



Military Service Academy Toolkit:

Supporting Cadet and Midshipman Survivors of Sexual Assault through Safe Helpline



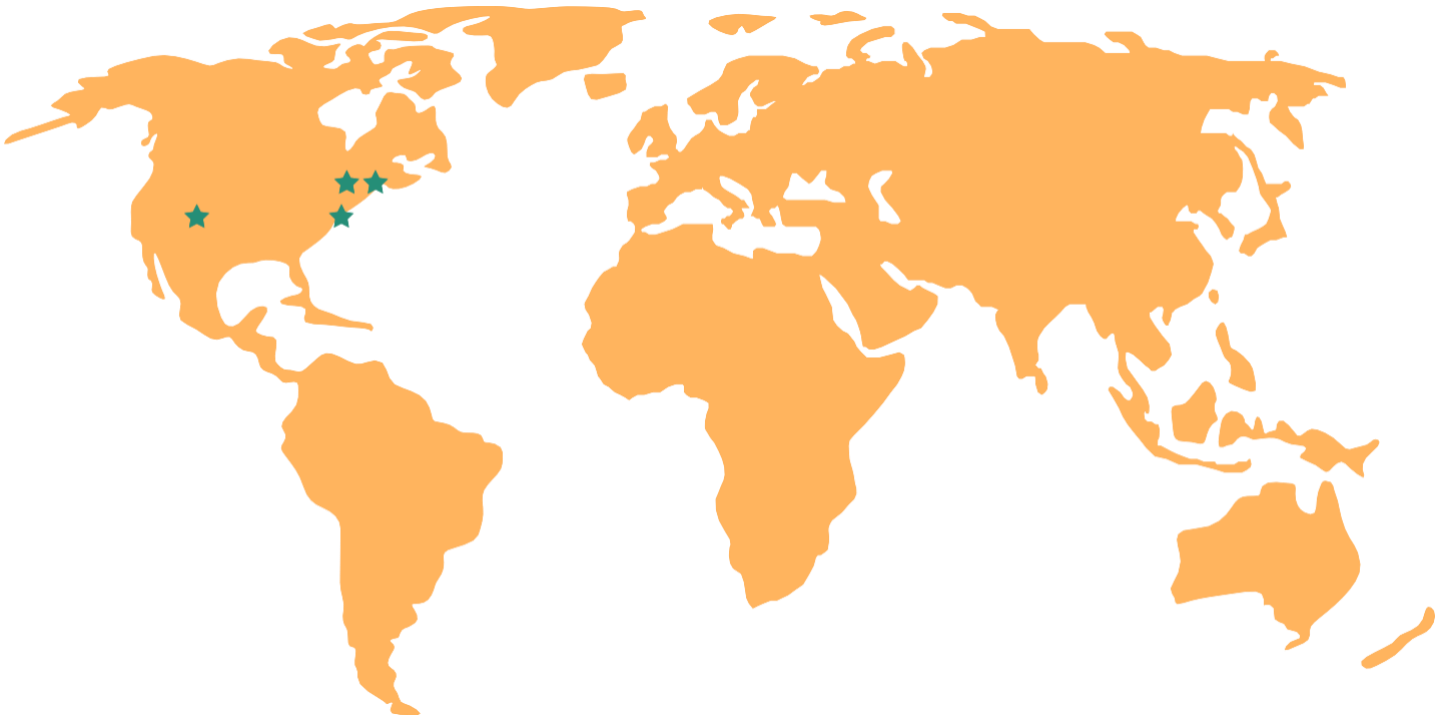
DoD
Safe Helpline
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Sexual Assault Support for the DoD Community



Table of Contents

Introduction	3
About Safe Helpline Safe	4
Helpline Services	5
Orientation Slides Training	6
Opportunities Local Safe	7
HelpRoom Safe Helpline App	10
Print Materials	11
Social Media	12
Safe Helpline 10 Year Report	13
Summary of Resources	13
Thank You	15

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

Launched in 2011, the Department of Defense (DoD) Safe Helpline is the Department's sole secure, confidential, and anonymous crisis support service specially designed for members of the DoD community affected by sexual assault. Safe Helpline is available 24/7, worldwide. The DoD Safe Helpline staff provides live, one-on-one support to survivors, their families, and other DoD stakeholders. It is operated by RAINN (Rape, Abuse & Incest National Network), a national anti-sexual violence organization, through a contract with the DoD Sexual Assault Prevention and Response Office (SAPRO).

