

SURVIVOR'S GUIDE

**Information & Resource Guide
for Survivors of Intimate Partner Violence**



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care.ucdavis.edu

Business Hours: (530) 752-2399

The **UC Davis Center for Advocacy, Resources & Education (CARE)**, is the on-campus, confidential resource for all students, staff and faculty who have experienced any form of sexual violence, including sexual assault, sexual harassment, intimate partner violence (also known as dating/domestic violence) and stalking. We provide 24/7 emergency response for those who have experienced an assault within the last five days and/or those who's safety is currently compromised. Additionally, we provide crisis intervention, and support services for survivors, care and guidance to family members, friends, and other concerned persons of the survivor.

Our mission is to reduce sexual violence utilizing a multi-faceted approach, including primary prevention, education, awareness, and trauma-informed survivor services. We work to broaden the public consciousness about the nature of sexual assault, intimate partner violence, stalking, and its impact on people of all genders, reinforce the necessity of healthy sexual communication and consent in order to mitigate the trauma of the victim/survivor.

This booklet is intended to help survivors understand the dynamics of intimate partner violence, know the difference between abusive and healthy relationships, and have some resources at their fingertips. Additionally, there is information within these pages to help any friend or family member of a survivor better understand how they can help.

Disclosing an abusive relationship is a brave first step. What happens next is completely up to the survivor. CARE is here to help make those decisions and actions as easy as we can.

If nothing else, please know that what happened or what is happening is **not your fault. You are worthy of love, respect, and the freedom to be yourself within any relationship.** There is no room for fear, hurt or pain with your partner(s). Hopefully you will find some assistance within the pages of this resource.

Best,

UCD CARE Victim Advocates

Common Myths and Facts

MYTH: “Abusers are born this way.”

FACT: There is no scientific evidence to prove this behavior is something people are born with. To become abusive is a learned behavior. Either from growing up in an abusive home and learning how to treat or be treated by a romantic partner, having a strict belief in traditional gender roles, and/or being influenced by culture and how relationships are portrayed.

MYTH: “Intimate partner violence is only physical.”

FACT: Abusive actions against another person can be emotional, financial, sexual, spiritual, or physical. How someone maintains power and control over another may vary, but if your partner creates fear and/or hurt, controls your actions, money, belittles you or humiliates you, these are examples of abuse.

MYTH: “Intimate partner violence is caused by drugs /or alcohol.”

FACT: Alcohol and drug use does not cause intimate partner violence. What alcohol or drugs can do, however, is make the violence happen more often and/or make the violence more severe. IPV is based on the abuser wanting power and control over the other person in the relationship. Alcohol and/or drug use does not create that need for power and control - it was already there.

MYTH: “The victim can just leave.”

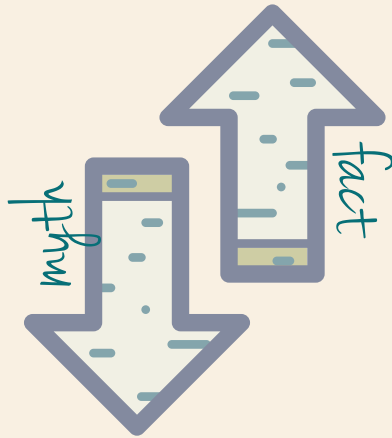
FACT: Leaving an abusive relationship is incredibly difficult and very scary. Victims are often isolated from any support system, resources, and there is a very real fear of further harm coming to them should they walk away from their abuser. Additionally, leaving the relationship can be the most dangerous time for a victim. They are at a higher risk of harm during this period.

MYTH: “Only women are victims and only men are perpetrators.”

FACT: While the majority of intimate partner violence victims are women, this is not the whole story. The CDC reported 28% of straight men and 33% of straight women experienced some form of abuse by an intimate partner in their lifetime. Individuals who identify as LGBT and/or as a Person of Color also experience IPV in alarming rates. 56.9% of Bisexual women, 25% of gay men, 47% of transgender people, 23% of Hispanic/Latino women, 41-60% of API women, 29% of African American women, 37.5% of Native American/Alaskan Indian women, experience IPV within their lifetime.

MYTH: “Intimate Partner Violence doesn’t happen here.”

FACT: Intimate partner violence occurs in **all** socioeconomic classes, in any type of relationship, in any educational level, in any race or ethnic group, or any sexual orientation. If there is someone who uses power and control strategies in their intimate relationship, there will be abuse.



Intimate Partner Violence Defined

Intimate Partner Violence (IPV)

1.) Pattern of Behavior

Intimate partner violence, sometimes called domestic violence or dating violence, is a **pattern of behavior** that is based on creating and maintaining **power and control** over another person or persons in a romantic or intimate relationship.

