



C A L C A S A
CALIFORNIA COALITION
AGAINST SEXUAL ASSAULT

Campus Dating and Domestic
Violence Information Packet

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Introduction and Context

"If you scream and no one helps and no one acknowledges it and people look right through you, you begin to feel you don't exist. If you existed and you screamed, someone would help you. If you existed and were visibly injured, someone would help you. If you existed and asked for help in escaping, someone would help you."

Andrea Dworkin

While the issue of dating/domestic violence first gained recognition in the early 1970's, college campuses have been slow to address the problem on their campuses. Stereotypes and misconceptions about who commits dating/domestic violence and who is the victim have resulted in college campuses ignoring the problem among their students, staff, and faculty. According to the stereotypes, only poorer, uneducated, married adults experienced domestic violence; however, studies indicate that this type of violence occurs in all socioeconomic, age, ethnic, and educational groups and that violence is common in dating relationships. Yet, for years, advocates against domestic violence were serving the campus population while the campus community continued to deny the problem. This has slowly begun to change with the Grants to Reduce Violent Crimes against Women on Campus grant program funded through the Office on Violence Against Women. As college campuses have established offices to respond to violence against women, they have discovered what advocates have known for years: that not even relationships dwelling in ivory towers are immune to power, control and violence.

Feminists, researchers, psychologists, and battered women's advocates have developed analyses for why some people are violent toward their intimate partners. One of the primary themes that emerge from all of these analyses is the notion of power and control. Formerly battered women and their advocates have argued that systematic societal oppression (such as sexism, racism, and heterosexism) function in some relationships to permit a person with "power" in a relationship to use it to control his partner. In Marilyn Frye's classic essay "Oppression" she discusses the idea of oppression:

The experience of oppressed people is that the living of one's life is confined and shaped by forces and barriers which are not accidental or occasional and hence avoidable, but are systematically related to each other in such a way as to catch one between and among them and restrict or penalize motion in any direction.

Like systemic oppression, violence in a relationship is not "accidental" or "avoidable" for a victim or survivor of abuse. In fact, most theorists contend that violence in a relationship is used to bring about a desired state of affairs – one in which one partner is dominant and the other is subordinate. Indeed, gender roles are constructed in such a way that women are expected to be passive/submissive while men are expected to be aggressive/dominant. Violence is the tool used to keep the submissive partner "in place." Ethnicity, sexuality, ability, age, race and other axis of diversity are intertwined and related to and inseparable from gender in violent relationships. Power carries with it the ability to rule others and "restrict motion" at any cost. In summary, dating and domestic violence are not "accidental" or "occasional," but a part of a culture that promotes violence, even in intimate relationships.

Because we have been trained to accept some expressions of power and control as normative, victims of dating/domestic violence may not identify their relationship as violent or abusive until it manifests in overt physical violence. Because dating/domestic violence increases in severity and frequency as time passes, the longer the violence goes without being acknowledged, the more at risk the victim. Unfortunately, most people have learned about dating/domestic violence through

dominant media sources such as the television or movies, both of which focus on only the most extreme forms of violence. Moreover, because of the persistent stereotypes surrounding dating/domestic violence, many victims on your campus may have a hard time seeing themselves as such, believing instead that violence in a relationship only happens to low income, heterosexual, women of color. Members of the campus community must learn to acknowledge the problem of dating and domestic violence among their students, staff, and faculty by becoming educated about the problem. This guide was designed to help your campus community challenge the stereotypes, misinformation, and cultural imperatives that perpetuate dating/domestic violence. It also prepares campus victim assistance staff to assist victims with a range of options and resources. Finally, it gives you the tools you need to hold perpetrators accountable.

Signs of an Abusive Personality

The following characteristics of an abusive personality will most likely not be apparent in the early stages of the relationship. However, knowing these characteristics and signs may help the victim to name what is happening as abuse; they may also be helpful in adjudicating a disciplinary case, gaining an order of protection, or otherwise holding an abuser accountable.

