although it may not be foremost on your mind, the preservation of evidence is strongly encouraged. Even if you don't think you want to pursue a criminal or civil proceeding, preserving evidence keeps your options open in case you change your mind. Preserving evidence also can assist you with obtaining a [Protection from Abuse or Protection from Sexual Violence and Intimidation order](#).

To preserve evidence, do not shower, douche, or change clothes or bedding before you seek medical attention. Also, if oral contact took place, do not brush your teeth, smoke, or eat. Optimally, evidence collection should occur within 72 hours of the assault and there are medical facilities in Pittsburgh that can assist you:

- a. UPMC Magee Womens Hospital, 300 Halket Street, 412-641-4933
- b. UPMC Mercy, 400 Locust Street, 412-232-8111

Magee-Womens and Mercy are staffed with sexual assault nurse examiners, registered nurses who have completed specialized education and clinical preparation in the medical forensic care of the patient who has experienced sexual assault or abuse. Hospital emergency rooms are best equipped to collect physical evidence of a sexual assault. Your best source of immediate medical help is the nearest hospital emergency room. All hospitals are required by law to report to the police any injury that is the result of a crime. This does not obligate you to file formal charges. Completing a forensic exam does not require a victim to talk to police or prosecute the perpetrator. Anyone who has experienced sexual assault can get a forensic medical exam at no cost to them. You may choose to have your insurance billed or to have [Pennsylvania's Victims Compensation Assistance Program](#) cover the costs.

Victims of dating violence, domestic violence, sexual assault, or stalking should take steps to preserve other forms of evidence, including, but not limited to:

- Save unwashed clothing and/or sheets in a paper bag.
- Take screenshots of social media posts.
- Save text messages, emails, call logs, security camera footage, and other forms of electronic contact.
- Keep in mind if you decide to change phone numbers, information such as text messages may no longer be accessible. Save that information on another device.
- Ask friends/family to save text messages, emails, call logs, and other forms of electronic contact they received.
- Take photos of bruises and/or other injuries.

- Save and/or take photos of damaged property.
- Save any other evidence that may show a pattern of behavior or course of conduct.

ADDITIONAL COUNSELING, MEDICAL, AND OTHER SERVICES AND SUPPORT

Seeking emotional support in the aftermath of dating violence, domestic violence, sexual assault, and/or stalking can be very important for recovery. Pitt's **University Counseling Center** offers specialized counseling services designed to assist students who have experienced sexual assault, dating violence, domestic violence, harassment, and stalking. The office also can assist with referrals to specialized counseling services off campus. Additional counseling resources may include Pittsburgh Action Against Rape (1-866-363-7273) or Resolve Crisis Services (1-888-796-8226).

Pitt's **Student Health Services** provides ongoing medical treatment to students for any physical problems related to an assault. Student Health Services can assess for pregnancy risk; provide counseling about emergency contraception; test and treat for sexually transmitted infections; and assess, treat, and/or offer/give referrals for physical injuries. Student Health Services is located in the Wellness Center in Mark A. Nordenberg Hall, 119 University Place, 412-383-1800.

Pitt students can contact their resident assistant, resident director, or other Residence Life staff member for support (available 24 hours a day). **Residence Life** staff are not confidential resources and have a duty to report disclosures of sexual misconduct to the Office of Civil Rights and Title IX. Residence Life staff can be reached at 412-648-1200 (or 412-648-1100 for after hours on-call personnel).

International students may contact the **Office of International Services (OIS)** for questions or concerns regarding immigration and visa status. OIS can be reached at 412-624-7120 or OIS@pitt.edu.

Life Solutions is the University of Pittsburgh's Faculty and Staff Assistance Program that provides a broad range of services to assist University employees, including a 24/7 crisis contact and counseling services (1-866-647-3432).

Any member of the University community also may contact the **Office for Civil Rights and Title IX** at 412-648-7860 or titleixcoordinator@pitt.edu to report sexual misconduct or seek resources. Reports or concerns also may be submitted through the [Pitt Concern Connection](#).

