WHEN THE ABUSER IS THERE
- Stay out of rooms with no exit.
- Avoid rooms that may have weapons.
- Select a code word that alerts friends & children to call the police.
- Leave suitcase & check list items with a friend.

WHEN THE ABUSER HAS MOVED OUT
- Consider obtaining an Order of Protection.
- Change locks on doors and windows.
- Insert a peephole in the door.
- Change cellphone or telephone number, screen calls & block caller ID when making outgoing calls.
- Install/increase outside lighting.
- Consider getting dog (not applicable to children).
- Keep a log of threats/physical confrontations. Take digitally recording child(ren), or vulnerable adult abuse.
- Have you ever been afraid that your partner might hurt you?
- Have you ever been pushed or hurt by your partner?
- Does your partner tell you because you deserve it?
- Does your partner try to control:
  ⇒ How you live?
  ⇒ How you look?
  ⇒ How you act?
  ⇒ How you think?
  ⇒ How you spend your money?
- Does your partner put you down?
- Does your partner blame you when something goes wrong?
- Does your partner accuse you of flirting or ‘coming on’ to other people?
- Does your partner demand sex, even if you say “no”?
- Do you have to be careful what you say or do so your partner won’t get upset?
- Does your partner cut you off from your friend &/or friends?

If you can answer YES to any of these questions, you could be a victim of domestic violence.

IT IS A CRIME ...EVEN WHEN COMMITTED BY SOMEONE YOU LOVE.
These are things I can do to keep myself safe everyday:

- I will carry my cell phone & important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am/what I am doing.
- If possible, I will alert RA or campus security about what is happening in my relationship so that my abuser is not allowed in my building.
- I will avoid places where my abuser or his/her friends & family are likely to be.
- I will keep the doors & window locked where I live, especially if I am alone.
- I will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- I will call 911 if I feel my safety is at risk.
- I can look into getting a protective order so that I will have legal support in keeping my abuser away.
- I can see if there are self-defense classes available at my college or in my community.
- I will remember the abuse is not my fault & that I deserve a safe and healthy relationship.

These are things I can do to help keep myself safe in my social life:

- I will ask my friends to keep their cell phones with them when they are with me in case we get separated & I need help.
- If possible, I will go to different malls, bars, banks, grocery, movies theaters, dining halls, etc. than the ones my abusive partner goes to or knows about.
- I will avoid going out alone, especially at night.
- No matter where I go I will be aware of how to leave safety in case of an emergency. I will leave if I feel uncomfortable in a situation no matter what my friends are doing.
- If I plan on drinking, I will be sure to have a sober driver who is not my abusive partner.
- I will spend time with people who make me feel safe, supported & good about myself.

These are the things that I can do to stay safe online and with my cell phone:

- I will not say or do anything online that I wouldn’t do in person.
- I will set all my profiles to be as private as they can be.
- I will save and keep track of any abuse threatening or harassing comments, posts, or text. I will never give my password to anyone.
- If the abuse and harassment does not stop. I will change my user name/email-address &/or cell phone number.
- I will not answer calls from unknown/blocked/private numbers.
- I can see if my phone company can block my abuser’s phone number from calling my phone number.
- I will not communicate with my abuser using any type of technology if unnecessary, since any form of communication can be recorded & possibly used against me in the court of law.

Domestic Violence is a Crime

Domestic violence is not a “family problem,” it is a crime. You have the right to be safe. No one has the right to hit or threaten you. Children can be hurt emotionally by seeing domestic violence.

Help is available; you are not alone. Consider reaching out and taking to somebody anonymously. Please review help line numbers available in the brochure.

WHAT IS ABUSIVE BEHAVIOR?
It’s a pattern of behavior which establishes power and control over person through fear and intimidation, often including the threat of violence. Not all domestic violence is physical. It can be emotional abuse:
- economic abuse, sexually abuse threats, using male privilege intimidation isolation and a variety of other behaviors use to maintain fear intimidation and power.*

*What’s a Nice Girl Like You Doing in a Relationship Like This? Women n Abusive Relationships. Edited by Kay Maria Porterfield.

It has different names:
- Domestic violence
- Spousal abuse
- Women/men battering
- Wife/husband bashing

Domestic violence is a part of the abuser’s control over you. Control can take the form of forced sex (even if you are married,) restrictions on where you go and threats to harm you or others. Domestic violence is not caused by alcohol others drugs or “stress” These may cause an increase in abuse, but the need to control is the case of the violence.

NO ONE DESERVES TO BE ABUSED. LOVE DOESN’T HAVE TO HURT.

Local Resources for Diverse Populations

Against Abuse Inc.
Case Grande, AZ
520-836-0858

Cenpatico
1-866-495-6735 (24-hour crisis line)

Community Alliance Against Family Abuse (CAAA)
Apache Junction AZ
480-982-0196

Horizon Human Services
Casa Grande, AZ
520-836-1688

Pinal County Domestic Violence Coalition
Casa Grande, AZ
520-836-1239

National Resources

National Gay & Lesbian Task Force
www.thetaskforce.org

National Organization on Male Sexual Victimization
www.malesurvivor.org

Pandora’s Project
www.pondys.org

Students Active for Ending Rape (SAFER)
http://safercampus.org

For a complete List of references for all materials in this brochure, please visit our website found below: https://centralaz.edu/about/cac/title-ix

Barrington Campbell
Title IX Coordinator
Signal Peak Campus, 02008
Tel. 520-494-6456/520-494-5067
e-mail: titleix@centralaz.edu

According to the CDC, an average of 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States-more than 12 million women & men over the course of a year.

DON’T IGNORE SEXUAL VIOLENCE

Central Arizona College