

**Domestic Violence  
Dating Violence  
Sexual Assault  
Rape  
Stalking**

**A Crime Prevention** Program for the  
University Community

**Brigham Young University**  
**BYU Police**  
801-422-2222  
[police.byu.edu](http://police.byu.edu)

## **Know Your Rights**

Because you are a student at Brigham Young University, you are entitled to contact the Title IX office on campus for further resources.

Title IX of the Education Amendments of 1972 prohibits sex discrimination – which includes sexual violence – in educational programs and activities. All public and private schools, school districts, colleges and universities receiving federal funds must comply with Title IX. If you have experienced sexual violence, you have the option to contact the campus Title IX office.

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The college experience is multi-faceted! It not only includes academics, but the opportunity to establish lifelong friendships and social relationships. While most relationships are healthy and fulfilling, some can become abusive and lead to criminal behavior such as emotional, physical and sexual violence.

This booklet will provide important information about domestic violence, dating violence, sexual assault, rape, and stalking. These types of violence can affect people regardless of age, economic level, educational status, sexual orientation or culture. These abusive behaviors can take a multitude of forms, but the goal of the perpetrator is the same, **to use fear and control over their partner.**

Domestic violence, dating violence, sexual assault, rape, and stalking are serious problems in any relationship and there are no easy solutions. However, in all cases, the victim is the only one who can make the decision to leave or stay in a relationship.

This booklet provides basic information about crimes so you can make informed decisions and know of the resources available to you. Understanding the problems and issues that result from these crimes is the first step toward solving them.

# What is Domestic Violence?

Domestic violence is defined as a pattern of abusive behavior in a relationship that is used by one partner to gain or maintain power and control over another partner.

Domestic violence can be **physical, sexual, emotional, economic, or psychological actions or threats that harm another person.**

This includes any behaviors that intimidate, humiliate, manipulate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

**Physical Abuse** can include, but is not limited to, hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon them.

**Sexual Abuse** is coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

**Emotional Abuse** is undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing or demeaning one's abilities, name-calling, or damaging one's relationship with his or her children.

**Economic Abuse** is making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

**Psychological Abuse** includes, but are not limited to, causing fear by intimidation, threatening physical harm to self, partner, children, or partner's family or friends, destruction of pets and property, and forcing isolation from family, friends, and school and/or work.

Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, or gender. Domestic violence affects people of all socioeconomic backgrounds and education levels. Domestic violence occurs in both opposite-sex and same-sex relationships and can happen to partners who are married, living together, or dating.

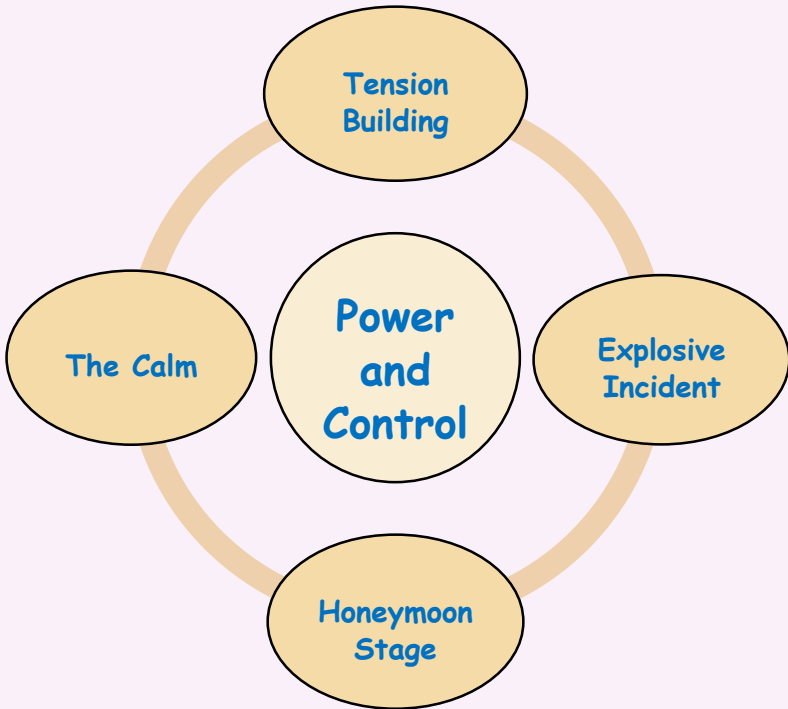
Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, other witnesses, and the community at large. Children who grow up witnessing domestic violence are among those most seriously affected by this crime. Frequent exposure to violence in the home not only predisposes children to numerous social and physical problems, but also teaches them that violence is a normal way of life—increasing their risk of becoming a member of society's next generation of victims and abusers.

