



# CAMPUS RESOURCE Toolkit



## OUR STORY

As Kentucky's designated children's advocacy and sexual violence resource center for the Purchase Area Region, our Lotus mission is to support survivors, strengthen families, and empower communities. Our team of specialists offers a range of comprehensive, specialized services to assist victim-survivors and their families throughout the entire healing process, from crisis intervention to long-term recovery.

Committed to ending child abuse and sexual violence, we are working to cultivate a collective, unified community that meets survivors with compassion and a culture that simply does not tolerate interpersonal violence. Lotus so perfectly symbolizes the exceptional courage, strength, and resilience of survivors. We see the goal of recovery as not only surviving trauma but also opening up to the possibilities of hope, healing, and growth. And like the lotus flower, under the right conditions, the possibilities for growth are limitless. We seek to create a safe, nurturing sanctuary where every survivor and family are met with a clear path to the specialized care and holistic resources they need to truly heal and reclaim their lives.

As a symbol of enlightenment and reawakening, the lotus flower reflects our vision to create communities free from oppression and violence. Through shared values of resilience, empowerment, partnership, and belonging, we are deepening understanding, inspiring action, and amplifying our collective impact to create lasting change.

## SEXUAL VIOLENCE RESOURCE CENTER

Our Sexual Violence Resource Center provides support and advocacy for individuals of all ages who have been impacted by sexual violence. Our advocates walk alongside survivors and their loved ones as they identify needs, explore options, understand trauma responses, and build coping skills.

Lotus is here through every stage of healing — from crisis to long-term recovery — so that every survivor is met with compassionate care, meaningful support, and a clear path to truly heal and reclaim their lives.

### What We Offer

- 24-hour helpline and hospital advocacy for immediate support
- Personal advocacy for ongoing guidance and care
- Legal advocacy to help survivors navigate the justice system and understand their rights
- Specialized therapy and restorative services, including expressive arts therapies, mindfulness, yoga, and more

Last year, Lotus supported **596 survivors** of sexual violence and their family members through compassionate, trauma-informed care. 100% of adult survivors reported that advocacy services helped provide resources, support, and healing.

## SUPPORT AND HEALING

After an experience of sexual violence, every survivor has the right to decide what comes next. Healing looks different for everyone, and survivors deserve control over what safety, healing, and justice mean for them.

### Medical and Crisis Support

Anyone who has experienced sexual assault has the right to compassionate medical care, a Sexual Assault Forensic Exam (SAFE), and supportive advocacy services.

**What happens next is always your choice.** You have the right to decide whether to seek medical care, complete a SAFE exam, or involve law enforcement. SAFE exams are provided at no cost, and your comfort and choices matter. You decide what parts of the exam you would like to complete, ask questions along the way, and stop at any point. The exam is designed to support survivors with compassion, while honoring your autonomy, comfort, and healing throughout the process.

If you are unsure about reporting but would like evidence preserved, Kentucky law allows hospitals to store a SAFE kit for up to one year, giving you time and space to make the decision that feels safest on your own timeline.

If you choose to visit an emergency department, Lotus advocates can be with you every step of the way — explaining your options, answering questions, and offering compassionate support while honoring your choices.

### For Murray State University Students:

Murray Calloway County Hospital  
803 Poplar St.  
Murray, KY 42071

## SURVIVOR SUPPORT NETWORKS

In Kentucky, survivors of sexual violence can access free, confidential, trauma-informed care statewide no matter where they live or study.

The Kentucky Association of Sexual Assault Programs (KASAP) coordinates 13 regional sexual violence resource centers, including Lotus, ensuring that all 120 counties have access to support.

If you are away from campus or outside the Purchase Area region, Lotus or KASAP can help connect you with the center closest to you.

Kentucky also has statewide networks supporting survivors of other forms of interpersonal violence:

- **Children's Advocacy Centers of Kentucky (CAC):**  
Specialized services for child survivors and their families
- **ZeroV:** Kentucky's domestic violence coalition offering crisis response, shelter, and long-term support

Wherever you are in Kentucky, compassionate care is available 24/7.

### For West Kentucky Community and Technical College Students:

Baptist Health Paducah  
2501 Kentucky Ave.  
Paducah, KY 42003

Mercy Health – Lourdes Hospital  
1530 Lone Oak Rd.  
Paducah, KY 42003

## WHAT TO DO IF YOU OR A FRIEND NEEDS HELP RIGHT NOW

If you or someone you care about has experienced sexual violence, you are not alone.

