



Military Service Academy Toolkit:

*Supporting Cadet and
Midshipman Survivors of
Sexual Assault through
Safe Helpline*



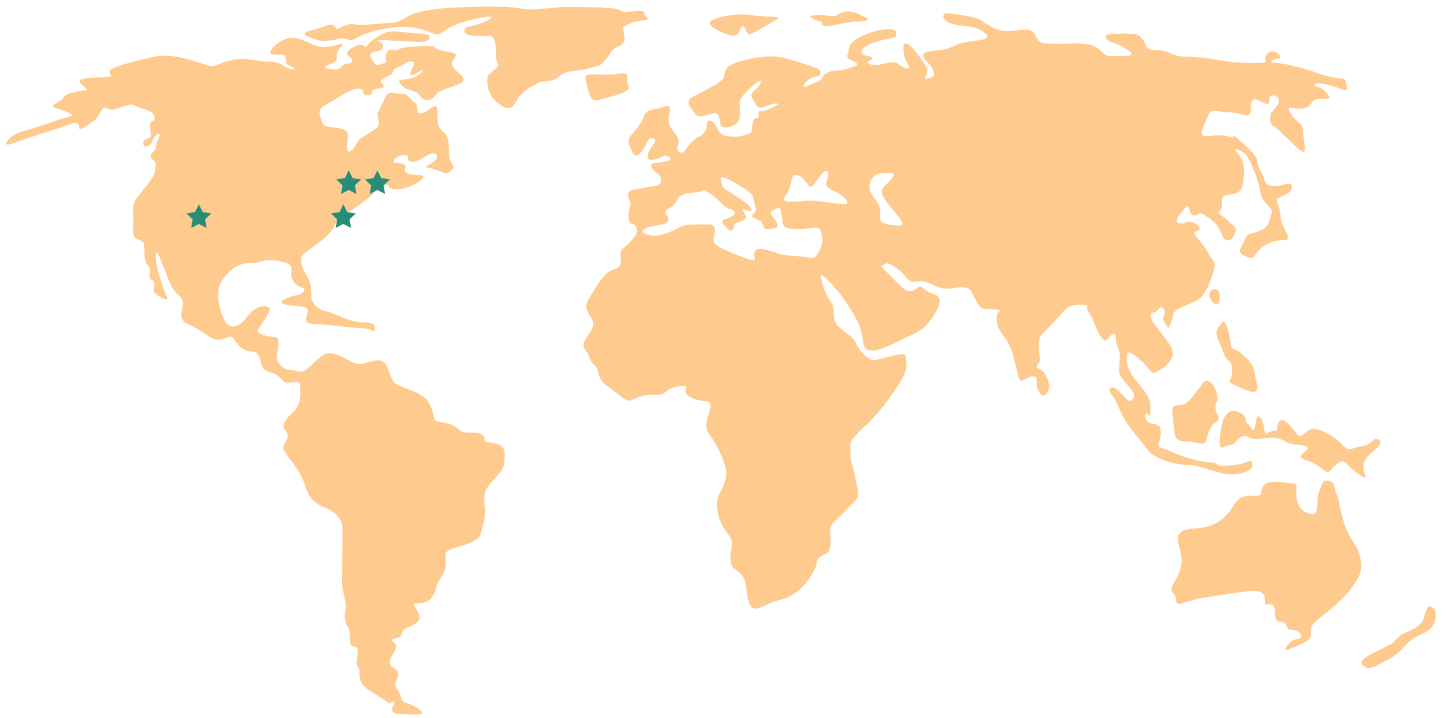
DoD
Safe Helpline
.....
Sexual Assault Support for the DoD Community



Table of Contents

Introduction	3
About Safe Helpline	4
Safe Helpline Services	5
Orientation Slides	6
Training Opportunities	7
Local Safe HelpRoom	9
Safe Helpline App	10
Print Materials	11
Social Media	12
Summary of Resources	13
Thank You	14

Introduction



Safe Helpline is dedicated to supporting the sexual assault prevention and response efforts of the Military Service Academies (MSAs). To help with your efforts, Safe Helpline has created a toolkit specially designed for use at the Military Service Academies. This easy-to-use toolkit will help you to share valuable information about Safe Helpline with your community.