Intimate partner violence is not limited to heterosexual couples. It can happen in any type of relationship including people in short-term relationships, queer relationships, or polyamorous relationships. Anyone of any gender identity can be an abuser and anyone of any gender identity can be a victim.

2.) Various forms of Abuse

Intimate partner violence is not limited to physical violence. In fact, many abusive relationships never cross into physical abuse. There are many forms of intimate partner violence including sexual, financial, emotional and technological or digital.

3.) Learned Behavior

Becoming an abuser is not genetic. There are no biological links or any research to show this propensity exists in one's DNA. Becoming abusive is a **learned behavior**. People learn abusive dynamics from their own family experiences, the belief in strict, traditional gender-roles, TV, music, other forms of media, and from a vast many other influences that are present in our worlds, daily.

Power and Control Wheel

It can take a long time for a victim of intimate partner violence to realize they are in an abusive relationship. The continuum of abuse allows for the possibility that while a particular abuser has never been physically violent, they can become so. The majority of abusive relationship begin with verbal/emotional abuse. However, abusers can begin to incorporate other types of violence into the relationship or they may only engage with one particular type. There is no start and stop point for abusers and the methods and tactics used by an abuser to maintain The Power and Control Wheel is a helpful tool in understanding the various tactics used by an abuser to obtain and then maintain power and control over their partner(s).



Types of Violence

While the majority of people, victims of violence included, believe the behavior has to be physical in order to be abusive and that is not true. There are many abusive relationships that never become physically abusive. However, the trauma and impact of the abuse is the same on the victim regardless of the type of abuse the abuser employs.

Additionally, abusive relationships that do turn physical don't typically begin that way. Abusers will start with other forms of abuse before they begin to get physical with the victim. Most often abuse begins with emotional and/or verbal abuse.

Emotional / Verbal Abuse:

- Name calling and/or putdowns
- Keeping the victim from seeing or speaking with family and friends
- Yelling or screaming at the victim
- Punching holes in the walls to intimidate the victim
- Using the children - to guilt the victim, to participate in the abuse, etc..
- Blaming the victim for their own abuse
- Gaslighting or "crazy-making" to manipulate or confuse the victim
- Accusations of cheating and other signs of jealousy
- Threats of self-harm or suicide to manipulate the victim
- Threats to expose one's immigration status
- Threats to expose one's HIV status
- Threats to expose one's sexual orientation

Physical Abuse:

- Slapping or punching
- Scratching, pinching, biting, or kicking
- Strangulation
- Throwing objects at the victim
- Pulling the victim's hair
- Use of a gun, knife, box cutter, bat, mace or other weapon
- Grabbing or squeezing the victim's face to make them look at something
- Preventing the victim from leaving or forcing them to go somewhere

Financial Abuse:

- Preventing the victim from obtaining or keeping a job
- Stealing the victim's money
- Creating a situation where the victim is financially dependent
- Harassing the victim's co-workers or supervisors to get them fired
- Spending the victim's paycheck on personal items without permission
- Sabotaging the victim's education or job
- Tracking how the victim spends their money
- Not allowing the victim their own bank account or access to shared accounts

Sexual Abuse:

- Unwanted touching or kissing
- Forcing the victim to perform sexual acts
- Sabotaging birth control or condoms
- Unwanted violent sexual activity
- Intentionally attempting to impregnate someone
- Refusing to use birth control and condoms
- Using the existing intimate relationship to justify unwanted sexual activity
- Ignoring sexual boundaries
- Exposing the victim to STIs
- Openly cheating on the victim

Technological Abuse:

- Having control over the victim's passwords and/or social media content
- Breaking the victim's phone
- Looking through text messages or pictures without permission
- Tracking the victim's location with a GPS device
- Sending unwanted texts or pictures
- Threatening to intimate photos or videos to others
- Constantly checking-in while the victim is out with other people.

The Cycle of Violence

While each abuser may use different tactics to create power and control within the relationship, the consistency in Intimate Partner Violence is the pattern the behavior follows in the relationship; this is called the **Cycle of Violence**.

