

INTRODUCTION

Cerritos College is committed to creating and maintaining an environment that is free from sexual assault and other forms of 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 Cerritos College Cares.

OVERVIEW

Sexual assault is the most common violent crime committed on college campuses in the United States. It is often 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 student, female and male, are survivors of childhood abuse and rape.

DATING AND DOMESTIC VIOLENCE

Dating and domestic violence are crimes consisting of controlling and abusive behaviors committed by an intimate partner (e.g., ex-boy/girl-friend, ex-spouse/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. Many perpetrators also stalk their victims. Some kill their victims. Perpetrators will often apologize and appear to make amends, but over time the violence escalates in frequency and severity.

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, butt 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 physical/sexual assaults. In some cases stalkers also kill their victims.

FACTS AND MYTH'S

A student's attitudes and beliefs about sexual assault and other forms of violence can influence whether or not that student: commits acts of violence; supports a friend who has been abused; or seeks help for violent acts committed against her or him. Common myths about violent acts committed against her or him. Common myths about sexual and other violence include:

- ❖ 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".
- ❖ If a woman or man is being abused their situation can't be all 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.
- ❖ 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.
- ❖ 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 his sexual orientation. 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.

- ❖ Some girls and guys "ask for it" by the way they dress, dance, or drink.
Fact: No woman or man does anything to "ask for" or deserve rape.
- ❖ Stalking is a nuisance, but 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.

WHAT YOU CAN DO TO STOP THE 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 permission.
- ❖ Remember, an intoxicated person does not have the ability to give informed consent. Be aware of ways that can be used to indicate you don't have consent (e.g., pulling away from you).
- ❖ 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 MINIMIZING YOUR CHANCES OF BECOMING A VICTIM

- ❖ Be aware. Does someone: threaten to commit suicide or to hurt you or others? Put you down in public? Hit you? Force you to have sex? Follow you? Send 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 hot line.
- ❖ Be assertive and speak up. Clearly communicate your feelings and desires to your partner.
- ❖ Stay sober and watch out for dates or anyone else who tries to get you drunk or high.
- ❖ Talk with your friends and dates about sexual assault and other forms of violence.

IF YOU ARE A VICTIM...

- ❖ 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, and when a victim tries to end the relationship or has recently left the abuser.
- ❖ Talk to the police about protective orders.
- ❖ Contact a hot line for safety planning. 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 for time, screaming, resisting, or what you think is best to survive. Submission is also a survival option (and not consent for abuse).
- ❖ Keep proof of every incident 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.

CRIME REPORTING

Cerritos College, students, faculty, and staff are strongly encouraged to report all crimes to local law enforcement, Campus Police, and the Judicial Affairs Office. 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.

PERPETRATORS SANCTIONS

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

VICTIM'S RIGHTS

Victims of campus-related (occurring on – or off campus) sexual assault and other crimes can receive: assistance in 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 and living 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 Office Judicial Affairs, the Vice President for Student Affairs, the Student Health Center, and Campus Security Authorities.

HOW TO HELP A FRIEND

- ❖ Show you **CARE**.
- ❖ **BELIEVE** your friend.
- ❖ **LISTEN** without passing judgment.
- ❖ **TALK** about her/his safety, rights and options.
- ❖ **HELP** without taking control

RESOURCES

You'll find campus and community victim support services below. Caution: Perpetrators may monitor their victim's computer and Internet activities (as well as phones, etc.). It may be safer to look for information on a computer belonging to a trusted friend, at a College Open Access Lab, or other computers a perpetrator doesn't have access to. For more information contact the National Domestic Violence Hot line at 800.799.SAFE

CAMPUS SERVICES – 562.860.2451

Alteration of Academic Situation

- ❖ Judicial Affairs / Student Activities – Ext. 2473

Confidential and anonymous counseling

- ❖ Student Health Center – Ext. 2321

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

- ❖ Campus Police – '911,' Ext. 3076

Disciplinary Complaints and Investigations

- ❖ Judicial Affairs/Student Activities – Ext. 2473
- ❖ Campus Police – '911,' Ext. 3076

General Resource and Information

- ❖ Office for Students with Disabilities – Ext. 2333
- ❖ Campus Police – '911,' Ext. 3076

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

- ❖ Student Health Center – Ext. 2321

Title IX Coordinator

- ❖ Director of Diversity, Benefits & Compliance, Human Resources, ext. 2276

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- ❖ Center for the Pacific Asian Family: 800.339.3940
- ❖ Child Protection Hot-line, L.A. County: 800.540.4000
- ❖ Domestic Violence Hot-line (multilingual), L.A. County 800.978.3600
- ❖ East Los Angeles Women's Center: 800.585.6231
- ❖ National Domestic Violence Hot-line: 800.799.SAFE, 800.787.3224 (TTY)
- ❖ National Sexual Assault Hot-line: 800.656.HOPE (7233)
- ❖ Peace Over Violence: 310.392.8381, 626.793.3385
- ❖ Santa Monica-UCLA Medical Center Rape Treatment Center: 310.319.4000, extension '0'
- ❖ Stalking Hot-line, L.A. County: 877.633.0044

INTERNET RESOURCES

- ❖ California Courts Self-Help Center: www.courtinfo.ca.gov/selfhelp
- ❖ California Law: www.leginfo.ca.gov
- ❖ L.A. Gay & Lesbian Center STOP Domestic Violence Program: www.laglc.org/domesticviolence
- ❖ Love Me Not (Stalking): www.lovememot.org
- ❖ National Domestic Violence Hot line: www.ndvh.org
- ❖ Rape, Abuse & Incest National Network: www.rainn.org
- ❖ The National Center for victims of Crime: www.ncvc.org

DISCRIMINATION COMPLAINTS

- ❖ Office for Civil Rights Regional Office at U.S. Department of Education.
Phone: 415.556.4120
Address: 50 United Nations Plaza, Room 205, San Francisco, CA 94102

Note: Complaints must be filed within 180 days of incident.



PROJECT SAFE

DATING AND DOMESTIC VIOLENCE, SEXUAL ASSAULT AND STALKING

PROJECT SAFE

Cerritos College
Student Health Center
11110 Alondra Blvd.
Norwalk, CA 90650
Phone: (562) 860-2451, Ext. 2321
Fax: (562) 467-5076
Web: www.cerritos.edu/shs