Common characteristics of an abuser are:

- Poor self-image and low self-esteem
- Need for control
- Witnessed abuse as a child or was a victim of abuse
- Abuse alcohol
- Poor communication skills and has trouble expressing feelings
- Feels intense jealousy

**Some people may not understand that abuse is a crime!**

# The Cycle of Abuse



**Tension Building** - Tension increases, communication breaks down, and victim becomes fearful and feels the need to appease the abuser.

**Explosive Incident** - Verbal, emotional, physical abuse, anger, blaming, raging, arguing, threats and intimidation.

**Honeymoon Stage** - Abuser apologizes, gives excuses, blames the victim, and denies the abuse occurred or says it was not as bad as the victim claims.

**The Calm** - The incident is “forgotten,” no abuse takes place during the “honeymoon” phase.

## Safety Plan

If you are experiencing abuse or are in an unhealthy relationship, you should create a safety plan. Whether you decide to end the relationship or stay, it is a good idea to empower yourself with the knowledge of how to act in different situations.

- Plan ahead if you decide to leave.
- Think of a safe place you can go and know how you will get there.
- Keep important documents, such as driver's license, medical records, and birth certificates in a safe place and take them with you.
- Pack a bag with clothes, medications, and personal items and hide it in a safe place where you can have quick access when you leave.
- Save and hide extra money that you can take with you.
- Keep important phone numbers and contacts with you.
- If the abuser has left, change the locks on all doors and make sure the windows lock.
- If you have children, teach them how to use the telephone and how to dial 911 for help.
- If you have obtained a protective order, keep a copy of it with you at all times.
- Let your family and friends know you have a protective order and to alert you if they see the abuser going near you.
- Contact a victim's advocate to help you with a protective order and other resources that are available to you. Your victim advocate can talk with you about the decisions you need to make to assure you and your children's safety.



# What is Dating Violence?

Dating violence is a pattern of abusive behavior(s) used to gain power and control over a dating partner. Dating violence is a serious risk for all teens and young adults. The majority of dating violence happens to young women, but it can happen to young men as well. Every relationship is different, but there is one common thread to most abusive relationships; the violence and abuse escalates over time. Dating violence can include:

## **Physical Abuse**

- Hitting, kicking, choking, pinching, hair pulling, shaking, using weapons to make threats

## **Sexual Abuse**

- Unwanted touching, fondling, or kissing
- Pressure to have sex
- Forced sexual activities
- Threatening to find someone else who will fill their wants sexually
- Verbal or sexual harassment
- Threats of sexual violence

## **Emotional Abuse**

- Yelling, name calling
- Criticizing, using foul language
- Constant calls, e-mails or text messages to keep track of what the partner is doing
- Violent threats
- Stalking (in person or online)
- Mind games
- Isolating a person from family and friends

## **Social Media/Technology Abuse**

- The use of technology and/or social media networking to intimidate, harass or threaten a current or ex-dating partner. This could include demanding passwords, checking cell phones, cyber bullying, sexting, excessive or threatening texts or stalking on Facebook or other social media.

**“Power and control”** is the core to dating violence. Some examples are:

## **Peer Pressure**

- Threatening to expose someone’s weakness or spread rumors
- Telling malicious lies about an individual to peer group

## **Anger/Emotional Abuse**

- Insulting, putting the person down or name calling
- Making the person feel bad about themselves
- Making the person think they are crazy
- Making the person feel guilty
- Humiliation

## **Using Social Status**

- Treating the person like a servant
- Making all the decisions
- Acting like the “master of the castle”
- Being the one to define men’s and women’s roles

## **Intimidation**

- Making someone afraid by using looks, actions, or gestures
- Smashing things / destroying property
- Abusing pets
- Displaying weapons

### **Minimize/Deny/Blame**

- Making light of the abuse and not taking concerns about it seriously
- Saying the abuse didn't happen
- Shifting responsibility for abusive behavior
- Blaming the person

### **Threats**

- Making and/or carrying out threats to do something to hurt another
- Threatening to leave, commit suicide, or report them to the police
- Making the person drop charges
- Making the person do illegal things