Safe Helpline was created to meet the unique needs of survivors in the DoD, who may have challenges accessing support because of operational, geographic, and other constraints. The anonymous nature of Safe Helpline services ensures that Safe Helpline is a key source of support for Service members who might not otherwise reach out for help through military channels, and can be the first step in the reporting process. Safe Helpline is a reliable and trusted resource for members of the DoD community, including Sexual Assault Response Coordinators (SARCs) and SAPR Victim Advocates (VAs) wishing to connect survivors with additional resources, and is a safe and confidential space for friends, family members, co-workers, military leaders, and responders seeking information and tools to better support the survivors in their lives.

Safe Helpline serves:

- Adult Service members in the Active Duty, National Guard, and Reserve Component, as well as the Coast Guard, and their dependents 18 years of age and older.
- DoD civilian employees and their family dependents 18 years of age and older when they are stationed or performing duties outside of the United States.
- U.S. citizen DoD contractor personnel when they are authorized to accompany Armed Forces in a contingency operation OCONUS and their U.S. citizen employees.

Adult military dependent sexual assault victims who are assaulted by a spouse or intimate partner and military dependent sexual assault victims who are 17 years of age and younger are supported through the Family Advocacy Program (FAP). Due to the anonymity of the Safe Helpline hotline service, no questions to confirm eligibility are asked prior to providing support. Therefore, anyone contacting Safe Helpline will receive crisis intervention support by Safe Helpline staff. If, during the conversation, an individual indicates that they are not affiliated with the DoD, and not eligible for Safe Helpline services, hotline staff can provide appropriate civilian or military resources, such as the National Sexual Assault Hotline.

Safe Helpline also operates as the DoD's Prison Rape Elimination Act (PREA) Hotline for all Military Correctional Facilities.

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, available for topic-specific sessions, in a moderated, secure online environment 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 include it in 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
- 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 work with existing SAPR/SHARP services and other resources on campus
- New and upcoming services and initiatives

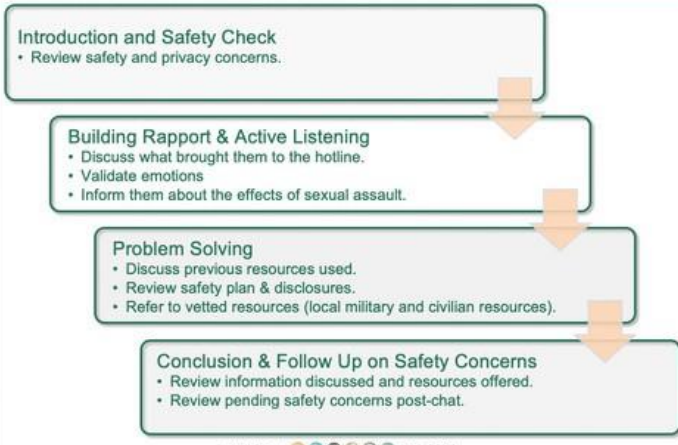
To request a Safe Helpline presentation or webinar for those on your campus, please email outreach@safeline.org.

