

Image by RAWPIXEL

Rise Up by Andrea Day

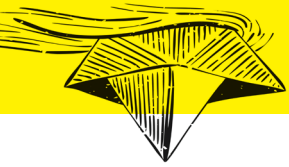
A Kiss is Not a Contract by Flight of the Conchords

Yes by Beyonce

It Happens to You by Lady Gaga

We Don't Have to Take Our Clothes Off by Ella Eyre

PLAYLIST



RAINN National Sexual Assault Crisis Hotline
800-656-HOPE to speak with a trained, crisis
counselor

Off Campus
Domestic Violence/Sexual Assault Crisis
Hotline (423) 755-2700 or (833) 819-4357
www.partnershipfca.com/123/victim-
support-services.

Survivor of Sexual Assault? We have on and
off-campus resources available to you.

On Campus
Confidential Support:
Survivor Advocacy Services
sara-peters@utc.edu or 423-708-5605

Counseling Center
423-425-4438

Report to the University:
Title IX Coordinator
423-425-4255 or stephanie-rowland@utc.edu

Office of the Dean of Students
423-425-4301

UTC Police Department
423-425-4357 or in person at the Adminis-
trative Services Building

RESOURCES

AFFIRM

NAVIGATE

EMPOWER

Survivor Advocacy Services
utc.edu/survivors

Center for Student Wellbeing
utc.edu/wellbeing



THE UNIVERSITY OF TENNESSEE
CHATTANOOGA

UTC is a comprehensive, community-engaged campus of the UT System.
UTC is an EEO/AA/Title VI and IX Section 504/ADA/ADEA institution.



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BREATHE DEEP

Feeling anxious, stressed or needing to re-center? The Counseling Center has these tips to lower your heart rate, relax your muscles and calm your mind.

Breath Counting

Sit or lie in a comfortable position with your arms and legs uncrossed and your spine straight.

Breathe in deeply into your abdomen. Let yourself pause before you exhale.

As you exhale, count "one" to yourself. As you continue to inhale and exhale, count each exhalation: "Two...three...four"

Continue counting your exhalations in sets of four for five - 10 minutes.

Notice your breathing gradually slowing, your body relaxing and mind calming.



IMAGE BY RAWPIXEL

1. Believe Me: How Trusting Women Can Change the World (2020) by Jaclyn Friedman & Jessica Valenti
2. Know My Name: A Memoir (2019) by Chanel Miller
3. We Believe You: Survivors of Campus Sexual Assault Speak Out (2016) by Annie Clark & Andrea Pino
4. Queering Sexual Violence: Radical Voices from Within the Anti-Violence Movement (2016) by Jennifer Patterson
5. Color of Violence: The INCITE! Anthology (2016) INCITE! Women of Color Against Violence

BOOK LIST

FREE COUPON

Present for one free
Consent & Cocoa Mug!

Bring to Lauren Ouwerkerk in the Center for Women & Gender Equity (350 University Center) or Megan McKnight in the Center for Student Wellbeing (354 University Center) during the fall 2020 semester.

FREE COUPON