- Jealousy — Abuser will say jealousy is a sign of love.
- Controlling Behavior — Abuser might try to govern where you go, whom you go with, what you wear, etc.
- Quick Involvement — The abuser will express very strong emotions very early in the relationship.
- Unrealistic Expectations — Abuser expects partner to meet all needs, to know what those needs are without discussing them, to predict needs before he has them.
- Isolation — An abuser will try to cut you off from all resources, friends, and family.
- Blames Others for Problems — Abusers confront problems with statements such as, "You made me mad."
- Hypersensitivity — Abusers are famous for making mountains out of molehills. For instance, an abuser might say that forgetting to call him means you hate him or that you were trying to hurt him.
- Cruelty to Animals or Children — Abusers may punish animals brutally or will have extremely high expectations of children.
- "Playful" Use of Force in Sex — The force or dominance that may happen is not consensual.
- Verbal Abuse — Abuser degrades the other person, curses the other, runs down anything the other accomplishes.
- Rigid Sex Roles — Abuser may expect the woman to exist for him, to fulfill traditional roles assigned to women: female/passive, male/dominant.
- Dr. Jekyll & Mr. Hyde — Abusers may be kind one minute, exploding the next; they may be charming in public and cruel at home.

- Past Battering — Abusers may say they have hit other partners in the past, but assure you that the violence was provoked. .
- Threats of Violence — Threats of physical force are often a precursor to future violence.
- Breaking or Striking Objects — Again, breaking or striking other things is often a precursor of coming violence.
- Any Force During an Argument — May involve an abuser holding partner down, physically restraining her from leaving the room, any pushing, shoving, etc.

The Power and Control Wheel

In 1984, based on group interviews with women attending educational classes offered by the Duluth battered women's shelter, the Domestic Abuse Intervention Program began developing a framework for describing the behavior of people who physically and emotionally abuse their partners. More than 200 battered women in Duluth who participated in 30 educational sessions sponsored by the shelter designed the Power and Control Wheel, which depicts the primary abusive behaviors experienced by people in violent relationships. It illustrates that violence is part of a pattern of behaviors rather than isolated incidents of abuse or cyclical explosions of pent-up anger, frustration, or painful feelings.

Over the years, Control Wheel be a useful tool victims, providing education and with batterers. It adapted to reflect of specific popu- is it in its original

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Important Terms and Definitions

Dating/Domestic Violence is the pattern of coercive and abusive tactics employed by one partner in a relationship to gain power and control over the other partner. Dating/Domestic violence can take many forms including physical violence, coercion, threats, intimidation, isolation, and emotional, sexual or economic abuse.

Physical abuse includes using physical force to restrain or hurt a partner, kicking, pinching, hitting, choking, biting, shaking or otherwise. Physical abuse can also include withholding life-saving medication from a person with a disability or refusing them access to their wheelchair or similar devices.

Emotional abuse (also verbal abuse) is using isolation, intimidation, and threat of physical force or words to restrain or hurt a partner. Such abuse harms victims mentally and emotionally, thereby keeping them submissive. This could include threatening to "out" a lesbian or gay partner. Emotional abuse may not be visible, but it is a serious matter.

Sexual abuse is forcing a partner to engage in sexual acts against one's will.

Economic abuse is defined as withholding financial resources to intimidate, threaten or cause a partner to remain in a relationship because of lack of access to finances. For the students on your campus, economic abuse may manifest in the form of making the victim feel guilty for accepting support from her parents or financial aid.

Helping a Victim of Dating/Domestic Violence

Many victims of dating/domestic violence describe the violence in their relationships as cyclical: a period of kindness followed by a period of tension-building followed by a violent incident followed by a period of kindness. Most often, your encounters with victims will be either during the tension-building period (when they sense that something is about to happen), during the violent incident (either because you witness it or are called to respond), or immediately after the violent incident. Unless the victim is a personal friend or family member, you will rarely see her when the abuser is being kind. As a helper, then, you may find providing support to the victim challenging, especially if/when the victim decides to return to the relationship. There is no one protocol or course of action that will work for all victims, but below are some guidelines for providing assistance:

- Ask direct questions, gently. Give ample opportunity to talk. Don't rush into providing solutions.
- Listen without judging. Victims of abuse often believe their abusers' negative messages. They feel responsible, ashamed, inadequate, and are often afraid they will be judged.

