October 1, 2014

Dear Campus Community:

College of the Redwoods is committed to achieving and maintaining a campus community that fosters individual and institutional excellence and strives to provide conditions under which the work of the College can go forward freely, with the highest standards of quality and institutional integrity. In keeping with this commitment, we urge each of you to work to create a campus community that is free from violence of any kind.

Relationship violence, in fact any type of violence, is not acceptable behavior at College of the Redwoods. Intimidation and threats do not belong here. Violence of any type is particularly abhorrent in a setting that prides itself on providing a safe place for the discussion of all issues and for the continued growth and healthy development of minds and bodies. There have been, unfortunately, incidents in educational institutions that make it clear what a heavy toll violence can take on individuals, their family, friends, schoolmates and colleagues.

Please join us in working towards creating a responsible environment where the dignity of each member of the campus community is fully protected. We must all respond, not only to a legal obligation, but also to an ethical obligation based on our mission of intellectual and personal development.

Thanks you for your support of this important effort.

Sincerely,

Office of the President

President/Superintendent       Vice President

7351 Tompkins Hill Road
Eureka, CA 95501-9300
707.476.4170

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RELATIONSHIP VIOLENCE PREVENTION RESOURCE MANUAL

A HANDBOOK

for the College of the Redwoods community

October 1, 2014

Please send comments to Deanna-Herrera.thomas@redwoods.edu

College of the Redwoods
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Learning Objectives

1. Recognize relationship violence
2. Know the “Cycle of Violence.”
4. Identify several indicators that a student may have problems with relationship violence.
5. Feel confident that you could talk to a student about a relationship violence situation.
6. Feel confident that you could respond appropriately to a request for help.
7. Identify ways you can contribute to the prevention of relationship violence.

Recognition

What is Relationship Violence?

According to the American Medical Association’s Diagnostic and Treatment Guidelines, relationship violence is a pattern of coercive behaviors that may include repeated battering and injury, psychological abuse, progressive social isolation, deprivation and intimidation. A 2008 study of college-age students found that nearly half had experienced relationship violence in sexual, physical or emotional forms and that older students were more likely to have experienced all three.
Frequent Questions or Statements

“I Know Men Who Are Beaten By Women, Men Who are Beaten by Men and Women Who Are Beaten By Women.”

A vast majority (95%) of all “reported” relationship violent assaults are committed by men against women. However, same sex violence and female to male violence is often under-reported due to social stigma, and more importantly, it is no less critical to respond to these situations as one would to male against female violence.

“She/He Must Like It or They Wouldn’t Keep Going Back.”

No! No one likes being battered. National studies show that a woman leaves an average of eight times before leaving for good. This means that, for some women, it may take sixteen attempts, while others may leave the first time.

“Why Does the Victim of Relationship Violence Stay?”

Asking this question automatically blames the victim. We need to change our perspective and ask, “Why do they beat?” For many, escaping relationship violence is not a choice. There are many reasons why they stay. In order to leave, the woman may be risking her safety because women are at greater risk after they leave a violent relationship. Fear for one’s safety or the safety of loved ones can keep someone in a violent relationship. The victim of violence may have to choose between living with the violence or being isolated from their friends and work, or being homeless with their children. As a way of controlling their partner, the batterer may have already isolated them from friends and family. Choices about where to flee and whether to “betray” their family/community may be limited.

“Domestic Violence Occurs in Certain Groups.”

Domestic violence crosses all race, class, age and gender lines. However, women between the ages of 16-24 in dating relationships experience the highest rates of domestic violence and sexual assaults. Partner assault does appear differently in various groups, however, there is an elevated risk for female college students.* Batterers may tailor their behaviors or methods of control to suit the situation. An immigrant partner may be threatened by having their immigration status jeopardized. A poor man or woman may not have resources to move away. The batterer of an elderly partner may threaten to kill their pet, which is the victim’s only source of companionship. In an upper middle-class partnership, the batterer may deprive their partner of access to bank accounts that would enable escape for their partner and their children. In same sex relationships one...
partner might threaten to “out” the other in order to control them. Male to male violence can be the most life threatening as weapons are used more often. *Therefore the victim will be referred to with feminine pronouns for the purposes of the handbook.

“Children Are Too Young To Know What Is Going On.”

Children and friends often know more than we think and they are greatly impacted by relationship violence. The effects are long-lasting. An overwhelming percentage of batterers watched relationship violence occur in their own homes or experienced child abuse themselves. Recent research demonstrates that there are brain differences in children that are the result of having observed the assault of a parent.

