**How to get help**

If you are in an abusive relationship, do not keep it to yourself. Get help immediately! Talk to someone you trust such as a parent, professor, advisor, or your medical provider.

Be aware that some people are mandatory reporters. They are Officials with Authority (OWA), legally required to report neglect or abuse to authorities such as the police.

**How to stay safe**

If you are in a violent relationship, your first priority is to get yourself and your children to safety. Statistics show that the most dangerous time for a victim of abuse is when the victim tries to leave the relationship. Seek refuge in an environment where the abuser cannot find you - a home of a friend that the abuser does not know, a hotel, or a shelter. Do not go to your parent’s home, a best friend’s house, or anywhere that the abuser could possibly look for you. If you come to campus, go to the Central Arizona College Police Department immediately!

**Compliance & Title IX Office**

Central Arizona College is committed to cultivating a campus community free from sex and gender-based discrimination and harassment, including sexual misconduct and relationship violence. Dedicated to delivering the Vaquero spirit, the Title IX Office supports this commitment through compliance efforts, promoting community accountability, responding to incidents, education, and encouraging student leadership.

**Local Resources**

**Against Abuse Inc.**  
Casa Grande, AZ  
520-836-0855

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

**Community Alliance Against Family Abuse (CAAFA)**  
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

**Nation Organization on Male Sexual Victimization**  
www.malesurvivororg

**Pandora’s Project**  
www.pandorys.org

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

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

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**ABUSE IS NOT LOVE**

Approximately 1 in 4 women and 1 in 5 men have experienced physical violence in an intimate relationship.
WHAT IS DATING VIOLENCE?

Dating violence is aggressive, controlling & abusive behavior that can include verbal emotional and physical abuse in a dating relationship. Both, women & men can be victims of dating violence & can abuse their partner as well. Dating violence can happen in all relationships.

WHAT ARE THE SIGNS OF DATING VIOLENCE?

Examples of controlling behavior:

- Constantly calling or texting to find out where you are and who you are with.
- Isolating you from friends and family.
- Telling you what you can and cannot wear.
- Limit outside involvement and activities.
- Telling you what to read.
- Using money to control you.

Example of verbal and emotional abuse:

- Threatening to hurt you or someone you care about.
- Use of sarcasm or unpleasant tone of voice.
- Using humiliating or embarrassing behavior.
- Threatening to commit suicide if you leave.
- Hypercriticism or belittling you.
- Making everything your fault.
- Refusing to communicate.
- Withdrawal of affection.
- Ignoring you or excluding you.
- Unreasonable jealousy.

Examples of physical abuse:

- Shoving
- Punching
- Slapping
- Biting
- Hitting or Kicking

Ask yourself these questions to see if your partner is using controlling behavior:

- Does my partner need to know where I am all times?
- Does my partner dismiss my opinion?
- Does my partner tell me what I should think?
- Does my partner make all the decisions in our relationship?
- Is my partner telling me to quit my job or activities so that we can spend more time together?
- Does my partner question my dislikes or likes?
- Does my partner pressure me into having sex?

STOP ABUSE FOR EVERYONE

Because Everyone Deserves a Healthy Relationship

It is important to remember that psychological abuse is NOT your fault. Abusers are expert manipulators who want you to believe that the way you are being treated is your fault. An abuser may try to convince you that you do not deserve better treatment, but you do.