

Allegany College of Maryland
STUDENT & LEGAL AFFAIRS – Title IX

**INFORMATION: RISK REDUCTION
SEXUAL HARASSMENT & SEX DISCRIMINATION POLICY**

See www.allegany.edu/titleIX for detailed policy, procedures, and information.

Reducing your risk of experiencing *or perpetrating* sexual harassment and relationship violence

- Exercise caution at all times and follow personal safety practices; ACM's Campus Safety/Special Police publishes a personal safety information online at <https://allegany.edu/campus-safety-special-police/index.html>
- Report any problems or concerns you have right away!

From No More – Together We Can End Domestic Violence & Sexual Assault: <http://nomore.org/>

To learn how to help someone in an abusive relationship or to get help for yourself, call [The National Domestic Violence Hotline](http://www.thehotline.org) at 1-800-799-SAFE (7233) or visit domesticshelters.org, the largest searchable directory of domestic violence service providers in the United States. Visit [the Safe Havens Mapping Project](http://www.safehavensmapping.org) to find a shelter that allows you to bring pets. For teens and youth, call 1-866-331-9474 or text "loveis" to 22522 or live chat at www.loveisrespect.org.

For more information on rape and sexual violence services, contact [RAINN](http://www.rainn.org)—the Rape Abuse Incest National Network at 1-800-656-4673 (HOPE) or by secure, online private chat [HERE](http://www.rainn.org). Men who may have had unwanted or abusive sexual experience in childhood, family members, friends and partners of men who may have had those experiences can also use the [lin6 Online SupportLine](http://www.lin6.org) – a free, confidential, and secure service – to get help.

Additional domestic violence resources to help you determine if your friend or family member is in danger and help you offer your support:

- [How Can I Help A Friend or Family Member Who Is Being Abused?](#) by The National Domestic Violence Hotline
- [Tips for Supporting a Survivor of Sexual Assault](#) by [Know Your IX](#)
- [Please see Men Can Stop Rape's Resources for Male Survivors of DV & SA](#)
- [Resources for Family & Friends of Male Survivors of Childhood Sexual Abuse](#) by [lin6](#)
- [Men Can Be Victims of Abuse, Too](#) by The National Domestic Violence Hotline

From Family Crisis Resource Center (ACM counseling partner)
<http://www.familycrisisresourcecenter.org/>

From Men Can Stop Rape – Creating Cultures Free from Violence
<http://www.mencanstoprape.org/>

From One Love
<https://www.joinonelove.org/signs-unhealthy-relationship/>
<https://www.joinonelove.org/relationships-101/>

From Joyful Heart Foundation
<http://www.joyfulheartfoundation.org/learn/domestic-violence/about-issue?gclid=CK3RqpzC9sUCFYUHWod76gAtQ>
<http://www.joyfulheartfoundation.org/learn/domestic-violence/about-issue/know-signs>
<https://www.joyfulheartfoundation.org/programs/education>

From RAINN: Rape, Abuse, and Incest National Network
<https://www.rainn.org/get-information/sexual-assault-prevention>
<https://www.rainn.org/get-information/sexual-assault-prevention/safety-plan>
<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-your-friends>
<https://www.rainn.org/get-information/computer-safety>
<https://www.rainn.org/get-information/sexual-assault-prevention/avoiding-pressure>
<https://rainn.org/get-information/sexual-assault-prevention/alcohol-safety>
<https://rainn.org/get-information/sexual-assault-prevention/what-is-consent>
<https://www.rainn.org/get-information/sexual-assault-prevention/bystanders-can-help>
<https://www.rainn.org/articles/staying-safe-campus>

From The National Domestic Violence Hotline
<http://www.thehotline.org/>
<http://www.thehotline.org/is-this-abuse/abuse-defined/>