“Many Couples Argue – It’s No Big Deal.”
Maybe, but some people have learned to disagree respectfully and it is always a big deal when someone gets hurt.

“Relationship Violence Is a Personal Problem and Should Be Kept Quiet.”
Relationship violence is a problem for the entire community. If we complain when our neighbors play their stereos too loudly or when pets are abused, why would we mind our own business when we hear something that sounds abusive towards another person?

Relationship Violence Jeopardizes the Safety of Our Community!

Risk Factors

Battered Women Likely Account For:

- 25% of women who attempt suicide
- 25% of women who use psychiatric emergency services
- 23% of pregnant women seeking prenatal care
- 45 to 59% of mothers of abused children
- An average of 28% of college students experience dating violence at some point.

Additionally,
25% of women are victimized by domestic violence at least once
A woman is beaten every 15 seconds and over 2 million women report being beaten every year
Nearly 1,500 women are battered to death every year in the United States, i.e., every six hours a man batters a woman partner to death
22 to 35% of all women who seek emergency medical care are victims of domestic violence
Domestic violence is the most prevalent violent crime in California, with law enforcement agencies receiving 500 reports a day
Women age 20-34 have the highest rate of violent victimization committed by intimate partners of any age group
Women ages 20-24 are at the greatest risk of nonfatal intimate partner violence.
Nearly 80% of women who have been physically abused in their intimate relationships continue to date their abuser.
Of the women between the ages 15-19 murdered each year, 30% are killed by their husband or boyfriend.
835,000 men are the victims of relationship violence annually in the United States (American Bar Organization)
11% of lesbians reported violence by their female partner and 15% of gay men who had lived with a male partner reported being victimized by a male partner. (American Bar Organization)

Signs of Physical Abuse

- Injuries to face, neck, throat, chest, and breasts.
- Multiple injuries in various stages of healing.
- Injury inconsistent with story about how it happened.
- Delay between injury and seeking medical treatment.
- Minimization of how frequent or how serious injuries have been.
- Suicide attempts.
- Fractures in various stages of healing.
- Burns (cigarette, friction, splash, chemical).
- Head injuries.
Homicidal Risk

- Presence of gun.
- Batterer has threatened to kill or victim believes they may be killed.
- Overly jealous batterer.
- Violent behavior towards others.
- Batterer has destroyed personal items, such as clothing.
- Batterer has made threats to friends and family.
- Batterer has killed pets.
- Batterer objectifies victim with name-calling (body parts, animals)
- Batterer is unable to stop violence or control his or her behavior, even if they have stated a desire to stop.

Emotional Risk Factors

- Financial problems
- Recent breakup between the batterer and the victim
- Drug or alcohol abuse by the batterer, victim or both
- Victim or batterer physically abused as a child
- Overly protective or controlling behavior by the batterer
- Suicide attempts by either victim, batterer or both
- Mental illness in victim, batterer or both

Battering Relationships Can Result in Death

Power and Control

Relationship violence looks different in every situation. However, a general pattern often occurs. As these factors indicate, relationship violence is about power and control.

EMOTIONAL ABUSE: Putting their partner down. Making him or her feel bad about themselves. Name calling. Making their partner think they are crazy. Playing mind games. Humiliation. Making their partner feel guilty.

ISOLATION: Controlling what their partner does, who they can see and talk to, what they reads, and where they go. Limiting their partner’s outside involvement. Using jealousy to justify actions.

MINIMIZING, DENYING, AND BLAMING: Making light of the abuse and not taking their partner’s concerns about it seriously. Saying the abuse didn’t happen. Shifting responsibility for abusive behavior. Saying their partner caused it.

COERCION AND THREATS: Making and/or carrying out threats to do something to hurt their partner. Threatening to leave the relationship or commit suicide. (Adapted from the Power and Control Wheel, Domestic Abuse Intervention Project, Duluth)

Campus Policy & Procedures

Assault, sexual assault, or threat of violence, including relationship violence, is prohibited behavior at College of the Redwoods and violates state (and possibly federal) laws. BP and AP 5500 articulate how the College will respond to such incidents.

