

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 sometimes 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 18-29 years of age. 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 students, regardless of sex and gender 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 non-consensual 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 or the safety of others. 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 Myths

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 acts committed against him/her/them. 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 person 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. For example, the victim may be afraid or 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. Some 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 person can be sexually assaulted. It doesn't matter the person is, or how big or strong they are, or their sexual orientation. Some men are sexually assaulted by women. Most men 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 people "ask for it" by the way they dress, dance, or drink.
Fact: Nobody 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 years.

What You Can Do to Stop the Violence

- ❖ Acknowledge that no one deserves to be abused. Be sure to not engage in any conduct/actions that violates another person.
- ❖ Take responsibility for your actions and get help if you need assistance to stop certain behavior's.
- ❖ Never use force, threats, alcohol and other drugs, or other illegal ways to get sex. Don't make assumptions – always get permission to engage in sexual activity.
- ❖ Remember, an incapacitated person does not have the ability to give informed consent.
- ❖ Don't mistake submission for consent. Silence or a lack of resistance is not consent. Notice actions from your partner(s) that indicate a lack of consent (e.g. pulling away, moving your hand, etc.)
- ❖ 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 people who try 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, family, and others you trust about your situation and develop a plan for when you need help. Instruct 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 possible 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 STI testing.

Know that you are not at fault. You did not cause the abuse to occur and you are not responsible for the behavior of someone else, no matter what a person 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 Office of Diversity, Compliance, and Title IX.. 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 will receive information from the Title IX Coordinator with information. The provided information educates the victim about their rights, resources, and reporting options. The Title IX Coordinator will also refer the victim to appropriate campus and community services and coordinate supportive measures (e.g. modifications to their academic and living situations) free of charge.

Referrals to the Title IX Coordinator will be provided to students who report to Campus Police, the Office of Student Conduct and Grievances, the Title IX Coordinator/Human Resources, the Vice President of Student Services, the Student Health Center, Officials with Authority, and Campus Security

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 (7233)

Campus Services – (562) 860-2451

Office of Diversity, Compliance, and Title IX

- ❖ Provides supportive measures such as class/shift changes, incompletes, leave of absence, etc.
- ❖ Facilitates Cerritos College investigations and alternative resolutions
- ❖ Informs individuals of their rights, resources, and supportive measures

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

- ❖ Office of Student Conduct & Grievances – Ext. 2445

General Resource and Information

- ❖ Student Accessibility Services – Ext. 2333
- ❖ Campus Police – '911,' Ext. 3076

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

- ❖ Student Health Center – Ext. 2321

Cerritos College Victim's Advocate

- ❖ Provides free and confidential advocacy, counseling, information, and accompaniments
- ❖ (323) 760-2349
- ❖ 24/7 Crisis Hotline -
- ❖ Y-HELPS-U - (877) 943-5778

Falcon Basic Needs

- ❖ Provides centralized services for students facing basic need insecurities.
- ❖ FalconsNest@cerritos.edu

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24 – Hour Hotlines and Treatment Centers

- ❖ Center for the Pacific Asian Family: (800) 339-3940
- ❖ Child Protection Hotline, L.A. County: (800) 540-4000
- ❖ Domestic Violence Hotline (multilingual), L.A. County (800) 978-3600
- ❖ East Los Angeles Women's Center: (800) 585-6231
- ❖ National Domestic Violence Hotline: (800) 799-SAFE, (800) 787-3224 (TTY)
- ❖ National Sexual Assault Hotline: (800) 656-HOPE (4673)
- ❖ Peace Over Violence: (310) 392-8381, (626) 793-3385
- ❖ Santa Monica-UCLA Medical Center Rape Treatment Center: (424) 259-7208
- ❖ Stalking Hot line, L.A. County: (877) 633-0044
- ❖ YWCA of Greater LA – Compton Sexual Assault Crisis Services: (877) 943-5778
- ❖ Crisis Text Line, text "HOME" to 741741
- ❖ Campus Victim's Advocate Office: (562) 860-2451 Ext. 2336
24HR Crisis Hotline: (877) Y-HELPS-U –(877) 943-5778

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: <https://lgbtcenter.org/health-services/mental-health/intimate-partner-domestic-violence>
- ❖ National Domestic Violence Hot line: www.thehotline.org
- ❖ Rape, Abuse & Incest National Network: www.rainn.org
- ❖ The National Center for victims of Crime: www.victimsofcrime.org
- ❖ Peace Over Violence (Stalking) peaceoverviolence.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 should be filed within 180 days of incident.



PROJECT SAFE

DATING AND DOMESTIC VIOLENCE,
SEXUAL ASSAULT AND STALKING



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