PENNSYLVANIA CRIME VICTIMS INFORMATION

Under Pennsylvania Law, you have [rights as a victim of a crime](#). The Pitt Police can assist you with understanding and accessing these rights and services, as well as assist you with obtaining a [protection from abuse \(PFA\) or protection from sexual violence and intimidation \(PSVI\) order](#). Pitt Police are available 24/7 by calling 412-624-2121 or in-person at the Jerome Cochran Public Safety Building, 3412 Forbes Avenue (main station). Officers also may be available at one of the following substations (substations are not staffed 24/7):

- Sutherland Hall Sub-Station
- Forbes Avenue Sub-Station (between the Barco Law Building and Lawrence Hall)
- Sennott Square Sub-Station
- Bouquet Gardens J Sub-Station

The Pitt Police can assist with obtaining a Protection from Abuse orders (PFA) or Protection from Sexual Violence and Intimidation (PSVI) orders through the court system. If you have obtained a PFA or PSVI from another jurisdiction, provide a copy to the Pitt Police so they are aware the order is in place and can work with you to develop a safety plan while on campus.

WARNING SIGNS OF ABUSE

Dating violence, domestic violence, sexual assault, and stalking are not always easy to recognize. No victim is ever to blame for being assaulted or abused. Below are some warning signs of potential abusive behavior:

- Being isolated from friends and family
- Watching what you say to avoid a “blow-up”
- Hiding bruises or injuries from family and friends
- Being afraid of your partner
- Being forced to do things that you don’t want to do
- Having your partner monitor where you go, what you do, and who you meet
- Having your partner demand to check your phone or email

Unhealthy relationships can escalate quickly. If you are not sure if you or someone you know is in an unhealthy situation, the [Pennsylvania Coalition Against Domestic Violence](#) website has a brief [online questionnaire](#) to help identify unhealthy relationships, provides information on different types of abuse, and can direct you to local domestic violence programs throughout Pennsylvania.

These crimes can be traumatizing to victims. Each person’s experience is unique and there are a wide range of emotions that a survivor may encounter. These emotions can change over time, and it may be helpful to address them with assistance of a counselor, a victim advocate, or a trusted friend or family member. Below are some ways these emotions may manifest themselves.

Possible physical effects may include:

- Pain and soreness
- Injuries, Nausea
- Vomiting
- Headaches
- Panic attacks
- Sleep pattern disturbances
- Insomnia or sleeping more than usual
- Loss of appetite or change in eating habits (overeating or under-eating, etc.)

Possible psychological and/or emotional effects may include:

- Impaired memory
- Shock, Denial
- Irritability and anger
- Sadness and grief
- Social withdrawal
- Apathy (detachment, loss of caring)
- Hypervigilance (always on guard)

- Sleep disturbance (including nightmares)
- Flashbacks
- Difficulty concentrating
- Loss of trust in self or others
- Guilt, shame, or embarrassment
- Thoughts of suicide or death
- Diminished interest in activities or sex
- Increased interest in sexual activity

ACCOMMODATIONS AND SUPPORTIVE MEASURES

The University is here to assist and support you after experiencing an incident. There are accommodations and supportive measures that are available to you, if those accommodations are requested and reasonably available. For more information and assistance with requesting any of these services, you can contact:

- Pitt Police (412-624-2121, available 24/7)
- Office of Civil Rights and Title IX (412-648-7860, 8:30 a.m. – 5 p.m., Monday through Friday)
- Office of Student Conduct (412-648-7910, 8:30 a.m. – 5 p.m., Monday through Friday)
- University Counseling Center (412-648-7930; counselors from the University Counseling Center are available 24/7).
- Residence Life (412-648-1200, 8:30 a.m. – 5 p.m., Monday through Friday; 24/7 on-call staff can be reached through Panther Central at 412-648-1100)

Such measures or accommodations, if appropriate, may include, but are not limited to:

- Issuing a No Contact Order through the University
- Assistance with obtaining [legal protective orders \(Protection From Abuse \(PFA\) or Protection from Sexual Violence and Intimidation \(PSVI\)\)](#) through the court
- Changes in University-related class or work schedules or job assignments
- Changes in University-owned housing
- Restricting a person's access to certain University facilities or activities pending resolution of a matter
- Assistance with connecting to the University's SafeRider program or other transportation services (temporary parking permits, etc.)
- Academic accommodations (retroactive withdraw, requests for deadline extensions, etc.)
- Assistance with contacting the appropriate police department
- Access to counseling and mental health services
- Access to and assistance with obtaining necessary medical services
- Assistance in contacting community resources such as Pittsburgh Action Against Rape or other support services
- Guidance and support with filing a report through the Office of Civil Rights and Title IX and/or through the criminal justice process