This toolkit includes:

- About Safe Helpline
- Safe Helpline Services
- Orientation Slides
- Training Opportunities
- Local Safe HelpRoom
- Safe Helpline App
- Print Materials
- Social Media

About Safe Helpline

Safe Helpline is operated by RAINN (Rape, Abuse & Incest National Network), the nation's largest anti-sexual violence organization, through a contract with the Department of Defense (DoD) Sexual Assault Prevention and Response Office (SAPRO). Safe Helpline provides anonymous, live, one-on-one specialized support, information, and resources to help empower sexual assault survivors in the DoD community as they take the next steps in their healing process.

Safe Helpline is made up of approximately 60 professionals from a variety of backgrounds who all share a passion to help people. They receive highly specialized training on topics including the neurobiology of trauma, working with survivors in the military, and the unique needs of male survivors. Safe Helpline staff provide crisis-intervention, support, and access to resources to the DoD community worldwide, 24/7—ensuring access to help, anytime, anywhere.

All Safe Helpline services are completely anonymous, confidential, and secure. Staff will never ask for personally identifying information, such as MSA or class year, during a chat or call. Additionally, per [Military Rules of Evidence \(MRE\) 514- Victim-Victim Advocate Privilege](#), communications between a victim and Safe Helpline staff for the purpose of receiving advice, support, or assistance is privileged information in case arising under the Uniform Code of Military Justice.



Safe Helpline Services

Safe Helpline has a number of anonymous services to help support sexual assault survivors in your community.



Telephone Helpline

Speak directly with a Safe Helpline staff member over the phone, 24/7, for confidential support, information, and resources by calling 877-995-5247.



Online Helpline

Access one-on-one, anonymous, and secure support from a Safe Helpline staff member through Safe Helpline's online chat portal at www.safehelpline.org/online.



Safe HelpRoom

Connect with and support other survivors of sexual assault through Safe Helpline's anonymous group chat service, in a moderated, secure online environment 24/7 at <http://www.safehelproom.org/>. Sessions just for men are also available every Sunday from 1300-1500 ET.



Self-Paced Educational Programs

Learn more about issues related to sexual assault, the services Safe Helpline offers, and how to support a friend or loved one with Safe Helpline's guided educational programs. All programs can be completed anonymously, and approved courses are available for D-SAACP credit. www.safehelpline.org/education



Responders Near Me

Find information about military and civilian responders and resources near you with the Safe Helpline Responder Database, anytime, anywhere through the [website](#), via text, and on the Safe Helpline app using your zip code or installation name.



Safe Helpline App

Create a personalized self-care plan and access self-care exercises as well as the other Safe Helpline services with an easy-to-use mobile app. Download the app for free on the [App Store](#) and [Google Play](#).

Orientation Slides

Safe Helpline has created a short slide deck to concisely convey information about Safe Helpline services to cadets and midshipmen at the Military Service Academies during orientation. Safe Helpline knows that orientation is a busy time and we hope that these slides will make it easier to integrate into your existing sexual assault/harassment training.

The slides include:

- An overview of Safe Helpline
- Steps we take to protect anonymity and confidentiality
- Information about staff training
- Safe Helpline statistics
- Information about how cadets and midshipmen can access Safe Helpline
- Talking points to further explain the content on each slide



To download the Safe Helpline Military Service Academy Slides to include in your next orientation, visit the Safe Helpline store at [Shop.SafeHelpline.org](https://shop.safehelpline.org).

