

## CAMPUS RESOURCES

### Confidential and Anonymous Counseling

- Health and Wellness Center: 949-451-5221

### Criminal Reporting & Investigations, Safety Escorts, Transport to Emergency Room & Protective Orders

- Campus Police: 949-451-5234

### Disciplinary Complaints and Investigations

- Vice President for Student Services: 949-451-5214
- Campus Police: 949-451-5234

### General Resources and Information

- Disabled Student Programs and Services: 949-451-5630
- Health and Wellness Center: 949-451-5221
- Campus Police: 949-451-5234

### Medical Services (Injury Treatment, Emergency Contraceptives, STD Testing & Treatment, etc.)

- Health and Wellness Center: 949-451-5221

## LOCAL EMERGENCY CENTERS

- Hoag Hospital: 949-764-HOAG (4624 )
- Mission Hospital: 949-364-1400

## 24-HOUR HOTLINES & TREATMENT CENTERS

- National Domestic Violence Hotline: 800-799-SAFE (7233)
- National Sexual Assault Hotline: 800-656-HOPE (4673)
- Peace Over Violence: 310-392-8381
- Sexual Assault Victim Services: 949-831-9110

## INTERNET RESOURCES

- California Courts Self-Help Center: [www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)
- California Law: [www.leginfo.ca.gov](http://www.leginfo.ca.gov)
- L.A. Gay & Lesbian Center STOP Domestic Violence Program: [www.laglc.org/domesticviolence](http://www.laglc.org/domesticviolence)
- Love Me Not (stalking): [www.lovenot.org](http://www.lovenot.org)
- National Domestic Violence Hotline: [www.ndvh.org](http://www.ndvh.org)
- Rape, Abuse & Incest National Network: [www.rainn.org](http://www.rainn.org)
- The National Center for Victims of Crime: [www.ncvc.org](http://www.ncvc.org)

## DISCRIMINATION COMPLAINTS

Office for Civil Rights: 800-368-1019  
U.S. Department of Health and Human Services  
90 7th Street, Suite 4-100  
San Francisco, CA 94103

*Information in this brochure was provided courtesy of the Cal State L.A. Student Health Center Project SAFE program, with funding it received from the U.S. Department of Justice.*

## CRIME REPORTING

Irvine Valley College students, faculty, and staff are encouraged to report all crimes to local law enforcement, Campus Police, and the Vice President for Student Services.

### Crime reporting can help:

- Protect the victim's safety.
- Ensure the victim receives proper medical care, support services, and information regarding their options and rights.
- Prevent future assaults by the perpetrator.

## PERPETRATOR SANCTIONS

Perpetrators of campus-related (occurring on or off campus) dating and domestic violence, sexual assault, stalking, and other forms of violence are subject to campus disciplinary action, up to and including expulsion. Perpetrators are subject to arrest by Campus Police or local law enforcement and criminal prosecution. Perpetrators may also face civil litigation.

## VICTIMS' RIGHTS

Victims of campus-related (occurring on or off campus) sexual assault and other crimes can receive assistance by notifying Campus Police or local police agencies (provided by campus security authorities), upon request and with the consent of the victim; alteration of the victim's academic situations, upon request and where available; details about the victim's right to pursue campus disciplinary action as well as criminal and civil prosecution; and information about existing on-and-off campus victim support services. These legally entitled resources and services will be provided when students report the crimes against them to Campus Police, the Vice President for Student Affairs, and/or the Student Health Center.

## TECH & SOCIAL MEDIA SAFETY

Please keep your personal safety in mind. Since power and control issues are a part of domestic violence, abusers and stalkers frequently use technology to monitor and control those they abuse. Please try to use a computer where someone abusive does not have direct access or even remote (hacking) access. It might be safer to use a computer in a public library, at a community technology center, at a trusted friend's house, or at an internet cafe. If you are afraid your internet usage might be monitored, call the **National Domestic Violence Hotline at 800-799-SAFE (7233)**.

SOUTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT BOARD OF TRUSTEES:  
William O. Jay, Timothy Jemal, David B. Lang, Marcia Milchiker, Nancy M. Padberg, T. J. Prendergast III  
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Revised 11-14

## YOU ARE NOT ALONE

More than half of both FEMALE and MALE victims were raped by someone they knew.