Upon receipt of a report of sexual harassment, dating violence, domestic violence, sexual assault, or stalking, whether the complainant (reporting party) decides to move forward with filing a formal

complaint, the Office of Civil Rights and Title IX shall offer to the complainant supportive measures and facilitate the implementation of such supportive measures to protect the safety and well-being of the complainant. If a formal complaint is filed under the University's Title IX Policy, supportive measures will also be made available as appropriate to any involved party. The University will maintain as confidential any supportive measures provided to the parties, to the extent that maintaining such confidentiality would not impair the University's ability to provide the supportive measures.

REPORTING OPTIONS

Several options are available for you to report sexual misconduct, including dating violence, domestic violence, sexual assault, and stalking.

- You may file a complaint with the Office of Civil Rights and Title IX. This office generally oversees reporting and resolution of sexual misconduct against members of the University community, including faculty, staff, and students. You may contact the Office of Civil Rights and Title IX at titleixcoordinator@pitt.edu or 412-648-7860. The Office of Civil Rights and Title IX can assist with reporting to law enforcement, if requested. Individuals also may decline to notify law enforcement.
- You may file a report through the Pitt Concern Connection compliance.pitt.edu/make-report.
- You may file a criminal complaint by contacting the proper law enforcement agency. Both Pitt Police and City Police can assist with obtaining Protection from Abuse orders.
 - PITT POLICE: (Pitt Police can assist with notifying City Police)
412-624-2121
Jerome Cochran Public Safety Building (in-person)
3412 Forbes Avenue
Pittsburgh, PA 15260
police@pitt.edu (this email is not monitored 24/7)
police.pitt.edu/submit-tip (online reporting form, can be anonymous)
[Rave Guardian app](#) (online reporting form, can be anonymous)
 - PITTSBURGH BUREAU OF POLICE
9-1-1
City police station locations and information can be found online at pittsburghpa.gov/police/police-report (in-person),
The Pittsburgh Police do not accept complaints online.
- Although the University encourages complainants to make formal reports as outlined above, you may file an anonymous complaint using the Pitt Concern Connection compliance.pitt.edu/make-report or on the University of Pittsburgh Police Department website at police.pitt.edu/submit-tip. Anonymous reports greatly limit the University's ability to respond to and investigate the report.

The University provides amnesty to students who report other Student Code of Conduct (Code) violations connected to sexual misconduct incidents. Amnesty ensures that victims of sexual misconduct will not be charged with Code violations regarding liquor and/or drug law violations that are disclosed as part of a sexual misconduct report. Victims do not need to proceed with any University process to receive amnesty.

UNIVERSITY POLICIES AND PROCEDURES

The University has two policies covering sexual misconduct, the University Sexual Misconduct Policy (CS 20) and the University Title IX Policy (CS 27). Both policies include procedures for informal resolution (available with some exceptions) and formal complaint procedures. The informal resolution process does not involve any findings of responsibility, nor the imposition of sanctions. The formal process involves charging a respondent with a violation of University policy, an investigation, in certain cases a live hearing, a determination of responsibility, and, if found responsible, the imposition of sanctions. The formal process under both policies also has appeal procedures available to all parties, when certain criteria are met. The University uses the preponderance of evidence standard for determining responsibility, which means it is more likely than not that University policy has been violated.

In general, all parties have the right to:

- A prompt, fair, and impartial process from the initial investigation to the final result (completed within the timeframes laid out by University policy in a manner that is transparent, provides timely notice of meetings and equal access to information to both the complainant and the respondent, and conducted by officials without a conflict of interest or bias for either party that receive annual training on how to conduct an investigation and hearing process that protects the safety of victims and promotes accountability).
- Have others present during any institutional disciplinary proceeding, including the opportunity to be accompanied to any related meeting or proceeding by an advisor of their choice.
- Notification, in writing, of the result of any institutional disciplinary proceeding from their report of dating violence, domestic violence, sexual assault, or stalking.
- The institution's procedures to appeal the results, if certain criteria are met.
- Be notified of any change to the results.
- Be notified when the result become final.