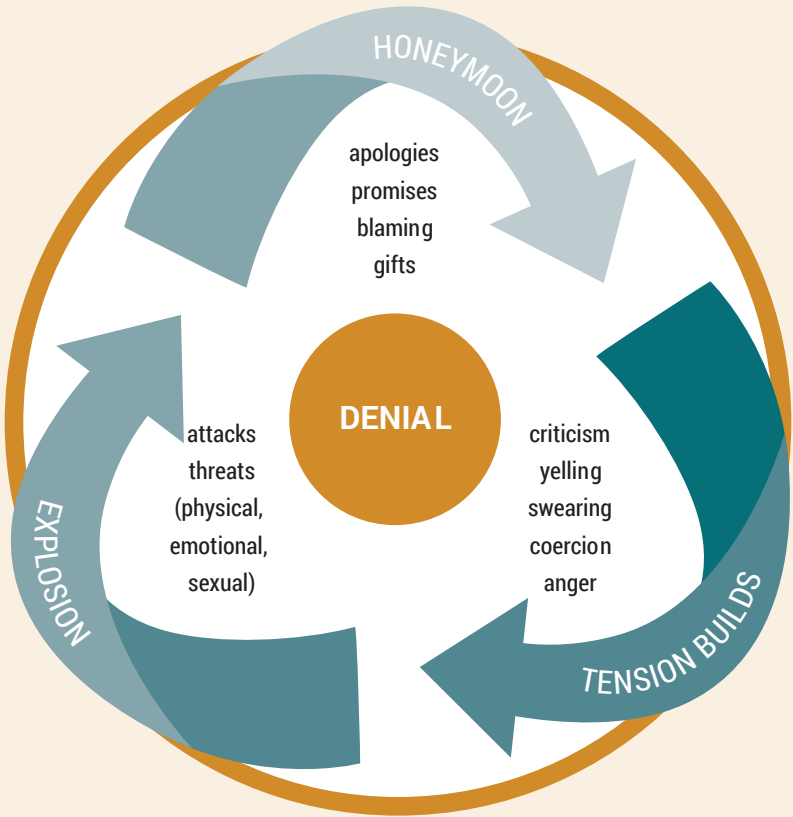
Phases of the Cycle of Violence

1. **Tension Building:** During this time, the victim feels like they are “walking on eggshells.” The victim will attempt to keep the abuser calm and happy as to not invoke the violence. This stage can last a few minutes to a years.
2. **Explosion*:** In this phase of the cycle, the abuser has been triggered by something and has ended the “Tension Building” phase by becoming violent. The violence can be verbal/emotional, physical, sexual, financial or spiritual. It just depends on how the abuser chooses to engage.
3. **False Honeymoon:** This is the final phase in the cycle before it begins to repeat. Here, the abuser can be apologetic, loving, kind, and/or conciliatory. The abuser will do and say what needs to be done or said to get the victim to stay in the relationship. Over time, two distinct changes occur within the “False Honeymoon” phase:
 - A. **Apologies** will turn into blame and denial. The abuser will deny any responsibility of the explosion and will blame the victim for their own abuse,
 - B. **The “False Honeymoon”** phase becomes shorter each time the cycle repeats. Eventually, it will disappear altogether



*PLEASE NOTE:

If at any time the explosion becomes physical and/or you are in fear for your immediate safety, please call 911.



Warning Signs and Red Flags

It is not easy, at the beginning of a relationship to predict if someone will become abusive. Certain characteristics like jealousy and control are often misidentified as love and protection. Only after the behaviors intensify as the relationship continues, will the abusive nature become apparent.

However, if someone you are dating or interested in dating, displays any of the warning signs or red flags described below, it might be an indicator of abusive tendencies. Additionally, the more indicators someone displays, the more likely they are to be abusive.

When individuals read through the list of behaviors, some are concerned that if they can be jealous, or hypersensitive from time to time, it means they are abusive. The listed behaviors are indicative of abusive behavior because they are used to **create and/or maintain power and control over their partner**. Please review through that lens.

Verbal Abuse

Verbal abuse is insidious. Be aware of how your partner talks to and about others because eventually, that will be how they talk to and about you. Abusers will say things that are hurtful, insulting, and sometimes cruel. This can include degrading remarks, minimizing your accomplishments, name-calling, and making you feel badly about yourself. In the beginning, this may be masked as “I was just kidding,” or “Don’t be so sensitive.” However, the repetitive, systematic destruction of who you are as a person becomes replaced by these negative comments, and over time, you may start to believe it.

Gaslighting

Gaslighting is a form of psychological manipulation in which a victim begins to question their own memory, perception, judgment, and sanity. You’re made to feel like you are always second-guessing yourself. Your partner might have a pattern of denying things they’ve said even though you’ve got proof they said it. They will tell blatant lies, will confuse you, and create a feeling of distrust between you and your support system so then the abuser can appear to be the constant in your life that you need to rely on. For example, if you’ve misplaced your keys, the abuser will sit back and watch you search frantically until they point them out sitting somewhere you’ve checked many times already and say, “You just didn’t check hard enough.” Little seeds of doubt are planted in your mind about what you know to be true and what you are no longer certain of.

Jealousy

Jealousy isn't a bright red flag in and of itself. For some, jealousy feels like love. However, jealous behavior can lead to controlling your actions, your social groups, and restrict your access to support systems. Abusers will start by questioning who you are talking to, what you are wearing, where you are going and look for ways to interrupt your activities by saying things like "Why do you always see your parents, don't you love me?" "I don't like the way that person was looking at you, don't hang out with them anymore." As the jealousy progresses, they may call you frequently during the day or drop by unexpectedly, request access to your social media passwords and monitor what you post. Jealousy is not proof of love; it is a sign of insecurity and possessiveness.