Training Opportunities

Safe Helpline Presentations and Webinars

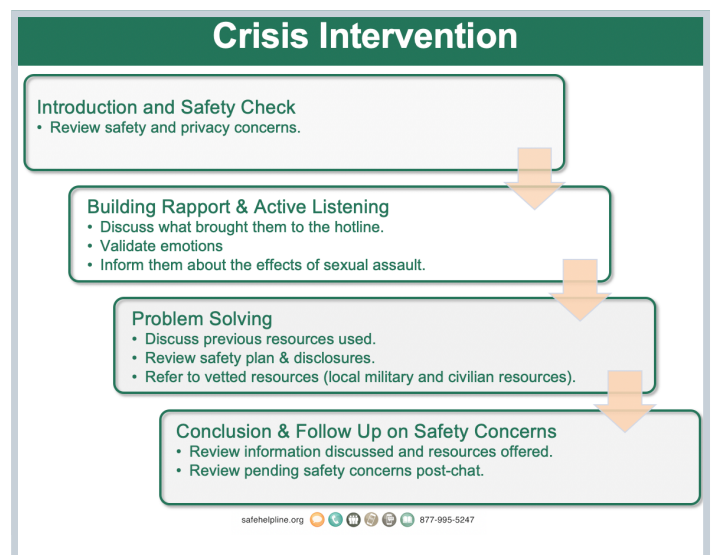
The Safe Helpline team provides presentations and webinars to bases, installations and the MSAs to raise awareness of Safe Helpline services and discuss ways Sexual Assault Prevention and Response (SAPR) and Sexual Harassment/Assault Response and Prevention (SHARP) teams, commands, civilian sexual assault service providers, and others can leverage Safe Helpline when working with survivors of sexual assault.

The Safe Helpline presentations and webinars are completely voluntary but are a great opportunity for Military Service Academy staff and cadets/midshipmen to learn more about how Safe Helpline can support their community.

The Safe Helpline 101 briefing covers:

- Ways Safe Helpline staff support survivors, friends and family members of survivors and responders
- How we ensure Safe Helpline services are anonymous and confidential and what that means for survivors utilizing our services
- Videos and demonstrations on tools Safe Helpline has created to ensure survivors have a number of ways to access support
- How Safe Helpline services integrate and work with existing SAPR/SHARP services and other resources on campus
- New and upcoming services and initiatives

To request a Safe Helpline presentation or webinar for those on your campus, please email outreach@safehelpline.org.



Training Opportunities

Safe Helpline Self-Paced Educational Programs

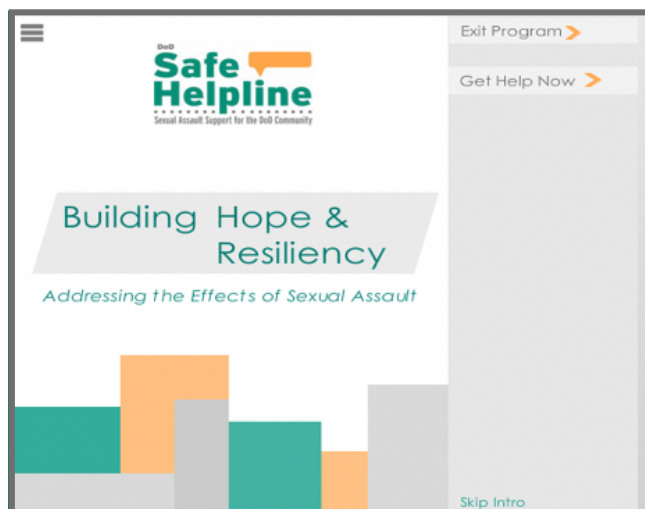
In addition to presentations and webinars, Safe Helpline offers five unique online programs, all roughly one hour in length, to help those looking for support or information related to sexual assault.

How to Support a Survivor

It may be useful for faculty and staff, as well as friends and family members of survivors, to complete Safe Helpline's *How to Support a Survivor* course. This program identifies helping behaviors that support survivors of sexual assault while also educating supporters about behaviors that can be harmful and how to avoid them.



Building Hope and Resiliency



Survivors on campus may find the *Building Hope and Resiliency: Addressing the Effects of Sexual Assault* program helpful in their healing process.

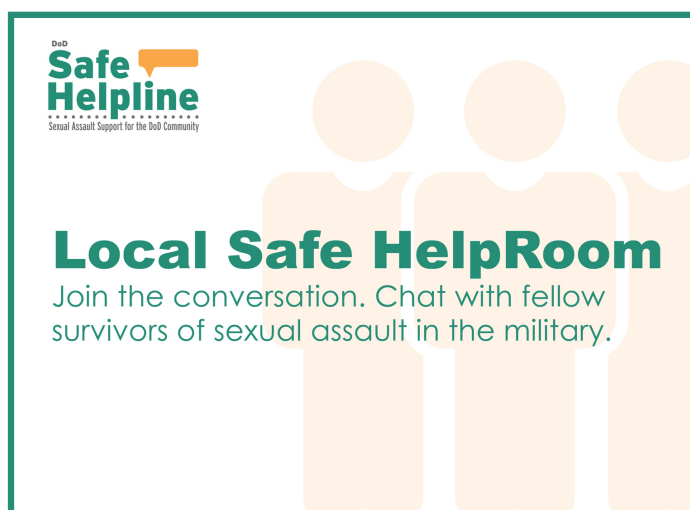
Recognizing the effect that trauma can have, this program is part of a comprehensive effort to enhance resiliency and improve readiness across the Total Force. Users will learn about sexual assault and its effects, assess their current coping skills, and find information about additional support and resources available. This program may be especially helpful for survivors that are not yet ready to talk to someone about what happened to them.