\* Based on The National Intimate Partner and Sexual Violence Survey, 2010.

## IF YOU ARE IN AN ABUSIVE RELATIONSHIP OR HAVE A STALKER

- Take all threats seriously. Call 911 if you are in immediate danger. The highest risk of danger is when a perpetrator threatens to kill himself or others, or when a victim tries to end the relationship or has recently left the abuser.
- Talk to the police about protective orders.
- Contact a hotline for safety planning before you leave the relationship. A safety plan isn't a safety guarantee, but it can help.
- Tell friends, professors, and others you trust about your situation and develop a plan for when you need help. Tell them not to give out information about you to anyone.
- Teach and practice with your children how to reach safety and call 911. Get to a safe place as soon as possible after an assault.
- Vary your daily schedule as much as you can and change your travel routes. Avoid being alone when possible.
- During an assault, consider negotiating, stalling, screaming, resisting, or whatever you think is best to survive. Submission is also a survival option (and not consent for abuse).
- Keep proof of every incident, including any fluids that may be used for DNA evidence in the case of rape and report them to law enforcement and campus authorities.
- Get medical care as soon as possible for injuries, pregnancy prevention, or STD testing.

## KNOW THAT YOU ARE NOT AT FAULT

You did not cause the abuse to occur and you are not responsible for the violent behavior of someone else, no matter what a perpetrator may tell you.

## GET THE FACTS

# SEXUAL ASSAULT

## Domestic Violence & Stalking

## PROJECT SAFE



IVC Health & Wellness Center  
Room SSC 150  
5500 Irvine Center Drive  
Irvine, CA 92618  
949-451-5221  
[www.ivc.edu](http://www.ivc.edu)

## INTRODUCTION

Irvine Valley College is committed to creating and maintaining an environment that is free from sexual assault and other violence. Unfortunately, dating and domestic violence, sexual violence, and stalking are a reality for some students. This brochure explains what they are, provides tips on how to prevent these crimes, outlines penalties for perpetrators, describes actions victims can take to help protect their safety, and identifies resources and rights for victims. Please take the time to read the brochure, share the information with your friends, and know that Irvine Valley College cares.

## OVERVIEW

Sexual assault is the most common violent crime committed on college campuses in the United States. It is linked with dating/domestic violence and stalking. The highest rates of domestic violence are associated with college age women and the majority of stalking victims are aged 18-29. It is estimated that male students comprise about 10% of collegiate sexual assault victims. Nationally, about 400,000 men are stalked each year, and in 2005 almost 80,000 men were abused by a current or former intimate partner. Some students, female and male, are survivors of childhood abuse and rape.



\* National Coalition Against Domestic Violence. [www.ncadv.org](http://www.ncadv.org)

## DATING & DOMESTIC VIOLENCE

Dating and domestic violence are crimes consisting of controlling and abusive behaviors committed by an intimate partner (e.g., current or ex-boy/girlfriend, spouse or domestic partner) or family member. The abuse can include public humiliation, threats, refusing to give the victim money, hitting, and sexual assault. Abusers often isolate their victims, emotionally and physically, preventing them from interacting with family and friends. Some kill their victims. Perpetrators will often apologize and appear to make amends, but over time the violence escalates in frequency and severity. Many perpetrators also stalk their victims.

## SEXUAL ASSAULT

Sexual assault is a crime that uses sex as a weapon to exert control over, humiliate, and harm another person. It occurs when someone uses force, threats, alcohol or other drugs, or other illegal ways to kiss you, touch your breasts, buttocks or genitals; fondle you; rub against you; put a finger or object in your vagina or anus; put their penis in your vagina or anus; put their mouth or tongue in contact with your genitals or anus; or make you put your mouth or tongue in contact with their genitals or anus.

Other examples of illegal sexual activity include: situations in which a person is unable to give consent or is incapable of resisting (e.g., under the influence of alcohol or other drugs, unconscious, asleep); having sex with someone younger than the legal age of consent; and non-consensual sex with a spouse.