The University's full policies and procedures regarding reports of sexual harassment, dating violence, domestic violence, sexual assault, and stalking can be found at the following links:

Sexual Misconduct Policy (CS 20)

www.policy.pitt.edu/cs-20-sexual-misconduct-formerly-06-05-01

Title IX Policy (CS 27)

www.policy.pitt.edu/cs-27-title-ix-policy

RESOURCE CONTACT INFORMATION

If you are not sure where to start, [PA 211](#) is a great place to search for and get connected to many different resources in southwest Pennsylvania. You can search for services online or dial 2-1-1.

Below are different on-campus and community resources that are available to you, along with their website and contact information, where available. While this is not an exhaustive list, it is a good place to start.

Type of Resource	On-Campus	Off-Campus
Counseling and Mental Health Services	<p>University Counseling Center, 412-648-7930, available 24/7 via phone (Students) Nordenberg Hall – Wellness Center 119 University Place (see website for in-person hours)</p> <p>Life Solutions, 1-866-647-3432, available 24/7 (Employees)</p>	<p>Togetherall (Students) Available 24/7; Free and anonymous peer-to-peer online support community</p> <p>Resolve Crisis Services, 1-888-796-8226, available 24/7 333 North Braddock Avenue Pittsburgh, PA 15208</p> <p>Suicide & Crisis Lifeline, Dial 988</p>
Health Services	<p>Student Health Services, 412-383-1800 (Students) Nordenberg Hall – Wellness Center 119 University Place (see website for in-person hours)</p> <p>UPMC MyHealth@Work, 412-647-4949 (Employees with UPMC insurance) Medical Arts Building, Suite 505 (appointment required) Mon-Fri 7 AM – 3:30 PM</p>	<p>UPMC Hospitals, 412-647-8762/800-533-8762</p> <p>Allegheny Health Network Hospitals, 412-362-8677</p>
Victim Advocacy	No specific office on campus	<p>Pittsburgh Action Against Rape (PAAR), 1-866-363-7273/412-431-5665, available 24/7 81 South 19th Street Pittsburgh, PA 15203 PAAR provides confidential walk-in hours at Pitt each month. Hours and locations are posted online.</p> <p>Women’s Center and Shelter of Greater Pittsburgh, 412-687-8005, available 24/7 Text Support Mon-Fri, 9 AM – 5 PM, 412-744-8445</p> <p>Center for Victims 1-866-644-2882, 24-hour crisis hotline 412-482-3240 Pittsburgh Office: 3433 East Carson Street Pittsburgh, PA 15203</p>

<p>Legal Assistance</p>	<p>Student Legal Services (Students) To schedule appt by phone: 412-648-7970 sgb@pitt.edu</p> <p>Life Solutions, 1-866-647-3432, available 24/7 (Employees)</p>	<p>Neighborhood Legal Services 1-866-761-6572/412-255-6700 928 Penn Avenue Pittsburgh, A 15222</p> <p>Online resources and information for victims: ACBA Lawyer Referral Service</p> <p>ACLU</p> <p>https://www.palawhelp.org/issues/victims-of-crime</p> <p>https://palegalaid.net/find-legal-help</p>
<p>Visa and Immigration Assistance</p>	<p>Office of International Services, 412-624-7120 (Students) 708 William Pitt Union Mon-Fri, 8:30 AM – 5 PM ois@pitt.edu</p> <p>Human Resources, 412-624-7000 (Employees) 100 Craig Hall Mon-Fri, 8:30 AM – 5 PM</p>	<p>Allegheny County Services for Immigrants and Internationals, The Human Services Building, First Floor One Smithfield Street Pittsburgh, PA 15222-2221</p> <p>Walk-ins are welcome Monday through Friday, 8:30 am to 4:00 pm Phone 1-800-862-6783 Monday through Friday, 8:00 am to 5:00 pm. Text "Action" to 412-324-3388 Email Director's Action Line</p>
<p>Student Financial Aid</p>	<p>Office of Admissions and Financial Aid, 412-624-7488 (Option 2) Financial Wellness Center 139 University Place, Thackeray Hall By Phone: Mon-Fri, 8:30 AM – 4:45 PM In-person: Mon-Fri, 8:30 AM – 5 PM* *Closed daily for lunch from 12:30 PM – 1:30 PM finaid@pitt.edu</p>	<p>Department of Education (Federal)</p> <p>Pennsylvania Department of Education</p>