The safety and well-being of all students, faculty, and staff is a high priority at the University of Tulsa. Everyone on campus can do their part to help establish and maintain a safe community.

The goal of this booklet is to educate students about different types of violence by defining the problem area, presenting data on how prevalent an issue it is, and discussing the effects that each type of violence can have. Additionally, this booklet provides information on how you can intervene if you are worried that someone you know is a victim of violence (bystander intervention) and what you can do in the event that you experience violence. With your help, we can ensure that TU remains a safe and successful place where students can grow and thrive.

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Stalking

What is stalking?
Stalking is repeated pattern of unwanted contact that is harassing or threatening which causes the victim to be fearful or concerned about their safety or the safety of someone close to them. This could include:
- Unwanted calls, text messages, or voicemails
- Unwanted emails or contact through social media
- Unwanted cards, letters, flowers or presents
- Showing up in places where the victim lives, works, or goes to school
- Sneaking into the victim’s home or car

Prevalence and Statistics
- Eight percent of women and 2% of men reported that they were victims of stalking in their lifetime.
- A nationwide study with college females found that 13% of their participants reported being stalked during the 7-month period of the study. Additionally, 15% of these reported more than one incident of stalking during this time.
- Based on the latest U.S. Census data, it is estimated that approximately 1 million women and 371,000 men are victims of stalking each year.

Effects
- Stalking has the potential to escalate into threatened, attempted, or actual incidents of physical harm to the victim. A research study found that 15% of college women reported threatened or attempted harm against them from a stalker.
- In addition, stalking can create additional concerns for victims which can interfere with their ability to be successful students. Stalking may cause significant amounts of stress and anxiety. Individuals who have experienced stalking may take additional precautions in security measures, move residences, leave their place of employment, or drop classes (amongst other possibilities).

For more information and resources on stalking, visit the Stalking Resource Center
http://www.victimsofcrime.org/our-programs/stalking-resource-center

Sexual Harassment

What is Sexual Harassment?
Sexual harassment can include a number of unwanted sexual advances from another person, including: gender harassment, verbal sexual remarks, verbal sexual requests, non-verbal sexual displays, seductive behavior, sexual bribery, and can escalate into sexual coercion or sexual assault. Sexual harassment is more commonly discussed as a concern in the workplace, but it is a concern in various other settings including college campuses, and social settings.

Prevalence and Statistics
A research study with college students provided results indicating that 62% of undergraduate students reported having experienced sexual harassment at college. Additionally, 66% of participants stated that they personally know someone that has been a victim of sexual harassment. Based on these results, it is estimated that about 6 million college students experience sexual harassment of some type.

Both men and women were equally likely to experience or know someone that has experienced sexual harassment. Female students were shown to be more likely to experience harassment involving physical contact (e.g., had someone brush up against them in a sexual way). Sexual harassment is more likely to occur between peers, with 80% of individuals who reported sexual harassment indicating that the perpetrator was a student or former student.

Effects
Following sexual harassment, people might feel like avoiding certain people, particularly the harassers, and places on campus. This can impact their academic performance by avoiding classes, having problems concentrating or studying, and even considering leaving school or moving to a different campus.

For more information and resources on stalking, visit the Department of Education, Office for Civil Rights
http://www2.ed.gov/about/offices/list/ocr/sexharassresources.html
What is Physical Assault?
Physical violence is defined by the Centers for Disease Control (CDC) as, “the intentional use of force with the potential for causing death, disability, injury, or harm”. This could include:
- Hitting
- Scratching
- Shoving
- Throwing
- Biting
- Choking
- Hairpulling
- Slapping
- Burning
- Use of a weapon (gun, knife, etc.)
- Use of restraints or one’s body against another

Prevalence and Statistics
- Results from the National Violence Against Women Survey indicated that 1 out of every 4 women and 1 out of every 14 men in the U.S. have been physically assaulted or raped by an intimate partner.
- A survey on college health found that 2.4% of women and 1.3% of men reported being in a physically abusive relationship over the previous school year.
- Physical abuse between intimate partners is often repetitive, with 2/3 of men and women reporting that they have experienced multiple incidents from a partner.
- Alcohol use is frequently associated with intimate partner violence. The rate of serious injuries increases as the rate of alcohol consumption increases making it a substantial risk factor.

Effects
One in 3 women who are victims physical assault by a partner are injured. Based on these results, it is estimated that more than 500,000 women injured from intimate partner violence require medical care each year. Additionally, women age 20-29 are at highest risk of being killed.