Control

Jealousy and control are very closely tied. Controlling behavior is often disguised or excused as concern for your safety, your emotional or mental health, the need to use your time well, or to make sensible decisions. They may be angry or upset if you are "late" coming back from work, shopping, visiting friends, etc., even if you told them you would be back later than usual. They may question you closely about where you were, whom you spoke to, the content of every conversation you held, or why you did something they were not involved in. As this behavior gets worse, you may not be allowed to make personal decisions about the house, clothing, and going to places, or how you spend your time, money or even make you ask for permission to leave the house or room. Alternately, they may theoretically allow you your own decisions, but penalize you for making the "wrong" ones. Concern for our loved ones to a certain extent is normal - trying to control their every move is not.

Quick Involvement / Lovebombing

Abusers typically like to move very quickly to get a victim to commit to the relationship. In fact, many victims of abuse dated or knew their abuser for less than six months before they were engaged or living together. Once you are committed, it becomes harder to break away. Abusers will typically do this by "sweeping you off your feet," proclaiming "love at first sight," or that you were "made for one another." When this is happening outside of your comfort zone, it can be problematic. Here, the abuser will push your boundaries and move forward despite your readiness. In

addition, abusers can often push the relationship to various levels of intimacy before you feel ready, asserting, “if you don’t do X, Y, Z, then you don’t care about me.”

Lack of Accountability

Very rarely will an abusive personality accept responsibility for any negative situation or problem. If they are unemployed, were thrown out of college or fall out with their family, it is always someone else’s fault. They may feel that someone is always doing them wrong, or out to get him. They may make mistakes and then blame you for upsetting them or preventing them from doing as they wished. Additionally, abusers will also blame you for their emotions. An abuser may tell you that “you make me mad”, “you’re hurting me by not doing what I ask”, or that they cannot help feeling mad, upset, etc. Feelings may be used to manipulate you, i.e. “I would not be angry if you didn’t ...” You become in their mind the cause of good and bad feelings and therefore responsible for their emotional well-being and happiness. Consequently, you are also to blame for any negative feelings such as anger, upset or depression.

Force or Threatening Force

An abuser may physically restrain you from leaving the room, lash out at you with their hand or another object, pin you against a wall or shout in your face. Basically any form of force used during an argument is a sign that actual violence is a strong possibility. This includes any threat of physical force such as “If you speak to them again, I’ll kill you.” Threats are designed to manipulate and control you, to keep you in your place and prevent you making your own decisions. Most people do not threaten their partner, but an abuser will excuse this behavior by saying “everybody talks like that,” maintaining they are only saying this because you are so important to them. Threats can also be less overt, such as “If you leave me, I will kill myself”, or “You are so wonderful, I will never let you go/couldn’t live without you”.

The Switch

Abusers have a tendency to change their mood on a dime. One moment, they may be caring, loving, funny and the very next moment, explosive, angry, and cruel. Part of what creates a power and control dynamic, is a quick change in temperament keeps you off-balance. It creates a questioning of what you did or didn’t do that would

result in the switch of attitude. However, the change in behavior, in either direction, is determined solely by the abuser you generally won't be able to see it coming or know what exactly triggered it. Victims can often be said to wonder "which partner will I be getting today," as the moods and behavior are constantly shifting.

Isolation

The abuser may try to limit your social interaction. They may prevent you from spending time with your friends or family and demand that you only go places "together." They may accuse you of not being committed to the relationship, or view people who are close to you as "causing trouble" or "trying to put a wedge" between you. They may want to limit your access to your phone or social media, not let you use the car, stop you from working, gaining further education, or taking part in opportunities that would take you away from them.

Use of Force in Sex

An abuser may pressure you to agree to forceful or violent acts during sex, or want to act out fantasies where you are helpless. They may show little concern about whether you want to engage in sexual activity and use sulking or anger to manipulate you into compliance. Starting sex while you are sleeping, demanding sex when you are ill or tired, preventing the use of any protection or birth control, or refusing any form of intimacy unless you are willing to go 'all the way,' can all be signs that they could be sexually abusive or sexually violent.

Alcohol and/or Drugs

While neither drinking or the use of drugs are signs of an abusive personality, heavy drinking or drug abuse may be a warning sign and do increase the risks of abuse, especially violence, taking place. Often an abusive person will blame the drink for their abuse. However, a person who, knowing there is a risk they could become violent when under the influence, chooses to get drunk or high is in effect choosing to abuse.



