



# **Fraternity and Sorority Life Advisor Education Series: Violence Prevention and Advocacy Services**



# What's VPAS?

## Prevention

- Bystander intervention
- Supporting others
- Healthy relationships
- Consent
- Creating safer communities

## Confidential Support

- Free support and services for students, faculty, and staff impacted by sexual violence, interpersonal violence, stalking, and harassment
- On or off campus experiences



# Considerations for Today's Training

- This is a learning space – it's okay to not know!
- Recognize there's a range of experiences and knowledge in the space
- This is not a space intended for direct disclosures
- Take care of yourself

# Spectrum of Interpersonal Violence



- Sexual or gender-based harassment
- Sexual assault and violence
- Sexual exploitation
- Interpersonal violence (domestic, dating, relationship)
- Stalking
- On or off campus
- Experiences before, during, or after Carolina
- Strangers, acquaintances, family, current or former relationships
- Direct and indirect impact

# Resources

## *Confidential*

- Campus Health
- Counseling and Psychological Services (CAPS)
- Gender Violence Services Coordinators (GVSC)
- Employee Assistance Program
- University Ombuds



## *Private*

- Equal Opportunity and Compliance (EOC)
- UNC Police (UNCPD)
- *Responsible Employees*
- *Clery Security Authorities*

Confidential – only share information if legal exception or release of information

Private – “need to know”

# VPAS Confidential Support – GVSCs



- Gender Violence Services Coordinators
  - Emotional support
  - Help in understanding reporting options (*University, law enforcement, court*)
  - Accompaniment (*University, law enforcement, court*)
  - Referrals to campus and community resources
  - Safety planning (*On campus, off campus, digital/online*)
  - Academic, on-campus housing, and workplace support
  - **Consultation (We're here for you!)**



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[vpas.unc.edu/  
confidentialsupport](https://vpas.unc.edu/confidentialsupport)

# Importance of Supporting Others

- 2019 Campus Climate Survey (6000 students)
- Research shows that when people experience an **affirming and supportive** response to their disclosure, they are more likely to continue seeking help and other support.

Was a resource or program contacted or was someone told?

**17.5%**  
contacted a resource or program



**82.5%**  
told at least one other person –  
**78.3%** of which told a friend



# Top 5 Ways to Support



1. Validate their experience and feelings as they describe them.

2. Check in around comfort and safety concerns.

3. Offer resources and support.

4. Respect decisions and timelines.

5. Create a plan for self-care and follow up.



# Supportive Things to Say



- Thank you so much for sharing with me. I really appreciate you that you trust me with this.
- I'm sorry that happened. It makes sense you're feeling angry/sad/scared/overwhelmed/etc.
- I know about some resources that offer support for experiences like you described. Do you want more information about them?
- Is there anything I can do to support you right now?
- I'm here for you. Let me know if you want to talk about this again or if it's helpful for me to check in with you.

*Avoid questions or seeking specific details – you don't need much info to be supportive. We're not investigators.*

# Fostering a Supportive Community



- Consider the specific support you can offer from your scope
- Encourage a practice of consent when disclosing and sharing experiences with each other
- Respect privacy – limit engaging in or encouraging public discussion about others and their experiences
- Be mindful that people’s needs, responses, and decisions will vary and change
- Recognize impact can ripple into our communities – individual and group needs/impact may differ.
- Make resources visible and accessible
- Encourage students to connect with University resources – they don’t have to navigate these experiences and situations alone!

# Boundaries and Self-Care



- You are not expected to be the sole source of support for a student.
- How you can show up and support may look different depending on the relationship you have with a student, your capacity, your experiences, and the situation.
- Reflect on your own boundaries and self-care practices before you need them. It is your responsibility to communicate those boundaries to others.
- Recognize it is not your role to fix or resolve a situation or someone's experience.
- Connect with resources for yourself! **GVSC, EOC, FSL, HQ**



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Awareness Months

Be That Friend

Awareness Months

Be That Friend

Empower UNC: Responding to Disclosures of GBV

One Act

Raise the Bar

Business Month (RVAM) at UNC ▾

# RESPONDING TO DISCLOSURES

## OF GBV

[vpas.unc.edu/prevention/empowerunc](https://vpas.unc.edu/prevention/empowerunc)

Want to register? Email [violenceprevention@unc.edu](mailto:violenceprevention@unc.edu)

# Safe at UNC

- **safe.unc.edu**
  - Support
  - Reporting options
  - Campus and community resources
- **violenceprevention@unc.edu**





Thank you for being here, and for contributing to a safer and supportive Carolina community.



STUDENT AFFAIRS

Violence Prevention and Advocacy Services