For more information and resources on stalking, visit the National Coalition Against Domestic Violence
http://www.ncadv.org/

What is Sexual Assault?
Sexual violence refers to any act of non-consensual touching of another with an element of sexual gratification for the offender. This can include sexual coercion, sexual harassment, and other forms of non-consensual sexual contact.

Rape is one of the more commonly known forms of sexual violence. Rape is defined as non-consensual sex with another person obtained by force or the inherent threat of force. Rape involves unwanted penetration which includes penile-vaginal, mouth on your genitals, mouth on someone else’s genitals, penile-anal, digital-vaginal, digital-anal, object-vaginal, and object-anal penetration.

One of the most important considerations with rape has to do with consent. Rape is when the sexual act occurs without the consent of one of the individuals and can include the use or threat of force. Rape can also occur with a person who is substantially incapacitated and therefore cannot give consent. A person who is intoxicated or under the influence cannot legally give consent.

Drug-facilitated sexual assault can occur when someone is given a drug without their knowledge so that an offender can take advantage of them. It can also include when a person has voluntarily taken a drug and the offender takes advantage of the person in their incapacitated state. Common drugs used are alcohol, GHB, Rohypnol, sleeping pills, antihistamines, and muscle relaxers.

Prevalence and Statistics
- 1 in 5 women will become a victim of sexual violence during her time in college
- In 80-90% of these cases, the victim and perpetrator know each other
- 1 in 5 women and 1 in 71 men will be the victim of rape in their lifetime
- It is estimated that men make up 10% of all rape victims

For more information and resources on stalking, visit the National Sexual Violence Resource Center
http://www.nsvrc.org/
What is Psychological Abuse?

Psychological abuse refers to acts such as: 17

- Degradation, humiliation, intimidation and threats of harm;
- Intense criticizing, insulting, belittling, ridiculing, and name calling that have the effect of making a person believe they are not worthwhile and keep them under the control of the abuser;
- Verbal threats of abuse, harm, or torture directed at an individual, the family, children, friends, companion animals, stock animals, or property;
- Physical and social isolation that separates someone from social support networks; extreme jealousy and possessiveness, accusations of infidelity, repeated threats of abandonment, divorce, or initiating an affair if the individual fails to comply with the abuser’s wishes;
- Monitoring movements, and driving fast and recklessly to frighten someone.

Prevalence and Statistics

Research with college students indicates that most dating relationships have some level of psychological aggression, with estimated annual prevalence rates consistently reaching 70% to 90% 18,19 and with comparable levels of perpetration and victimization in men and women. 20

Effects

Psychological aggression (the most common type) results in a number of negative physical and mental health consequences for victims, regardless of gender, and these negative consequences remain after controlling for the effects of physical aggression. 21 Further, there is some research that suggests that psychological violence results in worse outcomes than other forms of violence. 22

What are Rape Myths?

Rape myths are defined as stereotypical beliefs about rape and/or rape victims that work in a way to blame the victim for the rape and excuse the rapist. 23

Examples of Rape Myths

Adapted from John Hamlin’s “List of Rape Myths” 24

Rape is sex.

Rape is more than unwanted sex. Rape is an act of violence. While sexual attraction may play a role, but power and control are considered more primary motives.

Men can’t be raped.

Rape can happen to anyone. The gender, age, ethnicity, or social class do not determine who is a victim of rape or attempted rape.

Rape and sexual assault usually occurs between strangers.

Rape can happen between strangers, but it is more common to happen amongst acquaintances or even people that you know well. It is estimated that over 70% of victims know their attackers. Rape can occur between people that are married or have been in a relationship for a long time.

A victim should be discouraged from dwelling on the rape. He or she should “forget it”.

Being told how one “should” feel can be particularly harmful. Every survivor should have the opportunity to talk about their experience with someone they feel close to or a qualified professional if they choose to.

Why they are Harmful

Rape myths can be particularly harmful to the survivor of the sexual assault. The more a person believes these rape myths, the more likely they are to attribute blame on the survivor and not on the offender who is the only person responsible. 25 Endorsing these myths are also damaging in that they help promote false ideas about rape in our society.
**Supporting Survivors**

What do I do if someone tells me that they have been stalked, harassed, physically, sexually, and/or emotionally abused?