Rigid Gender Roles - Heteronormative

Cis-straight men who abuse tend to have strict, stereotypical views of gender roles. He may expect his partner to serve him, stay at home, obey him, be subservient and passive. Women tend to be inferior, stupid and require a relationship in order to be a whole person. Cis-straight women who abuse can hold the belief that men need to provide for them entirely, question his masculinity, accuse him of “not being a real man” should he ever show any weakness or emotion.

Cruelty to Animals and/or Children

An abuser may punish animals brutally, be insensitive to their pain or suffering, or neglect to care for the animals to the point of cruelty, e.g. not feeding them all day, leaving them in areas they know will cause them suffering or distress. In regards to children, abusers will think of children as “small adults” and blame the children for not being responsible, having common sense or understanding. They may expect children to be capable far beyond their ability and will often discipline for misconduct the child could not be aware of. Abusers may tease children until they cry, or punish children way beyond what could be deemed appropriate. Since abusers want all your attention themselves, they resent your spending time with the children or any normal demands and needs the children may have.

Abuse in Past Relationships

Very rarely is abuse or violence a one-time event. A person who is abusive with one partner will likely be abusive with future partners. Situational circumstances do not make a person an abusive personality. Sometimes friends or family may try to warn you about the abuser. Sometimes the abuser may tell you themselves that they have hit or sexually assaulted someone in the past. However, they may further go on to explain that “they made me do it by ...” or in some other way not take responsibility and shift the blame on to that victim. They may tell you that it won’t happen with you because “you’re different and I love you so much” or “you won’t be stupid enough to upset me that way.” Once again, this is denying their own responsibility for the abuse, and shifting the responsibility for the relationship to remain abuse-free on to you. **Past violence is one of the strongest pointers that abuse will occur.**

Breaking or Throwing Belongings

The abusive person may break your favorite belongings, beat their fists on the table or chair or throw something at or past you. Breaking your things is often used as a punishment for some imagined misdeed on your part. Breaking your possessions also has the effect of de-personalizing you, denying you your individuality or literally trying to break links to your past. Beating items of furniture or throwing objects will often be justified by saying it is your fault they lost control but is actually used to terrorize you into submission. Only very immature or abusive people beat on objects in the presence of other people in order to threaten or intimidate them.

Unrealistic Expectations

The abuser may expect you to be the perfect partner. They tend to be very dependent on you for all their needs, and may tell you they can fulfill all your needs as lover and friend. Statements such as: "If you love me, I'm all you need," and "You're all I need," are common. They may expect you to provide everything for them emotionally, practically, financially or spiritually, and then blame you for not being perfect or living up to expectation.

Just checking in...

Are you fearful in your relationship?

Have you been physically harmed in your relationship?

If you've answered yes to either of these questions,
please contact CARE at ucdcare@ucdavis.edu or 530-752-3299
to speak with a confidential CARE advocate.

**Fear and love do not go together. There should never be fear
in a loving, equitable relationship.**

LGBTQIA and Intimate Partner Violence

There is a misconception that abuse cannot exist within an LGBTQIA relationship. However, victims who identify within this community are equally if not more at risk than their straight counterparts.

For instance, according to the CDC's National Intimate Partner and Sexual Violence Survey (NISVS),** Bisexual women are 1.8 times more likely to report ever having experienced Intimate Partner Violence than heterosexual women.

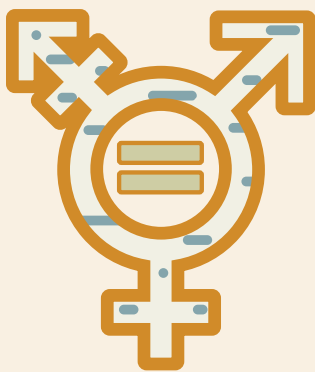
While the method of gaining power and control is very similar to that in straight, abusive relationships, some unique barriers for the LGBTQIA community include:

- Legal definitions of domestic violence that exclude same-sex couples.
- A confusion from law enforcement that a romantic relationship exists between the victim and abuser. Additionally:
 - » Gay and lesbian victims are more likely to fight back. This can lead to law enforcement misunderstanding the dynamics and / or incorrectly determining the situation "mutual."
- Fear of being "outed" to family and friends, work, or community.
- The LGBTQIA community can be small and close-knit. To leave the abuser may mean the victim has to leave their community, support, and completely isolate themselves and/or increase their risk of experiencing victim blaming.

Please remember, **this is not your fault.**

Abuse and violence is never the victim's fault and there are resources to help you while honoring your identity.

If you identify as part of the LGBTQIA community and you have experienced Intimate Partner Violence, please know CARE is a safe, confidential, non-judgmental place to start. You **do not need** to file a police report.