- Let the victim know how you can support her/him. Be sure to articulate that the victim is not responsible for the violence, that only the abuser can stop the violence.
- Explain that physical violence in a relationship is never acceptable, at any time. There's no excuse for it – not alcohol or drugs, not financial pressures, not depression, not jealousy.
- Make it clear that the victim is not alone – that millions of Americans from every ethnic, racial, and socioeconomic group suffer from abuse and that many find it difficult to leave. Provide information about local support groups.
- Also explain that domestic violence is a crime – as much of a crime as robbery – and that the legal system may be a resource.
- Let the victim know that it is likely that, in spite of the abuser's promises to the contrary, the violence will continue and will likely escalate.
- Emphasize the local domestic violence shelter and legal system. Though victims are most likely keenly aware of the danger of leaving, it is important to talk about it with them and to put them in touch with the proper resources.
- Provide information about local resources: the phone number of the local domestic violence hotline, support groups, counseling, shelter programs, and legal advocacy services. Be sure to include any on-campus resources that might be available..
- The victim may need financial assistance, help finding a place to live, a place to store belongings, assistance with her escape. Decide what you are comfortable and equipped to help with. Do not make promises on which you cannot follow through.
- Contact your local battered women's program for advice or guidance.
- If the victim remains in the relationship, try to understand and support that decision while at the same time firmly communicating to nobody deserves to be in a violent situation.
- If you see or hear an assault in progress, call the police, but because these assaults are often dangerous, do not physically intervene.

Special Considerations: Faculty and Staff Victims and Perpetrators

While most offices designed to address violence against women on campuses are designed with students in mind, it is important to remember that your staff and faculty may also experience violence in their relationships. Likewise, you may have staff and faculty who are perpetrators of dating/domestic violence. Be prepared to address this in educational sessions, in your policies and procedures (ie, create a workplace violence policy), and in your victim resources.

Frequently Asked Questions

Why should an institution of higher education be concerned about dating and domestic violence on campus?

Dating/domestic violence takes a tremendous toll on the institution as a whole. Perpetrators of dating/domestic violence pose a threat to the entire campus community. Dating/domestic violence of-

ten manifests in post-separation stalking and sexual assault. Victims suffer physical injuries that endanger their health and well-being and they experience emotional and psychological trauma that have both a short and long-term impact. People affected by abuse can develop substance abuse problems, eating disorders, or depression, which, ultimately, can lead to suicide.

These effects can cause academic problems for the victim if she is a student or can cause professional problems for if the victim is a member of the staff or faculty. Academic problems may result in lower grades and withdrawing from school. Professional problems may result in poor performance and possible termination. Campuses will lose excellent students if violence is not prevented and victims do not have the appropriate resources available when they need help. For students perpetrating violence against other students, early intervention is crucial to ending future violent behavior. If the persons responsible for violence are not held accountable for their behavior the violence may escalate and will lead to more victims and more serious sanctions such as expulsions, arrests, fines and jail sentences. The failure to address dating/domestic violence may also lead to institutional liability.

What can we do on campus to address dating or domestic violence?

