

External Title IX Resources

Below is a non-exhaustive list of external Title IX resources. These resources are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by PGCC of any of the products, services or opinions of the corporation or organization or individual. PGCC bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content. The resources include:

1. Guidance for the Preservation of Evidence
2. Local Sexual Misconduct Supports
3. Anti-Bullying and Anti-Cyberbullying Resources
4. Anti-Sexual Misconduct Resources
5. Anti-Stalking Resources
6. Dating and Domestic Violence Resources
7. LGBTQI+ Resources

Guidance for the Preservation of Evidence

Individuals involved in a Title IX matter may consider the following for the preservation of evidence.

Sexual Assault

- Seek forensic medical assistance at the nearest hospital, ideally within 120 hours of the incident (sooner is better). Persons who experience sexual assault can access a Sexual Assault Forensic Evidence (SAFE) Exam through the University of Maryland, Capital Region Health Center's Domestic Violence and Sexual Assault Center. More information can be found by contacting their Helpline at 240-677-2337 or find a local SAFE Exam here: chrome-extension://efaidnbmnnnibpcajpcgclefindmkaj/https://mcasa.org/assets/files/Maryland_SAFE_Programs_List_2024.pdf.
- Avoid urinating, showering, bathing, washing hands or face, or douching, if possible, but evidence may still be collected even if you do.
- If oral sexual contact took place, refrain from smoking, eating, drinking, or brushing teeth.
- If clothes are changed, place soiled clothes in a paper bag (plastic destroys evidence) or a secure evidence container (if provided one by law enforcement).
- Seeking medical treatment can be essential, even if it is not for the purposes of collecting forensic evidence.

Stalking/Dating Violence/Domestic Violence/Sex-Based Harassment

- Evidence in the form of text and voice messages will be lost in most cases if the Complainant changes their phone number. Make a secondary recording of any voice messages and/or save the audio files to a cloud server. Take screenshots and/or a video recording of any text messages or other electronic messages (e.g., Instagram, Snapchat, Facebook).
- Save copies of email and social media correspondence, including notifications related to account access alerts.
- Take timestamped photographs of any physical evidence, including notes, gifts, etc., in place when possible.
- Save copies of any messages, including those showing any request for no further contact.
- Obtain copies of call logs showing the specific phone number being used rather than a saved contact name if possible.

Local Sexual Misconduct Supports

Parties may speak with individuals unaffiliated with the College for support related to sexual misconduct. Below is a non-exclusive list of community resources:

- **National Sexual Assault Hotline** (www.RAINN.org/ 800-656-4675) – Available 24/7, Routes to your local RAINN sexual assault affiliate. Provides confidential short-term support from a trained staff member, referrals for long term supports in your area, information about laws in your community, support finding a local health facility that is trained to care for survivors of sexual assault.
- **House of Ruth Maryland** (<https://hruth.org/get-help>/410-889-RUTH) – Provides a 24/7 confidential lifeline to victims in need. Counselors are trained in crisis intervention, safety planning, counseling and legal referrals, and proactive advocacy to victims, as well as their families, friends, and the community in general.
- **The National Domestic Violence Hotline** (<https://www.thehotline.org/>1-800-799-7233) – Provides crisis intervention, information, and referrals to victims of domestic violence, perpetrators, friends, and families through phone or chat.
- **Joint Base Andrews Family Advocacy Program** (240-857-9680), 1191 Menoher Drive, Joint Base Andrews, MD 20762. Hours of Operation: Monday-Friday 7:30AM-4:30PM. Services include counseling and preventative services for active military families in crisis due to domestic violence and child abuse. Population Served: Active military and dependent spouses.
- **University of Maryland, Capital Region Health Center's Domestic Violence and Sexual Assault Center** (240-677-2337) – Provides Sexual Assault Forensic Evidence (SAFE) Exams. Locate your [local SAFE Exam Center](#) here:
chromeextension://efaidnbmnnnibpcajpcgclefindmkaj/https://mcasa.org/assets/files/Maryland_SAFE_Programs_List_2024.pdf.



ANTI-BULLYING and ANTI-CYBERBULLYING RESOURCES

- **ConnectSafely.com** (<https://www.connectsafely.org/>) – Provides research-based safety tips, parents' guidebooks, advice, news and commentary on all aspects of tech use and policy. They offer in-depth guides and “quick-guides” for parents, educators, youth and policymakers along with resources for seniors and other adults.
- **Cyber Civil Rights Initiative** (<https://www.cybercivilrights.org/> or 1-844-878-2274) - Provides counseling and technical advice to victims of nonconsensual pornography (“revenge porn”) through a 24-hour Crisis Helpline.
- **National Suicide Prevention Lifeline** (<https://suicidepreventionlifeline.org/> or 1-800-273-8255) – Resource provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States through phone and online chat. The Lifeline is comprised of a national network of over 180 local crisis centers, combining custom local care and resources with national standards and best practices.
- **StopBullying.gov** (<https://www.stopbullying.gov/>) – Provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how to prevent and respond to bullying.