For more information on the self-paced programs, please visit safehelpline.org/learn.

Local Safe HelpRoom

Host a Local Safe HelpRoom Session on Campus

The Local Safe HelpRoom platform provides an online environment for survivors on campus to safely and anonymously receive online peer-to-peer support while removing common barriers to accessing in-person care, including time, cost, distance, and scheduling. Local Safe HelpRoom may be useful for survivors who may not be ready to reach out for in-person support or who may want to hear from other survivors on campus about how they are navigating their healing journey.



D-SAACP certified Sexual Assault Response Coordinators (SARCs) and Sexual Assault Prevention and Response Victim Advocates (SAPR VAs), or NACP certified Coast Guard SARCs and SAPR VAs, on campus can register to become a trained moderator on Safe Helpline's Local Safe HelpRoom platform and facilitate online peer-to-peer group chats for their communities.



Local Safe HelpRoom

Are you a SARC or SAPR VA looking to expand your outreach to support survivors of sexual assault on your base or installation? Anonymous group chats, such as hosting a Local Safe HelpRoom, have the potential to alleviate the stigma that survivors of sexual assault may experience when reaching out for in-person support.

Learn more about how you can host a live group chat for your community at www.safehelpline.org/localSHR



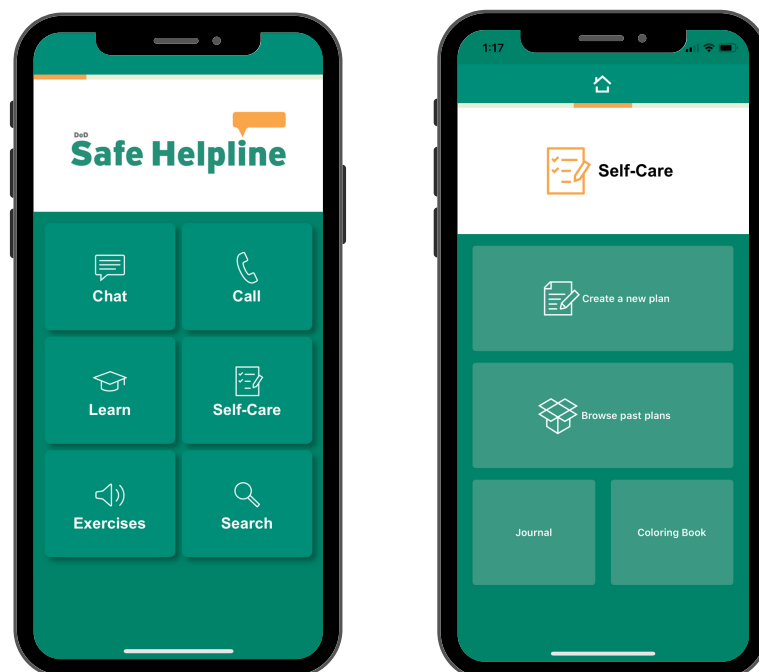
safehelpline.org
877-995-5247

Register to become a moderator today at lshr.safehelpline.org.

Safe Helpline App

The Safe Helpline app is a free mobile resource created to meet the unique needs of members of the DoD community affected by sexual assault. By downloading the app, survivors can access one-on-one crisis-intervention support through the Safe Helpline phone and online helplines 24/7. Additionally, survivors can search for resources that may help them address short- and long-term effects of sexual assault they may be experiencing. The App also provides practical tools to help survivors manage their self-care, including breathing and mindfulness exercises, and the ability to create a personalized self-care plan.

