

- **MTSU Student Health Services**  
MTSU Health, Wellness, and Recreation Center  
615-898-2988
- **Domestic Violence & Sexual Assault Center**  
1423 Kensington Square Court  
24-hour crisis line: 615-494-9262
- **Ascension Saint Thomas Rutherford Hospital**  
1700 Medical Center Parkway  
615-396-4100

#### NONCONFIDENTIAL RESOURCES

Resources that are expected to keep information about sex- or gender-related incidents private but are required by law to notify the Title IX Coordinator.

To report an incident to the University

- **Title IX Coordinator**  
Cope Administration Building, Room 116  
615-898-2185  
mtsu.edu/titleix

To report an incident to the police

- **MTSU Police**  
615-898-2424
- **Murfreesboro Police**  
615-893-1311 or 911

To receive academic accommodations

- **Disability and Access Center**  
Keathley University Center, Room 107  
615-898-2783

Other resources

- **The June Anderson Center for Women and Nontraditional Students (JAC)**  
615-898-5812  
Student Union Bldg. Room 330  
mtsu.edu/jac
- **MTSU Student Affairs**  
615-898-2440

#### How to Be an Active Bystander

- Notice the incident
- Interpret the incident as an emergency
- Assume responsibility for intervening
- Have the bystander intervention skills to help

#### The 5 D's of Intervention

When you see a potentially unsafe situation . . .

**Direct.** Step in and address the situation directly.

**Distract.** Create a distraction to suppress the situation.

**Delegate.** Find someone who can help you intervene.

**Delay.** Ask them if they feel unsafe and how you can help.

**Document.** Record the situation with appropriate details.

#### Be True Blue. Be the Power of ONE.

##### Power of ONE Office

Center for Student Involvement and Leadership  
Student Union Building, Room 330  
615-494-8899  
Powerof1@mtsu.edu

Scan the QR code or visit our website for more information.

[mtsu.edu/powerof1](https://mtsu.edu/powerof1)



I AM *true*BLUE

0323-1901 - Middle Tennessee State University does not discriminate against students, employees, or applicants for admission or employment on the basis of race, color, religion, creed, national origin, sex, sexual orientation, gender identity/expression, disability, age, status as a protected veteran, genetic information, or any other legally protected class with respect to all employment, programs, and activities sponsored by MTSU. The Interim Assistant to the President for Institutional Equity and Compliance has been designated to handle inquiries regarding the non-discrimination policies and can be reached at Cope Administration Building 116, 1301 East Main Street, Murfreesboro, TN 37132; Christy.Sigler@mtsu.edu; or 615-898-2185. The MTSU policy on non-discrimination can be found at mtsu.edu/iec. This project is supported by Grant No. 15JOYV-21-GG-02388-CAMP awarded by the Office on Violence Against Women, U.S. Department of Justice. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

# BE THE POWER OF ONE



MIDDLE TENNESSEE STATE UNIVERSITY.

Building a Safe Community



## Building a Safe Community

MTSU's Power of ONE program empowers students to take a stand and address power-based violence through bystander intervention. Every Blue Raider has the power to make our campus a safer place. Each of us has the opportunity to be the Power of ONE.

## What is Power-Based Violence?

Power-based violence is any act that is perpetrated against a person's will and is based on unequal power relationships, which can be attributed to gender norms. Types of power-based violence may include the following:

- Sexual assault is sexual contact without consent. It can cover a wide range of acts from unwanted touching to attempted rape. Sexual assault can occur if the individual is forced, threatened, intimidated, or physically or mentally incapacitated, including alcohol or drug intoxication.
- Rape is unwanted or coerced sexual intercourse without a person's consent. It includes vaginal, anal, or oral penetration with a body part or object.
- Dating violence is controlling, abusive, and aggressive behavior in a romantic relationship. It can include verbal, emotional, physical, or sexual abuse.
- Domestic violence is abuse by one person against another in a domestic setting, such as in marriage or cohabitation. This type of violence can take place between current spouses or partners, former spouses or partners, children, parents, siblings, or roommates. Domestic violence can take several forms including physical, verbal, emotional, financial, religious, reproductive, and sexual abuse.
- Stalking is a pattern of repeated, unwanted attention, communication, or contact by a person that would cause a reasonable person to feel fear or concern for one's own safety or the safety of someone close to them.

## Examples of stalking include:

- o Excessive communication by phone, text, email, or social media
- o Driving by or showing up at your home, classes, or place of employment
- o Following, spying, using social media to keep tabs on you
- o Sending unwanted gifts
- o Damaging your property
- o Threatening to hurt you, your family, friends, or pets

If you are experiencing or have experienced power-based violence

- Know that you are not to blame. Abuse is never the fault of the survivor.
- Get medical treatment if you are hurt.
- Tell a trusted friend or family member.
- Seek help. You can contact our local Domestic Violence and Sexual Assault Center even if you are not sure what you have experienced is power-based violence.



## How to Support a Friend

- Believe them. Do not ask them to describe what happened or ask judgmental questions. You can say, "I believe you."
- Remind them that it is not their fault. The responsibility for an assault always lies completely on the perpetrator. You can say, "I'm sorry that someone hurt you."
- Listen. Let your friend know that you care and that you are available to them when they want to talk. You can say, "Thank you for trusting me with your story. If you want to talk, I'm here to listen when you're ready."
- Suggest resources. Examples include talking to the Title IX coordinator or a counselor. You can say, "I heard that Counseling Services is a great confidential resource that can help you get the resources you need."
- Let them make their own decision. If your friend is dealing with a controlling and manipulative partner, the last thing they need is for you to mimic those behaviors by forcefully telling them what to do. You can say, "I support you in whatever you choose to do next."

## MTSU—No Closed Door CONFIDENTIAL RESOURCES

*Resources that can only notify the Title IX Coordinator of a sex or gender related incident if authorized by the person disclosing.*

- **Sexual assault 24-hour crisis line**  
615-494-9262
- **Domestic violence 24-hour crisis line**  
615-896-2012
- **MTSU Counseling Services**  
Keathley University Center, Room 326-S  
615-898-2670
- **MTSU Counseling and Psychological Services**  
Miller Education Center, 503 East Bell St.  
615-898-2271