- A great starting place to address dating and domestic violence on campus is to assess current efforts. Take a look at what is already offered on campus and in the community; find out what students know about these services and how useful they are. The "Grants to Reduce Violent Crimes Against Women on Campus" encourages collaboration among various offices and programs including your community domestic violence organization.
- Establish a protocol that includes both campus and community partners to best serve survivors of dating or domestic violence on campus. Make sure the protocol includes a response team such as a local hospital to treat survivors, domestic violence programs, counseling services, a campus or community agency to provide education and 24 hour advocacy, and judicial affairs and law enforcement to provide judicial and legal remedies.
- Review judicial policies pertaining to dating/domestic violence and make appropriate changes.
- A shelter option must be available whether with a local domestic violence agency, new housing on campus, or a temporary room in a local hotel or on campus.
- Educate the campus community about dating and domestic violence to raise awareness about the issue. Be sure to collaborate with your local domestic violence agency. The agency has the information and tools you need and you have the information about your specific population that they will need.
- Provide campus peer educators with the information they need to educate members of their community. If you don't have peer educators or counselors on campus, consider developing a program.
- Make sure you can provide academic advocacy to survivors as well. Make sure the faculty and deans on campus have been trained to understand the impact dating or domestic violence can have on a student and their grades. This can include documenting absences, supporting petitions to drop a class or change a class if a perpetrator is in the same class as the survivor.
- Start a program for men on campus that educates the campus community while simultaneously showing the campus that not all men are perpetrators. Teach the men strategies for confronting

abusive peers and how to address the root causes of violence within their community.

- Train the residence hall staff and directors to recognize the symptoms of dating and domestic violence.
- Incorporate education about dating and domestic violence to all incoming students so all students know how to recognize and define relationship violence and that violence will not be tolerated in any form.
- Make sure your campus has a policy that specifically pertains to domestic and dating violence. If your campus does not have such a policy, contact judicial affairs regarding how to develop one.
- Examine your campus culture for norms that support violence against women. Challenge those norms.

When should I report abuse to law enforcement and/or judicial affairs?

If you see an act of violence being committed, you should report it to the authorities: they can intervene and hold the perpetrator accountable. Domestic and dating violence are criminal activities and in violation of most campus codes of conduct. If your campus does not have a domestic or dating violence policy refer to the section on violence against another student. However, if a victim tells you about a violent incident, you should only report it to the authorities if she gives you permission to do so.

Should a victim obtain a protective/restraining/stay away order?

Obtaining a protective order from law enforcement or a stay away order from judicial affairs is up to the victim. Either one of these orders may help the victim stay safe by ordering the perpetrator of the violence to not contact the victim and can be an effective tool as a part of a comprehensive response to dating or domestic violence. It is important to note that obtaining a protective order or stay away order may not be effective in every case and may, in fact, lead to the perpetrator of the violence engaging in more violent behavior as a reaction to the order. The victim will be your best resource for gauging whether a protective/restraining/stay away order will be effective.

What if a victim does not want police or judicial affairs involvement?

Provide the victim with a range of options. The victim can seek help from a campus or community advocate regardless of whether or not the police or judicial affairs have been contacted. Although most dating or domestic violence does not end of its own accord, an advocate can assist the victim with a safety plan, housing options and referrals. Depending on your role on campus, you may have an obligation to report to the police or judicial affairs: be sure that the victim knows this before confiding in you.

How do I know if I am in a violent relationship?

Ask yourself the following questions if you think you may be in an abusive relationship:

- Are you afraid of your partner's temper?
- Do conversations with my partner make me feel bad about myself?

- Are interactions between my family and myself and friends flowing less freely now than before I met my partner?
- Do I engage in sex acts with which I am not completely comfortable?
- Does my partner force me to have sexual relations with him/her when I do not want to? If so, am I afraid to talk to him/her about this?
- Does my partner accuse me of having affairs with others?
- Does my partner keep track of where I go, whom I talk to, who I hang out with, what I wear and what I say?
- If I disagree with my partner about something, do I worry about a moody, threatening and/or violent response?
- If I told my partner that I wanted to end the relationship am I afraid of his/her response?
- Does my partner call me names that make me feel bad about myself?

If you are concerned that your partner may be abusive and you answered “yes” to several of these questions, please contact your campus advocate or local domestic violence agency for additional information or assistance.

Myths And Facts

Myth: College students do not have to worry about becoming victims of dating or domestic violence.

Fact: Dating and domestic abuse is a problem on college campuses and often an indication of abuse in subsequent relationships and marriages.

Myth: Violent relationships only happen in marriages.