***Research Citation - Walters, M. L., Chen, J., & Breiding, M. J. (2013). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Findings on Victimization by Sexual Orientation. Atlanta, GA: National Center for Injury Prevention and Control.*

Intersection of Identities and Intimate Partner Violence

It's been stated previously in these pages, but it's important to repeat: there is no group, no identity, no culture in which intimate partner violence doesn't exist. However, even with that commonality amongst all groups of people, CARE will honor the individual identities that contribute to your particular experience. We will take into account the concerns you carry about the options available and acknowledge what a brave first step it is to just gather information.

It can be more burdensome for you, as a survivor, to access resources and support when there is additional fear that cultural and/or family dynamics might not be understood, if language is a barrier, if you're a DREAMer or undocumented, if you and/or your abuser are in the military, if you have had negative experiences with law enforcement and/or the criminal justice process, or if you have any physical, mental, or sensory limitations.

Some of the unique barriers for survivors in isolated communities include:

- Not having words in your language for 'intimate partner violence', 'sexual assault', or 'stalking'.
- Fear that you may not be viewed as credible due to a (dis)ability
- Finding resources that have access to interpreters and knowledge around your rights and options.
- Fear of reporting to law enforcement due to immigration status.
- Fear of reporting in the military because you might be held responsible for conduct.
- Being told or feeling that you have no rights.
- Inability to leave because decisions are made based on the family
- Fear and/or distrust of white power structures and systems
- Lack of support within your community
- Cultural acceptance of patriarchy and strict gender roles

CARE is here for all survivors of all identities and we want you to feel heard, safe, and supported, no matter what you choose to do. We support survivors from the API, Black, International, Native American, Undocumented communities, among many others.

Safety Planning

Over the course of an abusive relationship, you may consider many things from how to leave a particularly explosive argument to how to leave the relationship for good. For some victims, they have left the relationship a number of times and yet continue to get pulled back in. Please know, it is ok. If you have returned back to an abusive partner, you are not alone. Most victims leave an average of 7-9 times before finally being able to break free. In some situations, returning to the relationship is actually what is safer for you in that moment.

Safety planning is a unique arrangement to help you stay safe while you're still in the relationship, when you're preparing to leave, and to help keep you safe once you've left.

Below are some general tips to get your safety plan started. For a more specific, personalized plan, please contact a CARE Advocate at **530-752-3299** or ucdcare@ucdavis.edu

While in the Relationship:

- Identify "safe rooms" within the house - Rooms with no weapons and exits. Try to move to these areas if arguments occur.
- Tell at least one person what is going on and have a safe word or code to text or say so they can come get you, or prepare a room for you to stay in.
- If violence is unavoidable, make yourself a small target. Additionally, try to stay away from wearing scarves or long jewelry; It could be used to harm you.

Preparing to Leave:

- Keep a journal of any threats, violent incidents, injuries, etc.
- Take screen shots of text messages, social media posts, and emails that might be important to have documentation of later.
- Start changing passwords and usernames for accounts.
- If you live together, start saving money in a separate account or safe place inside the house.
- Have a "Go" bag ready with a change of clothes and incidentals in the car or in the back of the closet to grab in an emergency.

When You Leave:

- Make sure you have a place lined up to stay that the abuser isn't immediately aware of.
- Have your ID, any legal documents you might need (i.e. birth certificate, immigration documents, passports, visas, divorce, and/or custody paperwork), a copy of your restraining order, etc...
- Have a list of emergency numbers written down and in your possession.
- Extra set of car and house keys.
- Get a pay-as you-go phone

After You Leave

- Change passwords, usernames, PIN numbers on all important websites, apps, and bank accounts
- Call local law enforcement to ask for increased patrol in your neighborhood.
- Change locks on your doors.
- Inform supervisor of situation and request that no information be given to callers regarding your schedule at your workplace.
- Contact law enforcement for any violations of a Restraining Order.



Stalking

How stalking is defined can vary slightly from state to state and from policy to policy. The most general definition is that **stalking is a pattern of behavior directed at a specific person that would a reasonable person to feel fear**. There is a high prevalence of stalking within intimate partner violence. In fact, the majority of stalking victims are stalked by someone they know: 61% of female victims and 44% of male victims of stalking are stalked by a current or former intimate partner.*

The frequency and severity of the contact can vary with each situation. The unwanted behavior can be daily, yearly, or anything in between. Abusers utilize this strategy in hopes that you never get comfortable, that it could become easier for you to re-engage in the relationship than have to deal with the stress and anxiety the abuser created by stalking, and ultimately, the abuser maintains an element of power and control over you.

Stalking can occur while still in the relationship or after you have already left. The majority of stalking victims will attempt to manage the situation for a while before accessing resources to seek help.

Please remember this is not your fault and don't deserve to live in fear.