ANTI-SEXUAL MISCONDUCT RESOURCES

- **The Child and Adolescent Protection Center at Children's National Medical Center** (childrensnational.org/departments/child-and-adolescent-protection/ 202-476-4100) - Provides highly trained specialists in child physical and sexual abuse see patients for comprehensive exams, forensic exams, and counseling/social work services.
- **National Sexual Assault Hotline** (RAINN.org/ 800-656-4675) - Routes to your local RAINN sexual assault affiliate. Provide confidential short-term support from a trained staff member, referrals for long term supports in your area, information about laws in your community, support finding a local health facility that is trained to care for survivors of sexual assault.
- **The Network for Victim Recovery** (www.nvrdc.org/ 1-844-443-5732) – Resource create equitable healing and dignified experiences for survivors of crime by providing free, trauma-informed advocacy, therapeutic, and legal services in conjunction with strategic litigation, policy advocacy, and education to transform existing responses to harm.
- **That's Not Cool** (<https://thatsnotcool.com/stop-verbal-abuse-online-get-help/> 866-331-9474) - An award-winning national public education initiative that partners with young people to help raise awareness and bring educational and organizing tools to communities to address dating violence, unhealthy relationships, and digital abuse.
- **The Women's Center** (<https://thewomenscenter.org/> 202-293-4580) – Located in D.C. and Northern Virginia, this resource provides education, individual counseling, domestic violence and sexual assault counseling, group counseling, support groups and community education; offer bilingual services; children are served on a case-by-case basis.



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ANTI-STALKING RESOURCES

- **The Center for Family Safety and Healing** (<http://familysafetyandhealing.org/get-help-now>) – Offers resources that identify common stalking behaviors, the effects of those behaviors, and tips for creating a safety plan.
- **National Center for Victims of Crime** (<https://victimsofcrime.org/about/>) – Provides direct services such as attorney referrals, confidential helplines, and trainings including resources on identifying common stalking behaviors, how to get help, and how to help others experiencing stalking.
- **The Stalking Prevention, Awareness, and Resource Center (SPARC)** (<https://www.stalkingawareness.org/>) – Offers a list of stalking safety strategies, a stalking incident and behavior log, and other resources for individuals experiencing stalking.



DATING AND DOMESTIC VIOLENCE RESOURCES

- **Break the Cycle** ([https://www.breakthecycle.org/text “loveis” to 22522](https://www.breakthecycle.org/text+loveis+to+22522)) – Provides education, legal services, and policy advocacy for those involved in dating relationships.
- **House of Ruth Maryland** (<https://hruth.org/get-help/410-889-RUTH>) – Provides a 24/7 hotline is a confidential lifeline to victims in need. Counselors are trained in crisis intervention, safety planning, counseling and legal referrals, and proactive advocacy to victims, as well as their families, friends, and the community in general.
- **The National Centers for Victims of Crime** (<https://victimsofcrime.org/1-800-394-2255>) – Provides direct services such as attorney referrals, confidential helplines, and trainings.
- **The National Dating Abuse Helpline/ Love is Respect** (<https://www.loveisrespect.org/1-866-331-9474> or 1-866-331-8453) – A national 24-hour resource specifically designed for teens and adults. Through phone and online chat callers receive one-on-one support from peer advocates trained to provide support, information, and advocacy to those involved in dating relationships, as well as concerned friends, parents, teachers, clergy, law enforcement, and service providers.
- **The National Domestic Violence Hotline** (<https://www.thehotline.org/1-800-799-7233>) – Provides crisis intervention, information, and referrals to victims of domestic violence, perpetrators, friends, and families through phone or chat.
- **TurnAround** (<https://www.turnaroundinc.org/> or 443-279-0379) - Provides comprehensive services to survivors of domestic violence, sexual violence, and human trafficking in Baltimore City and Baltimore County, Maryland and runs a certified Abuser Intervention Program.



LGBTQ+ RESOURCES

- **FORGE** (<https://forge-forward.org/about/>)- FORGE reduces the impact of trauma on trans/non-binary survivors and communities by empowering service providers, advocating for systems reform, and connecting survivors to healing possibilities. FORGE strives to create a world where ALL voices, people and bodies are valued, respected, honored, and celebrated; where every individual feels safe, supported, respected, and empowered.
- **Gay, Lesbian & Straight Education Network (GLSEN): Student Action** (<https://www.glsen.org/student-and-gsa-resources>) – GLSEN is founded by teachers who advocate, research, and provide resources to students and schools to ensure that LGBTQ+ students are able to learn and grow in a school environment free from bullying and harassment.
- **It Gets Better Project** (<https://itgetsbetter.org/>) – The It Gets Better Project inspires people across the globe to share their stories and remind the next generation of LGBTQ+ youth that hope is out there, and it will get better.
- **LGBT National Help Center** (<https://lgbthotline.org/>) – Provider’s volunteers identify as part of the LGBTQIA+ community, and provide free & confidential peer-support, information, and local resources through national hotlines and online programs.
 - LGBT National Hotline – (888)843-4564
 - LGBT National Coming Out Support Hotline – (888)688-5428
 - LGBT National Youth Talkline – (800)246-7743
 - LGBT National Senior Hotline – (888)234-7243
- **Q Chat Space** (<https://www.qchatspace.org/>) – A digital LGBTQ+ center where teens join live-chat, professionally facilitated, online support groups.
- **Stomp Out Bullying** (<https://www.stompoutbullying.org/>) – Offers a free and confidential HelpChat Line to youth ages 13-24 which connects users to a trained volunteer who helps and supports without judgment. The organization is dedicated to reducing and preventing bullying, cyberbullying, and other digital abuse around homophobia and LGBTQ discrimination.
- **The Pride Center** (<https://www.pridecentermd.org/programs-and-services>) - Offers a range of services for Maryland’s sexual and gender minority community. Services include, mental health counseling, HIV health services, support groups, education and training, rapid rehousing and employment counseling, and benefits advocacy.
- **The Trevor Project: Crisis Intervention and Suicide Prevention** (<https://www.thetrevorproject.org/>) – Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people under 25.