

Help Yourself

Self-Care

Steps to take care of yourself and help you cope:

- Acknowledge how you are feeling and do not try to downplay your own emotions – use mindfulness to help you connect to how you are feeling
- Stay connected to others who are affirming
- Seek counseling
- Enjoy what you normally use to cope, such as exercising, enjoying media, cooking, etc.
- Unplug from social media

Racial Trauma

What to do when encountering racial injustice:

- Know your rights
- Seek out someone you can confide in and pursue reporting if you choose
- Connect with others – we cannot fight injustice alone
- Remember the system we live in and others do not determine your worth, dignity and humanity
- Never forget that you matter
- Know your limits and triggers

Conflict on Campus

What to do when encountering conflict on campus:

- Take note of what happened to you and others so that you can report clearly and accurately
- Seek reporting if you feel safe to
- Seek opportunities for mediation from offices like ODI, CARE Team or Conduct and Community Standards
- Continue to follow up during and after the process
- Understand the response you receive may not be the outcome you originally sought

Connect

Get connected:

- Get involved with campus and community organizations to seek change and support
- Support others who have experienced similar injustices
- Continue with your personal goals
- Educate yourself on:
 - The difference between a hate crime and a bias incident
 - Your rights
 - Resources available on campus
 - Your own biases, stereotypes and stigma

Help Someone Else

Helping someone in need is as easy as 1, 2, 3

1. Share

Share Empathy. If you feel a friend, student, instructor or colleague is struggling, let them know you see them and that you are listening. Let them know whatever they are feeling is ok.

2. Ask

Ask Directly. After listening to their concern, ask specifically what support is wanted or needed. A better understanding of your role can help guide you in suggesting resources.

3. Support

Keep Supporting. You do not have to be an expert but should educate yourself on campus resources. Help direct to resources they may want or need (see below), then offer to help connect them by calling or walking with them to these services if they feel comfortable doing so. Continue to check in.

Responses to Avoid

- Downplaying their situation - "I'm sure they didn't mean it!"
- Expressing personal biases - "What did you expect to happen when you..."
- Getting caught up in the technicalities or legalities of the situation - "Did you say something to provoke them?"
- Assuming you know exactly what they need - "Well we don't need to involve them..."

Resources

Office of Diversity and Inclusion

(ODI)
RSC 208 | 316-978-3034
wichita.edu/odi

Counseling and Prevention Services

(CAPS)
Student Wellness Center
316-978-4792 | wichita.edu/caps

CARE Team

316-978-6105 | wichita.edu/care

Office of Institutional Equality and Compliance

(OIEC)
HR Building | wichita.edu/oiec

SGA Student Advocate

RSC 219 | 316-978-3480

WSU Police Department

(WSUPD)
WSU Police Department | 316-978-3450

WSU Human Resources

Human Resources Building
wichita.edu/hr

Wichita Area Sexual Assault Center

(WASAC)
355 N. Waco, Suite 100
Wichita, KS 67202
316-263-0185
Crisis Line: 316-263-3002

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