### **Sexual Coercion**

- Manipulating or making threats to coerce sex
- Threatening to take children away to coerce sex
- Getting someone drunk or drugging them to get sex

### **Isolation/Exclusion**

- Controlling what another person does, who she/he sees and talks to, what he/she reads, where she/he goes
- Limiting outside involvement
- Using jealousy to justify actions

## **The Effects of Dating Violence**

Anyone can experience abuse or unhealthy behaviors in their dating relationship. A relationship may be serious or casual, monogamous or not, and short-term or long-term. Dating abuse does not discriminate—it does not see gender, sexual identity, economic status, ethnicity or religious preference. A “partner” might mean different things to different people, particularly across generations. The relationship may be sexual, but it does not have to be.

Dating violence can affect the victim in many ways:

- Academically (grades and poor class attendance)
- Poor sleeping habits
- Using alcohol and/or drugs to cope
- Depression
- Set the stage for the victim to become an abuser
- Suicide ideation

## Dating Safety Plan

Make it a point to always have a safety plan in place when you go on a date. Here are some precautions you might consider.

1. Make sure family, friends, and roommates have met your date. Let them know what your plans are when you go out on a date and what time you expect to be back home.
2. When you meet someone new for the first time, arrange to meet your date in a public location. Consider meeting in a public place for the first few dates.
3. Consider dating in a group your first few dates.
4. Always take money with you in case you need to escape and take a bus or taxi home from your date.
5. Do not feel obligated to have your date pay for your meal or other things they might have planned for the date.
6. Take your cell phone with you and have your important phone numbers memorized.
7. If you feel uncomfortable about the location for a date, tell your date you want to go somewhere else.
8. Do not ever leave your food or drink unattended.
9. Do not give out too much personal information until you get to know your date.
10. If you are meeting in-person, someone that you met on-line or from any social media website, do not misrepresent yourself. This could lead to bad feelings or perhaps aggressive behavior.

## Dating Bill of Rights

You have the right to:

1. **Always** be treated with respect and as an equal.
2. Be in a healthy relationship; one that is not controlling, manipulative, or full of jealousy.
3. Have a relationship that involves honesty, trust, and communication, and to be able to express your feelings.
4. Not be hurt physically or emotionally.
5. Feel safe in a relationship at all times. Abuse is never deserved and is never your fault.
6. Refuse sex or affection at any time.
7. You have the right to spend time with family and/or friends apart from your relationship and to have activities apart from your boyfriend/girlfriend.
8. You have the right to end a relationship at any time, without any explanation, and to be free from harassment, threats, or guilt.

# **What is Sexual Assault?**

Sexual assault is a general term that includes any forced or unwanted sexual activity, or any sexual activity without consent, including rape, incest, sexual abuse, and molestation. Sexual assault includes any forced or unwanted touching of an intimate part of the body, such as breasts, buttocks, or genitals. Sexual assault can be verbal, visual or anything that forces a person to join in unwanted sexual contact or attention.

Sexual assault and sexual abuse are terms that refer to sexual contact without consent. Children are not legally able to consent to sexual activity, so any sexual activity with a child is against the law. Rape, incest, attempted rape and unwanted sexual touch are often called sexual assault. Regardless of the term, sexual assault is a crime. Sexual assault and sexual abuse can happen to anyone. There is no typical victim; anyone can be a victim of these crimes. The victim of a sexual assault is not to be blamed.

Some people also believe that if the survivor did not actively resist the attack, then they must have given consent. This statement suggests the victim is responsible for the assault. This line of thinking is false and must be changed. Sexual assault is the result of an individual's choice to proceed with unwanted sexual activity without the consent of the other person. Victims should never be blamed for being sexually assaulted.

## **What Do I Do If I've Been Sexually Assaulted?**

- Get away from the attacker/abuser as fast as you can, then call 911 or police.
- If you are hurt, go to the nearest hospital or emergency room.
- Call a friend or family member you trust to be your support.
- For support, call the National Sexual Assault Hotline at 800-656-HOPE (4673).
- Contact a victim advocate for additional resources.

## What Can I Do to Protect Myself?

There are many things you can do to reduce your chances of being sexually assaulted.