Calling the Police

Relationship violence is a crime and is punishable under the criminal laws of the State of California. Calling the police means you are asking for immediate protection to stop abuse. After the police arrive, they will investigate to determine if what happened constitutes a crime. If they have probable cause that a crime has occurred, they will write a report and provide you with referral information for services. They may also arrest the batterer. Tell the officer the specifics of the assault, record the incident or report number and obtain the officer’s name and badge number in case you have questions later. Also, if the assault involves interstate travel, including travel across the boundaries of sovereign tribal lands, then it also falls under federal jurisdiction.
Visiting the Health Center
The Student Health Center is committed to treating victims of relationship violence with respect and dignity, providing care, safety and referral information. Health care providers are required, by California law, to report injuries which are the result of relationship violence within 48 hours of the receipt of the initial information. Health Center staff will report to the College of the Redwoods Security or the Eureka Police. Mandatory reporting is controversial since some victims may refrain from seeking needed health care if they do not want police to be called. However, it is the law. It is up to the battered person to decide whether he or she wishes to talk to the police.

Seeking Counseling
The counseling service counselors are not required, by law, to report suspected relationship violence to the CR security or to any police jurisdiction. However, counselors are required to report imminent threats of potential harm to self, others, and to children or elders.

CR counselors will listen with care to any concerns a student may have. The counselor can help develop an action plan; review available alternatives; and, provide referral information. It is a good idea to seek counseling with a trusted friend if seeking help alone does not feel comfortable.

Judicial Affairs
The judicial affairs officer, working in collaboration with the college administration and faculty will address unacceptable behavior related to relationship violence as part of the student code of conduct.

Referrals
In this community, victims have access to 24 hour crisis lines, shelter services, individual or group counseling, protection, health care and
advocacy. As a staff or faculty member, you may be the first point of contact for a victim of relationship violence or someone is concerned about a family member or friend. You may find the information below helpful in such a circumstance and sharing this material with concerned individuals may protect against further violence.

**On CR Campus**

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<td>911</td>
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<tr>
<td>Health Center Appointments</td>
<td>476-4149</td>
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<tr>
<td>Campus Security</td>
<td>476-4112</td>
</tr>
<tr>
<td><strong>Campus Security Emergency</strong></td>
<td>476-4111</td>
</tr>
<tr>
<td>Counseling and Advising Center</td>
<td>476-4150</td>
</tr>
<tr>
<td>Behavior Intervention Team</td>
<td>476-4242;476-4289</td>
</tr>
<tr>
<td>Title IX/Sexual Harassment Officer/Human Resources</td>
<td>476-4141</td>
</tr>
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**Off-campus Resources**

Remember if someone is in a dangerous situation there is help when it is needed. It is often useful to make a safety plan if someone is in a relationship that gets violent; likewise it is always helpful to talk to a hotline counselor or advocate in the community. Here are some resources:

**Humboldt Domestic Violence Services**

- 24-hour crisis line: 707-443-6042
- Information (HDVS office line): 707-444-9255
- Toll Free: 866-668-6543

**North Coast Rape Crisis Team & CALM**

- Eureka: 707-445-2881
- Del Norte: 707-465-2851

**WISH (Women and Children in Crisis in Southern Humboldt)**

- 707-923-4100

**Anger Management and Batterer Intervention Programs**

- Breaking the Cycle (court certified program): 707-442-7806
- Humboldt Family Service Center: 707-443-7358
M.E.N.D./W.E.N.D. (Men & Women exploring non-abusive directions) 707-442-5040
National Domestic Violence Hotline 800-799-7233

Peace Offerings & Partners Against Violent Endeavors programs
Hoopa Tribe’s Division of Human Services 530-625-4236

Humboldt County District Attorney Victim/Witness Program 707-445-7411

Emma Center (for women survivors of trauma and abuse) 707-825-6680

Rainbow Domestic Violence (info for LGBT men and women) http://www.rainbowdomesticviolence.itgo.com/

Humboldt Open Door Transgender Health Clinic
(1:30 to 4:30pm 1st Tuesday of every month) 770 10th Street, Arcata
Appointments: 707-826-8610
Questions: humboldtprojecthealth@gmail.com

United Indian Health Services
Arcata: 1600 Weeot Way 707-825-5070
Monday thru Friday 10-5 p.m. Walk in
Klamath: 241 Salmon Ave. 707-482-2181
Monday 1-3 p.m. Walk in.
Weitchpec: Weitchpec Tribal Office, Hwy 196 707-445-2360
Thursday 10-5 p.m. Walk in.

The Yurok Tribe Social Services
Yurok Domestic Violence /Sexual Assault Project 707-483-1350
Stephanie Weldon, MSW Social Services Director sweldon@yuroktribe.nsn.us
Geneva Shaw, MSW Asst. Social Services Director gshaw@yuroktribe.nsn.us

Prevention

Supporting and empowering individuals to protect themselves and providing others with tools to help support victims is vital to stopping relationship violence. The information below would be useful to distribute to victims or their supporters.
If you think someone you know is in an abusive relationship, encourage that person to think about developing a personalized safety plan. Remember that fault lies with the abuser and not the abused; victims often need to be reminded that it is not their fault.