Here are steps you can take in the moment:

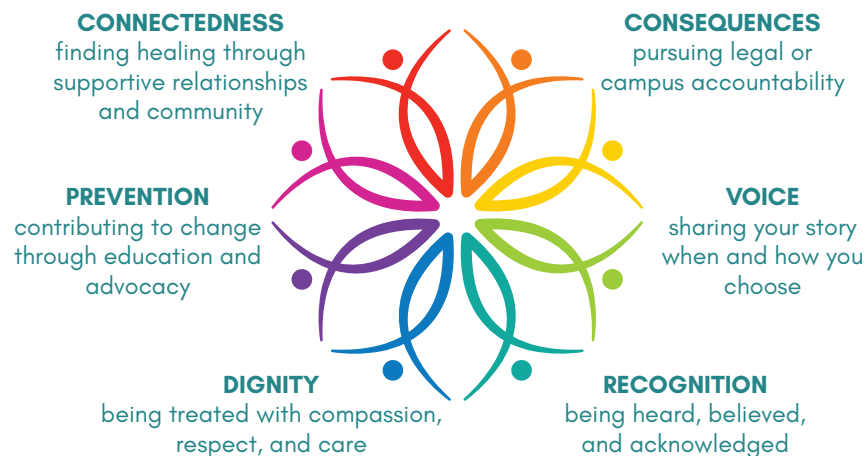


1. **Get to a safe place.**  
Find a space where you feel secure — a dorm, a trusted friend's room, or a public area.
2. **Reach out for confidential support.**  
Call the Lotus 24-Hour Helpline at 1-800-928-7273 to talk through options and receive care.
3. **Consider medical attention.**  
You may choose to visit the emergency department for treatment or a SAFE exam. A Lotus advocate will meet you there.
4. **Talk to someone you trust.**  
A friend, coach, or family member can help you feel supported and grounded.
5. **Remember: you are in control.**  
Whether you want advocacy, counseling, medical care, or time, the next step is always your choice. There is no pressure to report or act before you are ready.

## KALEIDOSCOPE OF JUSTICE

At Lotus, we understand justice as a lived and evolving process, not a single outcome, ending, or moment in time. Justice is not always linear. Instead, it can be **kaleidoscopic: constantly shifting and refracted through new circumstances, experiences, and understandings.** It may have multiple beginnings, many possible forms, and no single definition that fits everyone.

Our advocates are here to support you as you define what justice means for you. For some survivors, justice may involve consequences through the legal system or campus accountability processes. For others, justice may look like reclaiming voice, dignity, connection, or a renewed sense of safety. There is no one right way forward — only what feels meaningful and true for you. Justice may include:



Justice is complex, nuanced, and deeply personal. Lotus is here to walk beside you as you navigate what healing and justice can look like — on your own terms, in your own time.

## THERAPEUTIC SERVICES AND SELF-CARE

Healing takes time, and every survivor's journey is unique. At Lotus, we offer a holistic, trauma-informed approach to healing that honors the physical, emotional, mental, and spiritual effects of trauma.

Adult survivors do not have to report an assault or receive medical care to access Lotus therapy services. You can reach out simply because you deserve care, connection, and support.

In a nurturing and compassionate environment, Lotus provides specialized and restorative therapy services designed to help survivors strengthen their resilience, build coping skills, and reconnect with their bodies. Through expressive arts and play-based therapies, survivors can explore healing and self-expression in ways that feel natural, safe, and empowering.

For college students, healing can also involve navigating classes, relationships, and daily campus life while processing trauma.

### Some supportive coping strategies may include:

- Connecting with trusted supports, such as a counselor, advocate, friend, or mentor
- Practicing grounding techniques
- Creating routines that help you feel safe and steady day to day
- Setting boundaries with others and taking breaks
- Using creative outlets like writing, music, art, or movement
- Remembering that healing is not linear — small steps forward still matter

You do not have to navigate healing alone. Compassionate, confidential support is always available.

## UNDERSTANDING SEXUAL VIOLENCE

At Lotus, we believe that awareness is a powerful step toward change. When we learn to recognize harm, listen with empathy, and respond with compassion, we strengthen our ability to support survivors and build a campus community rooted in respect and care.

Sexual violence is any sexual act or behavior that occurs without clear, informed, and freely given consent. It can take many forms — physical, verbal, emotional, or digital — and it impacts people of all genders, identities, and backgrounds.

Sexual violence may occur between partners, friends, classmates, acquaintances, or people met online. Every experience is unique, and every survivor deserves to be believed, supported, and treated with dignity.

### Forms of Sexual Violence May Include

- **Sexual assault:** Any unwanted or non-consensual sexual contact or behavior
- **Sexual harassment:** Unwelcome sexual comments, gestures, messages, or behaviors that create discomfort or fear
- **Sexual exploitation:** Misusing someone's trust or vulnerability for sexual purposes, including sharing private images without consent
- **Rape:** Any act of sexual penetration without consent
- **Digital abuse:** Using technology to pressure, shame, threaten, or harm someone sexually

## UNDERSTANDING CONSENT

Consent is a mutual, enthusiastic, and ongoing “yes.” It must be freely given, and it can be withdrawn at any time. True consent is never rooted in pressure, manipulation, intimidation, or fear — it is based on choice, respect, and safety.

A person cannot give consent if they are underage, asleep, incapacitated, or unable to make decisions freely. Consent is also not possible when someone is coerced or forced in any way.

Coercion can include threats, emotional pressure, misuse of authority, or taking advantage of someone’s trust, vulnerability, or ability to say no.