- Be aware of your surroundings—who is out there and what is going on in the area.
- Walk with confidence. The stronger you look, the stronger you appear to perpetrators. Perpetrators are generally looking for vulnerable victims; someone they can overcome.
- Avoid alcohol or drugs.
- Be assertive—do not let anyone invade your personal space.
- Trust your instincts. If you feel uncomfortable in your surroundings, then leave the area.
- Lock your doors and windows at all times, even if you are leaving your home for a few minutes.
- Do not lend your keys to anyone and do not leave them lying around for someone to take.
- When someone knocks at your door, know who is on the other side before opening the door.
- Avoid walking or jogging alone, especially at night. Vary your route and stay in well-travelled, well-lit areas.
- Be wary of isolated areas, such as apartment laundry rooms, underground garages, and offices after business hours.
- When traveling, keep your car in good shape with plenty of gas in the tank.
- Park in well-lit areas and lock the car, even if you will only be gone for a few minutes.



## Things You Can Do to Help Yourself

There are several things you can do to help yourself through a traumatic event. Remember that you can experience normal human reactions just like others under similar stress. Unwanted thoughts, dreams, and flashbacks are normal, too. Know these are part of the healing process and will decrease over time.

- Do not isolate yourself. Allow supportive people to help you. Reach out to those who care—family, friends, clergy, and counselors.
- Talk it out with people. Talking is important to the healing process.
- Stay active. Physical exercise is one of the best ways to reduce stress.
- Help others. Helping others will help you.
- Do not abuse alcohol or drugs. This can hinder or delay the recovery process.
- Avoid hazardous or stressful activities and get plenty of rest.
- Seek counseling.

A person can do all they can to protect themselves and even then they can be a victim of sexual assault. The only person to blame for a sexual assault is the person committing the assault.

# What is RAPE?

Rape is when a person has sexual intercourse with another person without their consent. This applies whether the perpetrator is married to the victim or not. Rape is a crime of power and control. Acts of rape are aggressive means of dominating the victim and not just an attempt to achieve sexual fulfillment. Many sexual assaults involve threats of bodily harm or other forms of intimidation and humiliation. Victims can suffer severe psychological injury and often physical injury as well.

People often mistakenly assume that the survivor could have somehow prevented the assault by doing something differently. Some people also believe that if the survivor did not actively resist the attack, then they must have given consent. This statement suggests the victim is responsible for the assault. This line of thinking is **false** and must be changed. Rape is the result of an individual's choice to proceed with sexual intercourse without the consent of the other person. Victims should never be blamed for being raped.

No one knows how they will respond when placed in a life-threatening situation. They may fight back or they may become paralyzed by fear. A rape survivor needs unconditional support and to understand the rape was not their fault. Responses to physical aggression differ.

## What Should I Do if I Am Raped?

1. Find a safe place, far away from the attacker.
2. Do not shower, bathe, or clean any part of your body until you can be examined. Do not brush your teeth or change clothes.
3. Seek medical attention immediately.
4. Report the attack to police by calling 911.
5. Call a rape crisis center and a victim advocate for resource information available to you.
6. Remember, it is NOT your fault.

## **What Can I do to Be safe?**

- Show that you are in control—walk with confidence.
- Be aware of your surrounding's—who is out there and what is going on.
- Do not let alcohol or other drugs fog your judgment.
- Be assertive—do not let anyone violate your space.
- Consider enrolling in a R.A.D. course. (Rape Aggression Defense).
- If you feel uncomfortable or uneasy about your situation, leave and GET OUT!
- Do not be embarrassed to stand up for yourself. You know what is best for you.
- Be aware of unwanted visitors. Demand that they leave, or you leave quickly yourself.
- Trust your instincts!

# What is Stalking?

Stalking is described as repeated harassing or threatening behaviors toward another person. A stalker can be a stranger, but most stalkers know their victim and can be a partner, a family member, a co-worker, or an acquaintance.

Are you being stalked? You may be if someone is engaging in the following behaviors and it is unwelcomed by you.

- Repeatedly following or spying on you
- Repeatedly calling or texting you
- Leaving unwanted gifts or items for you to find
- Vandalizing or damaging your property
- Repeatedly showing up for no legitimate purpose at places where you are

Anyone can become a victim of stalking regardless of age, gender, or other differences. Many people believe stalking only happens to celebrities or between strangers. Stalking is a crime that can happen to anyone, and often victims know who their stalkers are. Being a victim of stalking can be terrifying, and stalking can interrupt your life at home, at work, and at school, and affect your relationships with your friends, family, and coworkers. You may feel afraid for your safety and that you have no privacy or no place to turn. If you are or have experienced any of the above-described actions, there are resources available to help you.