If you are being stalked by a current or former partner, here are some things to consider:

- If you are in immediate danger, please call 911
- Always trust your gut; If something doesn't feel right or you feel unsafe, please don't downplay those emotions.
- If you can, don't communicate with the stalker and don't respond to their requests to communicate with you.
- Maintain a record of the stalking behavior. Keep track of all contacts (i.e. phone calls, voicemails, social media, emails, texts, etc.), unwanted gifts that were left, and/or pictures of any damage they have done to your property
- Contact CARE for an advocate to go over your rights and options, help you develop a safety plan, get in touch with additional support resources and process the experience.

*The Stalking Resource Center. (2015, January). Stalking fact sheet. Retrieved from http://victimsofcrime.org/docs/default-source/src/stalking-fact-sheet-2015_eng.pdf

Restraining Orders

A protective order, also known as a **restraining order**, can be helpful in situations where there is on-going violence, threats of violence, stalking and / or harassing behavior. Restraining orders are considered civil orders, so you aren't required to file a police report before hand, and if the order is granted, the abuser will not have a criminal record. A restraining order might help you feel more empowered in your environment. You have the right to feel safe at your work, school, and home and this might be an option that feels right for you and your situation. Please don't hesitate to reach out to a CARE advocate and discuss if this is right for you.

These are the most common types of restraining orders:

Emergency Protective Order (EPO): An EPO can be issued in situations where violence has just occurred or the threat of violence exists and law enforcement has been called to respond. Law enforcement has to call in the request to an on-call judge to get approval for an EPO. An EPO is in effect from 5-7 days and it is intended to provide protection for a short time so that you can file for a more long-term protective order.

Domestic Violence Restraining Order (DVRO): A DVRO has to be filed in the county courthouse where the violence has occurred or in the county you live. To ask for a DVRO, there has to be a current or former romantic/dating relationship between you and the person you are requesting protection from. A dating relationship can be established with only a single date. Additionally, the last incident must be **within 30 days** for the court to take your request into consideration. Anything past 30 days, the judge won't be able to review a claim of current abuse. A DVRO is free to file.

Civil Harassment Restraining Order (CHRO): A CHRO has to be filed in the county courthouse where the violence has occurred or in the county you live. A CHRO covers situations and behavior perpetrated by a person with whom you were not involved in a dating/intimate relationship with but the behavior has become violent or harassing. A CHRO requires a filing fee of \$435 but you can request a fee waiver.

The process to request a restraining order can feel complicated and sometimes overwhelming. Please contact a CARE advocate to help walk you through and/or

assist you in the process, and make sure you are utilizing the correct forms. However, here is a general outline of the process:

1. Fill out required paperwork that can be found at <http://www.courts.ca.gov/selfhelp-domesticviolence.htm> or through a CARE Advocate.
2. Take completed paperwork to the court house to have it filed and sent to a Judge to review. It's generally ready for pick-up within 24-48 hours.
3. Have the restrained party served with a copy of the signed restraining order. The Sheriff Department can attempt to serve the abuser for free.
4. Prepare for and attend court on your Hearing Date.

CARE can offer support, advocacy, and accompaniment throughout this process. Additionally, both WEAVE and Empower Yolo offer Legal Advocacy Services that may also be available to assist in the event your restraining order request includes a request for child custody or there is another court case occurring between you and the abuser (i.e a criminal case, divorce).



How an Advocate Can Help

Speaking with anyone about your experiences can be frightening. Family members and friends may not feel like a safe place to start discussing concerns about your relationship and partner. Even when those closest to us are supportive, they may not be sure what to suggest to you.

An advocate, however, is a confidential* resource that can provide you with emotional support, information regarding your rights and options and then help you make any decision you make as easy as possible. An advocate will not persuade or dissuade any particular course of action but can help to make sense of the choices available, the various processes, and additional resources.

The role of an advocate includes:

- Providing emotional support and crisis intervention
- Assistance in safety planning
- Providing information on your legal rights and options
- Informing you on your reporting options to Law Enforcement and/or Title IX
- Accompaniment to meetings with Law Enforcement or Title IX
- Assistance with Restraining Orders
- Accompaniment to court hearings
- Assistance with accessing resources both on and off campus
- Helping with emergency shelter
- Helping with victim compensation applications

The ultimate goal for an advocate is to create opportunities for you to feel empowered, in control, safe and on the road to healing. If accessing CARE as a resource doesn't feel comfortable and you prefer to go off-campus, Empower Yolo in Yolo County and WEAVE in Sacramento County offer confidential advocates for their corresponding county. Regardless of where you decide to go, we are proud of you for taking this brave step.

***There are limits to an advocate's confidentiality** - Advocates must report certain types of information to the authorities. For example, they have to report any type of threat to a person (such as clients threatening to hurt themselves or someone else), and they have to report the abuse or neglect of children or elder, dependent adults.