When we understand these dynamics, we strengthen our ability to respect boundaries, support survivors, and build a campus culture where everyone is treated with dignity and care.

### Campus Statistics

These numbers highlight why awareness and survivor support matter on every college campus:

- Approximately 13% of all college students experience rape or sexual assault
- Rates are higher for undergraduate women (26%) and gender-nonconforming students (21%)
- About 26% of women and 7% of men in college report assaults involving coercion, force, or incapacitation
- Women ages 18–24 enrolled in college are three times more likely than non- students to experience sexual violence

*Statistics provided by RAINN*

## SAFETY AND PREVENTION

We all share responsibility for creating a campus culture grounded in consent, respect, and care. Prevention begins with awareness, connection, and community accountability.

### Personal Safety Reminders

- Trust your instincts — you deserve to leave unsafe situations
- Stay connected with friends and plan safe ways home
- Know where to find campus safety escorts and blue light phones
- Be mindful of surroundings and secure doors when possible
- Speak up or step in when something feels wrong — small actions can prevent harm



## GREEN DOT BYSTANDER INTERVENTION

Prevention is a shared responsibility, and small actions can make a meaningful difference. The Green Dot bystander intervention program empowers students to recognize concerning behavior and respond in ways that promote safety and care.

Green Dot reminds us that we do not have to handle difficult situations alone — we can take simple, realistic steps to interrupt harm and support one another. Even moments of intervention, when done safely, can help shift campus culture toward respect and accountability. Students can respond using the “3 D’s”:

- **Direct** – If it feels safe, intervene calmly and clearly. This might look like checking in, speaking up, or setting a boundary.
- **Delegate** – Reach out for help from friends, campus staff, RAs, or law enforcement. Getting support from others is often the safest and most effective option.
- **Distract** – Create a diversion to interrupt the situation, such as starting a conversation, asking someone to leave with you, or redirecting attention.



Green Dot emphasizes that prevention happens through everyday choices that communicate: harm is not tolerated here, and survivors are not alone.

## SUPPORTING SURVIVORS WITH TRAUMA-INFORMED LISTENING

When someone shares an experience of sexual violence, how you respond matters.

- Listen with empathy and without judgment
- Let them share only what feels comfortable
- Stay steady and calm — your presence can create safety
- Offer choices, not pressure
- Support their control over what happens next

*Note: Neurodivergent survivors may process trauma differently. Be patient, communicate clearly, and respect sensory or communication needs.*



## GET INVOLVED WITH LOTUS AND CAMPUS SAFETY

Join Lotus in building safer, more supportive communities rooted in empathy, prevention, and care. Students, faculty, and community members can get involved through awareness events, trainings, and volunteer opportunities that strengthen campus safety and survivor support.

### Ways to Get Involved:

- Volunteer – Support outreach efforts, hospital advocacy response, campus events, or awareness campaigns
- Green Dot – An evidence-based bystander intervention program that equips individuals with practical tools to recognize concerning behavior and intervene safely to help prevent interpersonal violence
- Darkness to Light – A training that empowers adults to recognize, respond to, and prevent child sexual abuse through education and action
- Lotus Overviews – Presentation for student groups and organizations to learn more about Lotus services, prevention efforts, and ways to partner in creating safer communities

Together, we can build a culture where harm is not tolerated and every person is met with dignity, support, and hope.

**Learn more at [www.hopehealgrow.org](http://www.hopehealgrow.org)**

## COMMUNITY & CAMPUS RESOURCES

### Immediate Help

- Lotus 24-Hour Helpline: 1-800-928-7273
- 988 Suicide & Crisis Lifeline: Call or text 988
- Crisis Text Line: Text KY to 741741
- RAINN: [www.rainn.org](http://www.rainn.org)

### National Hotlines

- RAINN National Hotline: 1-800-656-HOPE (4673)
- National Human Trafficking Hotline: 1-888-373-7888 or text 233733

### Murray State University Campus Resources

- MSU Counseling Services: 270-809-6851
- Title IX Office: 270-809-3155 | [msu.titleix@murraystate.edu](mailto:msu.titleix@murraystate.edu)
- University Police: 270-809-2222

### West Kentucky Community & Technical College Resources

- WKCTC Counseling Services: 270-534-3402
- Title IX Compliance Officer: 270-534-3187
- Campus Security & Safety: 270-534-3859 OR 24/7 on duty security 270-564-8403

Together, we can create a campus rooted in empathy, empowerment, and care. Every act of support strengthens our community.



**24-Hour Helpline: (800) 928-7273**

(270) 534-4422

[hopehealgrow.org](http://hopehealgrow.org)

**PADUCAH OFFICE**

1605 North Friendship Road  
Paducah, KY 42001

**MAYFIELD OFFICE**

333 East Broadway  
Mayfield, KY 42066

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We are committed to serving all survivors and do  
not discriminate against anyone on any basis.  
All are welcome!

Services provided in part or fully by federal,  
state, and local funds.