Although laws may vary by state, stalking is generally considered any unwanted contact between a stalker and their victim, which directly or indirectly communicates a threat or places the victim in fear.

## **Stalking Guidelines for You or the Victim**

Knowing how to deal with the behavior of a stalker and having a safety plan in place will help you feel safe. Stalkers can threaten, attack, sexually assault, and even kill their victims. There is no single psychological or behavior profile that can predict what stalkers will do. A stalker's behavior can move in different directions without warning; from receiving mail and gifts to showing up on a victim's doorstep or at the victim's place of employment.

Below are suggestions to consider when developing a stalking safety plan. This is not a complete list. In a safety plan, any strategy should focus on what the victim feels will work for them and is in their best interest. The safety plan should be re-evaluated often to be sure all areas of safety are covered.

1. Make it very clear to the stalker what your feelings are and that you want to cut off the relationship. This can be done by text or letter for record purposes. Other than police or yourself, do not have anyone else inform the stalker of your request. Having someone else intervene for you may send mixed messages to the stalker.
2. Keep a log of all staking behaviors including email, phone messages, social media posts (Facebook, Twitter, etc.), and gifts or letters you might receive. This evidence will help prove what has been going on if you decide to report the stalking to the police or apply for a protective order.
3. Rely and trust people to help you. Advise your coworkers and roommates of your situation and ask them to alert you if they see the stalker or if the stalker attempts to contact them on your behalf.
4. Stalking is a crime and should be reported to police early on. Do not wait to report. Early intervention can help prevent a crisis.

## **You can always help yourself to be safe by:**

1. Having your cell phone with you at all times, preferably one to which the stalker has no access.
2. Treating all threats, direct and indirect, as legitimate and inform law enforcement immediately.
3. Varying routines, including changing routes to work, school, the grocery store, and other places regularly frequented.
4. Trying to limit yourself from being alone and void traveling alone.
5. Considering getting a new, unlisted phone number. You can leave the old number active and have it connected to an answering machine.
6. Not walking to your car alone when leaving work or school. Considering calling BYU Police to inquire about the “Safe Walk” program when you are on campus.
7. Trusting your instincts.
8. Consider having your phone number show as unlisted in the school directory.

# Resources

Campus Resources. The following resources are also available to you. These departments will protect your privacy and confidentiality to the extent possible, but some departments are required by law to report sexual assaults to BYU's Title IX Coordinator and to BYU Police.

## **Campus Resources**

- BYU Police: 911 or (801) 422-2222
- BYU Police Crime Prevention: (801) 422-5218
- BYU Title IX Coordinator: (801) 422-8692
- Academic Support Office: (801) 422-2723 – 2500 WSC
- BYU Counseling and Psychological Services: (801) 422-3035 or 801-422-2222 for after business hours – 1500 WSC □ Dean of Students: (801) 422-4771 – 3500 WSC
- International Student Services: (801) 422-6073 – 1351 WSC
- Financial Aid (OneStop): (801) 422-4104 – D155 ASB
- Student Health Center: (801) 422-2771 – SHC
- BYU Police SafeWalk Program: (801) 422-2222
- Women's Services and Resources: (801) 422-4877–3326 WSC

## **Community Resources**

- Center for Women and Children in Crisis: (801) 377-5500 or (888) 421-1100 – 1433 East 840 North, Orem, UT
- Rape Recovery Center: (801) 467-7273 – 2035 South 300 East, SLC, UT (24-hour)
- Utah Domestic Violence LINKline: (800) 897-LINK (5465) [www.udvc.org](http://www.udvc.org) (24-hour)
- National Domestic Violence Hotline: (801) 799-7233
- RAINN (Rape Abuse & Incest National Network) (801) 656-HOPE (4672)
- The Utah State Bar: (801) 531-9077 [www.utahbar.org](http://www.utahbar.org)
- Utah Legal Services: (800) 662-4245 [www.utahlegalservices.org](http://www.utahlegalservices.org)
- Timpanogos Legal Center: (801) 374-6766 ext. 3523 [www.timplegal.org](http://www.timplegal.org)
- Utah County Children's Justice Center: (801) 851-8554 [www.utahcountyonline.org/dept/cjc](http://www.utahcountyonline.org/dept/cjc)
- Sexual Assault Victim Advocate: Provo—(801) 852-6375 or (801) 852-6280, Orem—(801) 229-7128 or (801) 229-7126

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## Personal Notes