## STALKING

Stalking is a crime in which someone repeatedly harasses, threatens, and controls another person, causing the victim to fear for their safety. Examples include someone showing up at places where you are, even though there is no reason for them to be there; leaving unwanted items for you to find; making unsolicited phone calls or e-mails; following or spying on you; vandalizing your property; making threats against you or your family and friends; monitoring your telephone and computer activity; and tracking you using global positioning and other devices. Stalking can also include perpetrators sending gifts; giving personal information about a victim to others; killing pets; and committing physical/sexual assault. In some cases, stalkers also kill their victims.

## MYTHS & FACTS

**MYTH:** Perpetrators are abusive in all of their relationships.

**FACT:** Perpetrators of violence have “normal” relationships, but they make a decision to single out and harm a particular person. Keep this in mind if a friend who has been abused identifies a perpetrator you “know.”

**MYTH:** If a woman or man is being abused, their situation can't be all that bad, if they stay in the relationship.

**FACT:** There are many reasons why a victim may stay in an abusive relationship. She or he may be afraid. They may feel ashamed, even though what they are going through is not their fault. While some victims are able to successfully leave their abusers, for others, leaving is extremely dangerous.

**MYTH:** Rape is a spontaneous act of passion.

**FACT:** Rapes are committed to control, humiliate, or harm another person. Many are planned in advance and most are perpetrated by someone the victim knows. Passion, lust, and arousal may be present, but they are not uncontrollable urges.

**MYTH:** Men can't be raped if they don't want to be.

**FACT:** Any man can be sexually assaulted. It doesn't matter who he is, how big or strong he is, or what his sexual orientation is. Some men are sexually assaulted by women. Most are raped by men. The majority of men who rape other men consider themselves heterosexual. They rape men to exert control and cause harm and humiliation. Some men who are raped get an erection or ejaculate while being attacked. This reaction is simply a physiological response to physical contact or extreme stress. Although a perpetrator may try to convince a victim otherwise, getting an erection or ejaculating during a sexual assault or rape is not a sign of consent, pleasure, or sexual orientation.

**MYTH:** Some girls and guys “ask for it” by the way they dress.

**FACT:** No person does anything to “ask for” or deserve rape.

**MYTH:** Stalking is a nuisance if you ignore it, the stalker will quit.

**FACT:** Students may be stalked by someone they know or by a complete stranger. In either case, stalking is a serious threat to personal safety and typically escalates without intervention. Stalking episodes can last over two years.

For more information, contact the  
**National Domestic Violence Hotline**  
**800-799-SAFE (7233)**

## WHAT YOU CAN DO TO STOP VIOLENCE

- Acknowledge that no one deserves to be abused, and don't do anything that violates another person.
- Take responsibility for your actions and get help if you need assistance to stop your abusive behavior.
- Never use force, threats, alcohol and other drugs, or other illegal ways to get sex. Don't make assumptions, always get full permission.
- Remember “no” means “NO”! Be aware of other ways that can be used to indicate you don't have consent (e.g., someone pulling away from you or looking away).
- Don't mistake submission for consent.
- Avoid alcohol and other drugs.
- Discuss sexual and other violence with friends. Speak out against violence.
- Report incidents of violence to law enforcement and campus authorities.

## TIPS FOR REDUCING YOUR CHANCES OF BEING ASSAULTED OR STALKED

- **Be aware.** Does someone in your life threaten to commit suicide or to hurt you or others? Put you down in public? Hit you? Force you to have sex? Follow you? Offer unwanted gifts?
- **Trust your feelings.** If something feels wrong, it probably is. If safe to do so, get out of the relationship/situation. Get help from a hotline.
- **Be assertive and speak up.** Clearly communicate your feelings and desires to your partner. If you feel that you “can't” that is a sign that you may be in an abusive relationship.
- **Stay sober.** Watch out for dates or anyone else who tries to get you drunk or high. If you drink, don't let others have access to your glass.
- **Talk** with your friends and dates about sexual assault and other forms of violence.

## HOW TO HELP A FRIEND IN NEED

- Show you care.
- Believe your friend.
- Listen without passing judgment.
- Talk about her/his safety, rights and options.
- Help without taking control.
- Refer them to a professional hotline.