Fact: An abusive or violent relationship can happen to anyone in an intimate relationship regardless of marital status. Domestic and relationship violence can begin when adolescents start dating.

Myth: Jealousy is a sign of love.

Fact: When a person continually accuses their partner of flirting or having an affair, and is suspicious of everyone in their partner's life, it is possessing and controlling behavior, not love.

Myth: When someone hits an intimate partner, the partner must have provoked the behavior in some way.

Fact: While anger can be provoked during an argument, abuse is a choice the perpetrator makes to establish control during the argument. It is an intentional act or set of acts designed to force the abused partner to submit to the will of the abuser.

Myth: People in abusive relationships stay because they enjoy being abused.

Fact: People who are abused by their dating or domestic partner do not stay in the relationship because they enjoy the maltreatment. The victim may stay for practical or emotional reasons including love, fear of reprisal such as more injury or ultimately death, economic factors, social isolation or shame, or to keep a family together.

Myth: Emotional “abuse” really isn’t abuse.

Fact: Emotional abuse not only impacts the victim's self-esteem, it can cause long-term psychological trauma. For many victims it is the most damaging aspect of abusive relationships.

Myth: Dating or domestic violence will never happen to you.

Fact: Dating violence can happen to anyone. It is not limited to a particular social class, or any single ethnic or racial group. Some people are victimized on their first date while others are assaulted after dating a long time or in marriage.

Myth: A relationship is not abusive if there is no physical abuse.

Fact: Perpetrators of violence maintain control over the victim by using physical, sexual, economic, or emotional violence. In some relationships, the threat of violence is enough to keep the victim submissive. The threat of violence and emotional violence can be just as hurtful or painful as physical violence.

Statistics

The Bureau of Justice Statistics confirms that women between 16 and 24 experience the highest per capita rates of intimate violence.

Over 1/3 of both male and female college students report that they have either initiated or responded with some degree of violence to their partner (Koss, 1996).

More than 50% of women will experience some type of violence from an intimate partner (National Coalition Against Domestic Violence, 1992).

While women are less likely than men to be victims of violent crimes overall, women are 5 to 8 times more likely than men to be victimized by an intimate partner (Department of Justice, 1998).

Of women who reported being raped and/or physically assaulted since the age of 18, three quarters (76 percent) were victimized by a current or former husband, cohabitating partner, date or boyfriend (Department of Justice, 1998).

Nearly 5.3 million intimate partner victimizations occur each year among U.S. women ages 18 and older. This violence results in nearly 2 million injuries and nearly 1,300 deaths (Center for Disease Control 2003).

One in five or 20 percent of dating couples report some type of violence in their relationship (Alabama Coalition Against Domestic Violence).

A survey of 500 young women, ages 15 to 24, found that 60 percent were currently involved in an ongoing abusive relationship and all participants had experienced violence in a dating relationship (ACADV).

More than 4 in every 10 incidents of domestic violence involves non-married persons (Bureau of Justice Special Report: Intimate Partner Violence, May 2000)
Between 25% and 33% of relationships between LGBT partners include abuse, a rate equal to that of heterosexual relationships (PRIDE Foundation).

Of women who reported being raped and/or physically assaulted since the age of 18, three quarters (76 percent) were victimized by a current or former husband, cohabitating partner, date or boyfriend (Department of Justice, 1998).

85% of women with disabilities are victims of domestic abuse, in comparison with, on average, 25 to 50 percent of the general population (Colorado Department of Health, 1997).

Violence by an intimate accounts for about 21% of violent crime experienced by women and about 2% of the violence experienced by men (Department of Justice, 1998).

According to the U.S. Department of Justice's Bureau of Justice Statistics, The rate of intimate partner violence peaked for both white and African American women between the ages of 20 and 24. The rate of intimate partner violence for Hispanic women peaked between the ages of 16 and 34. (Intimate Partner Violence and Age of Victim, 1993-99).

Intimate partner homicides made up 32 percent of the homicides of women between the ages of 20 and 24 (BJS Intimate Partner Violence and Age of Victim, 1993-99).

Resources

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