Help Prevent Relationship Violence
Know the Danger Signs

➢ Testing  When someone pushes and tests your limits and tries to put you in vulnerable situations where you can’t defend yourself or are afraid to defend yourself.

➢ Indifference  When it doesn’t matter to them what you decide. They ignore you, don’t listen to you or don’t take you seriously. **Remember “NO” means No!**

➢ Defensiveness & Hostility  They become angry when you do set limits. They feel they should be in control and you feel that you should give in to their demands.

➢ History/Pattern  When they talk about past relationships with obvious lack of respect for their former partner. They blame all the problems they had on another person and put down that person as crazy, dumb, etc. Someday they may say the same things about you. When they do not express anger assertively and instead “bottle” it up until there is an explosion.

➢ Obsessiveness  When they are jealous and possessive. They want to decide where you go and with whom, what to wear, whom you talk to, and what you cannot do. When they follow you to school or work.

Clues
Does this person . . . .

✓ Always have to get her/his way?
✓ Try to control you?
✓ Use violence or the threat of violence to get her/his way?
✓ Insult and criticize you?
✓ Use alcohol or other drugs?
✓ Have low self-esteem; continually try to prove her/himself to others?
✓ Blame others for his/her own problems or circumstances?
✓ Have abusive, AGGRESSIVE or disrespectful friends?
✓ Have a history of past violence?
✓ Follow you or expect you to inform her/him of your whereabouts?

Intervention

The victim can be prepared to:

- Call 911
- Keep a 24-hour crisis line number handy and call if she/he needs support.
- Get a temporary restraining order (TRO)
- Leave extra money, car keys, and clothes with someone she/he trusts.
Plan ways to escape in dangerous situations and know where to go to be safe. Think about whether she/he would choose to go to friends/family, a shelter or other safe place.

Stay clean and sober so she/he can make safe and clear-headed decisions. Eighty percent of relationship violence involves alcohol or other drug abuse.

**Also, she/he can:**

- Tell someone she/he trusts about the violence and arrange a way to let that person know if she needs help; such as a counselor, residential advisor, campus security officer or instructor.
- Seek counseling or join a support group to help break through the isolation of an abusive relationship and to help to recover from post-traumatic stress disorders, etc.
- Get special assistance if she/he has a disability.

### Safety Plan

Remember, if you are in a dangerous situation, there is help for you when you need it. It is often useful to make a safety plan if you are in a relationship that gets violent. You don’t have to figure it out all at once and it is always helpful to talk to a hotline counselor or advocate in your community.

**This is what a safety plan looks like.**

- Decide how you will get out.
- Determine a pathway you can use if you leave at night. The best have public access 24 hours a day. Know the police stations, hospitals and fire stations nearest to you.
o If you leave by car, lock the door immediately.
o Know which doors lock in your home.
o Communicate with someone who can help you when you leave.
  o This may be difficult; however it is important to confide in
    a domestic violence advocate or hotline counselor trained
    to help YOU. Remember that there is always someone
    available to help YOU.
  o An advocate or hotline counselor can help you figure out
    alternatives when friends are not available.
o Pick a safe spot where someone can locate you easily if you
    should call them.
o Invest a code word or phrase to use on the phone if you should
    need help. This code should indicate to the person to
    phone 911 on your behalf.
o If you can let your neighbors know and ask them to phone for
    help (911) if they hear screaming.
o Keep an order of protection if you have one on your person at
    all times.
o Keep your purse or wallet and an extra set of keys in a safe
    place and have duplicates of important items. This
    includes documents for your children, a green card, ATM
    card, Social Security Cards for you and your children,
    passports, welfare identifications, police records, eye
    glasses, baby things (diapers, meds) and your own
    medications.
o Memorize or keep a listing of important telephone numbers:
    911, hospital, police units devoted to domestic violence.
o Keep your kids safe:
  o Make sure the children know how to dial 911 in an
    emergency.
  o Instruct your children on where to go in an emergency.
  o Set the telephone to automatically dial 911 for the very
    young.
Personal Involvement Contract

I, ____________________________________________________________, on __________________________ (today’s date), agree to commit to do what I can to contribute to the end of relationship violence in our community.

I will begin by: ____________________________________________

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

Signed _________________________