Ways to Access Safe Helpline


- Telephone Helpline
- Online Helpline
- Safe HelpRoom
- Local Safe HelpRoom
- Safe Helpline App
- Responder Database (via text, website, app)
- Self-Paced Educational Programs
- Military Feedback Form

safeline.org  877-995-5247

Crisis Intervention



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graph TD; A["Introduction and Safety Check  
• Review safety and privacy concerns."] --> B["Building Rapport & Active Listening  
• Discuss what brought them to the hotline.  
• Validate emotions  
• Inform them about the effects of sexual assault."]; B --> C["Problem Solving  
• Discuss previous resources used.  
• Review safety plan & disclosures.  
• Refer to vetted resources (local military and civilian resources)."]; C --> D["Conclusion & Follow Up on Safety Concerns  
• Review information discussed and resources offered.  
• Review pending safety concerns post-chat."];
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safeline.org  877-995-5247

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.



Resiliency and Connection through Self-Care



Survivors on campus may find the *Resiliency: and Connection through Self-Care* program helpful in their healing process.

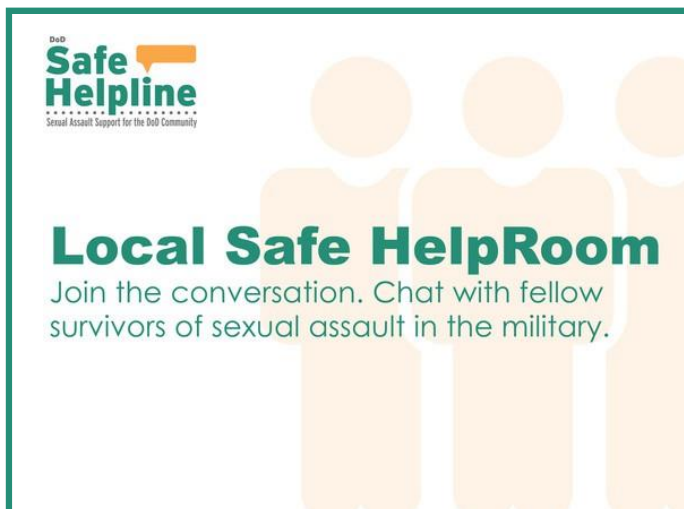
Recognizing the effect that trauma can have, this program explores how military survivors of sexual assault can manage the effects of trauma using self-care strategies. This module will explore healthy coping strategies for self-care. As a part of this module, survivors will be able to develop a self-care plan.

For more information on the self-paced programs, please visit SafeHelpline.org/education.