In Fiscal Year 2019, a higher proportion of young people ages 18-24 connected with Safe Helpline via the online chat than the Telephone Helpline. Online resources and mobile apps, such as the Safe Helpline app, are a great way to expand available resources to younger survivors and easily connect people to the support they deserve. For example, some MSAs have created their own mobile apps to reduce barriers to reporting and provide additional outlets for survivors of sexual assault to access support and resources (Annual Report on Sexual Harassment and Violence at the Military Service Academies: Academic Program Year 2018-2019, 17). In addition, when cadets and midshipmen travel outside the continental United States (OCONUS) for exchange programs, the Safe Helpline app can help them stay connected to the one-on-one helplines, peer-to-peer support through Safe HelpRoom, and access to self-care and relaxation exercises whenever they need it.



Download the Safe Helpline App on the [App Store](#) or [Google Play](#).

safehelpline.org      877-995-5247

DoD Sexual Assault Prevention and Response Office (SAPRO) | 4800 Mark Center Drive, Room 07G21 | Alexandria, VA 22311-8000 | 571-372-2657

Print Materials

The Safe Helpline Store provides free printed products to bases and installations worldwide.

Items include:

- Brochures
- Posters
- One-Pagers
- Keycards
- Coffee Sleeves
- And More!



You can hang posters around campus, hand out keycards during orientation, or stock Safe Helpline coffee sleeves at the on-campus coffee shop! For more ideas and to order free printed materials for your campus, visit [Shop.SafeHelpline.org](https://shop.safehelpline.org).

Social Media

Safe Helpline created content for Military Service Academies to post on their social media accounts. Sharing the posts and graphics below will raise awareness about Safe Helpline services available to cadets and midshipmen. The following content has been approved for use by DoD SAPRO. However, please ensure that you also receive any necessary approvals prior to posting the following materials.

- If you or someone you know has been affected by sexual assault, Safe Helpline is here. Cadets and Midshipmen can connect with a trained staff member 24/7 for crisis-intervention support, information, and access to resources. Call 877-995-5247 or visit SafeHelpline.org.
- #DoDSafeHelpline is an anonymous support service for sexual assault survivors in the military, including those at Military Service Academies. Safe Helpline is available 24/7 to provide the support and access to resources you deserve. Learn more at SafeHelpline.org.
- Need to talk? If you are a survivor of sexual assault, #DoDSafeHelpline is available 24/7/365 to provide you with the support you deserve. Access Safe Helpline's anonymous, confidential, and secure services by calling 877-995-5247 or online at SafeHelpline.org.



Summary of Resources

Safe Helpline's Summary of Resources provides an overview of the tools mentioned throughout the Military Service Academy Toolkit.

Safe Helpline Services

To learn more about Safe Helpline services including our Telephone and Online Helplines, please visit safehelpline.org.

Orientation Slides

To download the Safe Helpline Military Service Academy Orientation Slides, visit the Safe Helpline Store at Shop.SafeHelpline.org.

Training Opportunities

To request a Safe Helpline in-person or virtual presentation, please email outreach@safehelpline.org.

To explore Safe Helpline's Self-Paced Educational Programs, visit safehelpline.org/learn.

Local Safe HelpRoom

To learn more about Local Safe HelpRoom visit safehelpline.org/lshr.

If you are a D-SAACP certified SARC or SAPR VA, or NACP certified Coast Guard SARC or SAPR VA, and would like to register to be a Local Safe HelpRoom moderator, please visit lshr.safehelpline.org.

Safe Helpline App

To download the Safe Helpline app, visit the [App Store](https://apps.apple.com/us/app/safe-helpline/id1444444444) or [Google Play](https://play.google.com/store/apps/details?id=org.safehelpline).

Print Materials and Social Media

To order or download Safe Helpline materials, social media content, and outreach toolkits, please visit the Safe Helpline store at Shop.SafeHelpline.org.

Thank You

Thank you for including Safe Helpline as part of your Military Service Academy sexual harassment and assault prevention and response programming. Please remember to tag RAINN and use #DoDSafeHelpline on social media all year long!

Safe Helpline representatives are available to join your presentations, calls, or webinars throughout the year. If you would like Safe Helpline to participate in an event you are hosting, please email outreach@safehelpline.org with details.

In addition, if you are interested in ways to incorporate Safe Helpline into your work throughout the year, want to leave feedback, or would like to share photos with Safe Helpline, please contact outreach@safehelpline.org.