

Good Afternoon,

In honor of Sexual Assault Awareness Month, the SGA Sexual & Relationship Respect Committee (SRR) has put together a bundle of resources for students. *Please click on the attachments to learn more!* We have created resource guides on all of the following:

- 1 [Self care](#), how to [support survivors](#), and media resources to learn more about SRR related topics.
- 2 Resources on [health](#), [masturbation](#), [sexting](#) and [feminist porn](#) for ANYONE to enjoy!
- 3 In an attempt to acknowledge that not everyone has a safe home environment during social distancing, we have compiled a list of national [domestic abuse](#) and [sexual violence resources](#).
- 4 Have questions about [sex](#), [health](#), [dating](#), [fetishes](#), [hookup culture](#), [birth control](#), [communication](#), [orgasm](#), [consent](#), or pretty much [ANYTHING else](#)? You can submit your questions [here](#). Your questions will then be ANONYMOUSLY posted and answered [here](#).

If you would like to be added to SRR's mailing list to get [very few](#) emails about future Sex In The Dark events, workshops, speakers, resources, and other cool things, please submit your email [here](#)!

Have questions or comments? Don't hesitate to reach out to your SRR directors Elissa Asch and Arielle Landau at easch@middlebury.edu and alandau@middlebury.edu.

Sending health and virtual hugs,

SGA Sexual & Relationship Respect Committee

Middlebury Student Government Association
SGA@Middlebury.edu | [go/SGA/](#) | [go/HeySGA/](#)

Brought to you by SRR

WONDERING WHAT THE SEXPERTS HAD TO SAY?

Couldn't make it to Sex in the Dark?
We compiled everything we talked
about.

<https://srrsexinthedark.blogspot.com/>

Have more questions?

Ask us here!

Domestic Abuse/Violence Resources Guide

National Hotlines:

National Domestic Violence Hotline (24/7):
1-800-799-7233; to chat: text LOVEIS to 22522

RAINN National Sexual Assault Hotline (24/7):
1-800.656.HOPE (4673)

Trans Lifeline (9am-3am CT):
1-877-565-8860

National Deaf Hotline (24/7):
by video phone: 1-855-812-1001

**Women Helping Women, Gender-based Violence
Hotline(24/7):**
513-381-5610

Shelter/Safety Planning:

[Find a Local Shelter](#)

[Shelters by State](#)

**Planning for Safety (National Domestic Violence
Hotline):**

[In English](#)

[In Spanish](#)

SEX LIFE IN QUARANTINE

Sexual Health

[COVID-19 and Your Sexual Health](#)

[ASHA Sex In the Time of COVID-19](#)

Masturbation Tips

[LiveAbout How To Masterbate For Men](#)

[Teen Vogue How to Masturbate If You Have A Penis](#)

[LA Times Pandemic Sex Toys](#)

[Advocate Masturbation Tips For People With Vaginas](#)

[OMGyes](#)

[CALEXOTICS Vibrator](#)

Feminist Porn (for everyone)

[ErikaLust](#)

[Bellesa](#)

[DIPSEA](#)

Sexting

[Glamour Now's the Time to Learn How to Sext](#)

[PC Mag Your Guide to Safe Sexting](#)

Sexual Assault Awareness Month (SAAM) General Resources

Self Care & Support Resources:



[21-Day Self Care Challenge](#)
([MoveToEndViolence](#))

[OptionB \(online community for resilience\)](#)

Contact WomenSafe @ 802-388-4205 for information about virtual support groups

How to Support Survivors:

[RAINN Tips for Talking with Survivors](#)

[No More's tips for talking with survivors](#)

[Article: "6 Ways You Can Support Survivors Online During Sexual Assault Awareness Month"](#)



General Media:

[Feminist Book List on Sexual Violence, Consent, and Masculinity](#)

[Resources for Healing & Resilience - Readings](#)

The Hunting Ground - Movie