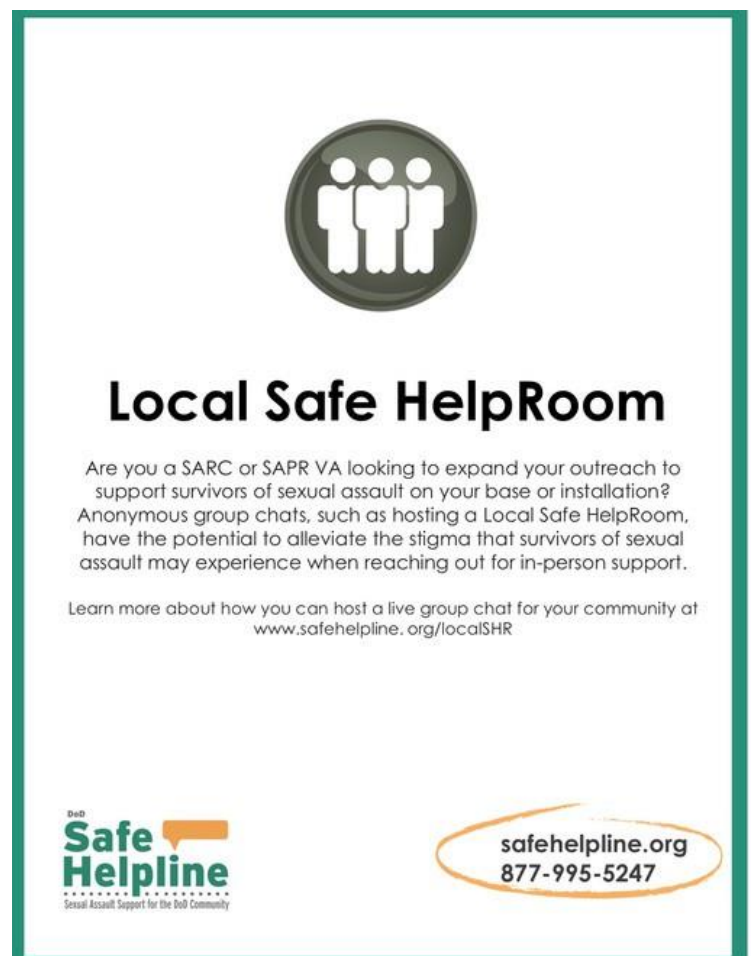
Local Safe HelpRoom

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.

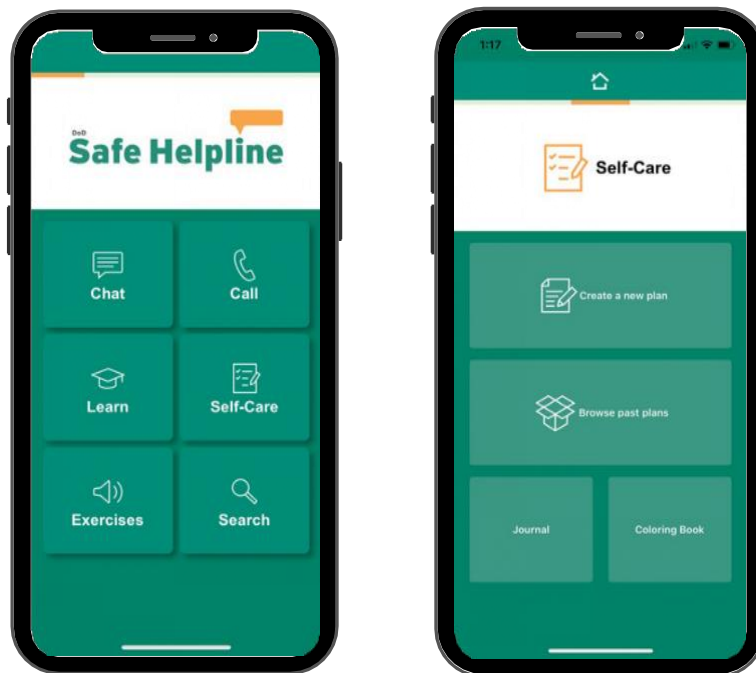


Register to become a moderator today at lshr.safehelpline.org.

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 2021, 75% of visitors who accessed Safe Helpline’s helpline services connected with the Online Helpline. Online resources and mobile apps, such as the Safe Helpline app, are a great way to expand available resources to survivors who are not yet ready to connect with in-person military resources or to those that prefer to do their own research before taking the next step. The DoD Safe Helpline app can easily connect survivors to the support they deserve. In Academic Program Year 21-22, 14% of cadets and midshipmen who experienced unwanted sexual contact (USC) made a sexual assault report for an incident that occurred during military service (Annual Report on Sexual Harassment and Violence at the Military Service Academies: Academic Program Year 2021-2022, 6). Cadets and midshipmen who made a sexual assault report were frequently referred to DoD Safe Helpline (Annual Report on Sexual Harassment and Violence at the Military Service Academies: Academic Program Year 2021-2022, Appendix E), but those who do not report may also benefit from the anonymous and confidential resources offered by Safe Helpline. Safe Helpline staff members can also provide high level information about reporting and connect survivors directly to their SARC if they are interested in reporting.



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

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](https://www.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](https://www.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](https://www.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/Education.

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://AppStore) or [Google Play](https://GooglePlay).

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.

Safe Helpline Reports

To learn more about Safe Helpline service usage, please see the [SAPRO Annual Report](https://SAPROAnnualReport). Safe Helpline information can be found in the appendix titled "Safe Helpline Data". You can also find more information about Safe Helpline, including the Safe Helpline 10 Year Report, at www.sapr.mil/dod-safe-helpline.

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@safeline.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@safeline.org.