Discussing abuse of any kind is a very difficult thing to do. One thing that can be done is to try and support the victim in whatever ways she/he needs, and in ways you are willing and able to provide. Extra care should be taken to make sure that victim blaming does not occur, which can happen when statements or questions imply that the victim could have prevented or avoided the abuse against her/him. This can be very harmful to the victim. Only one person can be blamed for violence and that is the person who chose to become violent.

**What you can do**

♦ **Believe the person.** Your job is not to gather information or investigate what happened. It is also not your job to question the person’s story. If you want to help, ask the person how they would like you to help them.

♦ **Listen to them.** The person may not be ready to share all of the details about what happened to them. Don’t force them if he or she is not ready. Let them know that you are willing to listen to anything they would like to share when they are ready.

♦ **Help them examine their options.** Help them find and discuss what options they have. Don’t try to pressure or persuade them to do what you believe is best. Let the person come to their own conclusion about what is best for them.

♦ **Ask before you touch.** Hugs may be comforting in many circumstances, but for someone that has been assaulted they can cause added distress. Some people prefer to avoid touching, so be sure to ask before trying to comfort with touch.

♦ **Get help for yourself if necessary.** Talking about violence can be very difficult. You may experience strong emotions such as sadness, anger, helplessness, or fear. Consider the resources you have, like family, friends, a counselor or trained professional.

♦ **Remember, don’t victim blame!**

Adapted from University of Iowa’s Women’s Resource & Action Center Bystander Intervention Brochure\(^{26, 27}\) and Orchowski, Unied and Gidycz (2013).\(^{28}\)

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**Bystander Interventions**

What is a Bystander Intervention?

Bystander intervention is an approach that aims to engage bystanders, or third party witnesses, to situations in which violent behavior has occurred, might occur, or is in the process of occurring. These interventions encourage bystanders to speak up and intervene in ways that make the situation better. By involving third parties, these interventions aim to increase the scope and breadth of violence prevention efforts.\(^{27, 28}\)

You may encounter a situation where you believe that someone might be or become a victim of violence (sexual, physical, emotional), harassment or stalking. As a bystander, you have the choice to remain silent or you can intervene and take an active stance on ending violence. By intervening, these strategies allow individuals to send a powerful message about what is acceptable and expected behavior in our community.\(^{27, 28}\)

**What you can do**\(^{29}\)

**Direct Intervention**

♦ This means that you are directly interacting with the people involved in the situation and letting them know that you are concerned. This can include taking someone aside for a one-on-one conversation, providing information regarding facts, laws, and policies on violence, and clarifying with someone the impact of their behaviors, language and actions.

**Distract**

♦ The focus of this approach is diversion. If you see the situation and can think of a way to divert the attention of the people in the situation, distracting is a great option.

**Delegate**

♦ When you recognize a situation and you are uncomfortable saying or doing something yourself, or if you feel like someone else is better suited to handle it (a friend, someone in authority like a police officer, or even the bartender), this may be the best option. This has the added benefit of making someone else aware of what is going on and that something needs to be done.
REFERENCES
19. Exner, D., & Cummings, N. (2011). Implications for Sexual Assault Prevention: College Students as Prosocial By-

LOCAL RESOURCES
If you experience or have experienced any of the types of violence discussed in this booklet, resources are available if you would like more information or would like to talk with someone about your experience.
If you know or suspect that someone is a victim of violence, consider using this guide to help provide them with resources. By providing them with important information and resources, you can help give them help that they need.

“You might not know what to say or do, but silence and inactivity never make the situation better.”

EMERGENCY RESOURCES

Office or Title | Phone Number
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Domestic Violence Intervention Services | 918-7HELPME
(DVIS)/Call Rape (24 Hours) | 918-743-5763
Campus Security | 918-631-5555
TU Counseling and Psychological Services | 918-631-2241
Tulsa Police Department | 911 or 918-596-9222

FOR MORE INFORMATION

♦ University of Tulsa Sexual Violence Policy
https://www.utulsa.edu/offices-and-services/security/policies.aspx
♦ Rape, Abuse & Incent National Network (RAINN)
♦ The Center for Public Integrity
http://www.publicintegrity.org/accountability/education/sexual-assault-campus
♦ The Cleary Center: For Security on Campus
http://clearycenter.org/
♦ Break the Cycle: Empowering Youth to End Domestic Violence
http://www.breakthecycle.org/
♦ Stalking Resource Center
http://www.victimsofcrime.org/our-programs/stalking-resource-center