Counseling

When ready, many survivors of Intimate Partner Violence find that counseling can be a healing and an empowering experience.

Counseling can help a survivor cope with emotional and physical effects of an abusive relationship. It can also help with family members and friends. Getting help is always an option; It is never too late to process your feelings and reactions to being in an abusive relationship. Even if you escaped the situation some time ago, counseling can still be very helpful.

Finding Help

On Campus:

There are many places on campus where you can turn to for help. Listed below are confidential resources that are a safe place to start:

- CARE
- Student Health and Counseling Services (SHCS)
- Women's Resource & Research Center (WRRRC)
- Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual Resource Center (LGBTQIARC)
- Ombuds Office
- Academic and Staff Assistance Program (ASAP)

Off Campus:

If you would prefer to speak with someone off campus, there are agencies in both Yolo and Sacramento County that provide resources and assistance to survivors of Intimate Partner Violence

- Empower Yolo: Yolo County's 24 Hour Support
Line - (530) 662-1133
- WEAVE: Sacramento County's 24 Hour Support
Line - (916) 920-2952



Taking Care of Yourself

Leaving an abusive relationship is a very difficult process. Sometimes the abuse continues after you've left and it feels like you'll never be free. Once you are able to find some stability then it becomes a question of "what now?"

Not only are you healing from the abuse you've endured, but you might also be mourning the loss of the relationship. This is a common feeling when we break up with someone and it's not wrong if you are having those emotions. Please be **kind** to yourself and have **patience** with yourself. There is no easy way nor is there a specific timeline to heal from Intimate Partner Violence.

As you move forward, away from the abuse, here are some suggestions that might be helpful:

- Limit or discontinue communication with your abuser - The more communication that happens, the more likely it is that you return to the relationship.
- Express your feelings in writing, drawing, spoken word, or another expressive outlet that feels true to you.
- Meet yourself where you are at. Each day, sometimes each moment, your emotions may shift and evolve. Try to give yourself the space to feel what you are feeling, when you are feeling it. Every emotion is acceptable, appropriate, and understandable.
- Rediscover your hobbies, interest, passions, and pursuits - So much of yourself becomes lost or hidden because of the abuse, it can be healing to relearn who you are.
- Talk about the abuse with people who are supportive and nurturing - The more people who will tell you that the abuse **was not your fault**, the more empowered you will start to feel.
- Use physical exercise as therapy: ride your bike, practice yoga, run, walk, swim, or go horseback riding.
- Utilize counseling, and/or join a support group for survivors - It can feel helpful to hear from others and know you are not alone.
- Seek justice: Some survivors find that reporting their experience helps to feel empowered.

How To Support a Survivor

Friends and family can make a huge difference in how a survivor copes with Intimate Partner Violence. Many survivors worry about how their family and / or friends will react. It is important to let the survivor know right away that you care and want to help. Here are some suggestions:

Believe

Believing what a survivor tells you is such an important step. Survivors are often met with victim-blaming attitudes and it can create a fear of disclosing their experience. How you, as a friend respond, impacts what they do next and how they cope with their experience. Make it clear that you know your friend was not responsible in any way for the abuse they've experienced no matter what.

Listen

You don't need to be the detective and ask all the who, what, when, where, or why questions. Simply listen, and don't press for details. Let your friend decide how much detail they are comfortable sharing about the abuse and its impact.

Assess for Safety

Without asking for a lot of information, you can ask if your friend is safe. Talk to them about where they might be able to stay, what would make them feel the most comfortable, and help get them in touch with resources if the survivor isn't safe to return home.

Support

Deciding on next steps is a big decision. There may be a course of action you think the survivor should do but they aren't ready or don't want to do that. Support your friend's decisions about whom to tell and how to proceed. For example, you can offer to accompany your friend if they decide to the police or visit a resource, but don't tell them that is what they "have to" or "should" do.



Respect

Don't reveal what the survivor has told you to other people. Let your friend decide who they wish to confide in. It is also important to know that the survivor is the expert in their relationship; they will have the best sense of when it's time to leave and if / when they feel ready to do so. Respect where they are at in regards to leaving the relationship and support their decisions, even if it's a decision you don't agree with.

Self-Care

Being a support person for a friend in this situation is very difficult. Make sure you have someone you can talk to and help you through this process. Take care of you as well!

CARE Services

You have the right to have a victim advocate with you every step of the way.

Immediate, confidential and supportive response to survivors is a priority as is advocating for victims of violence. Confidential crisis intervention and advocacy is available to recent survivors, as well as to those working to recover from a past experience. CARE can also provide short term intervention and support to friends, family, housemates and co-workers of a survivor.

All services are free and available to any person who needs them regardless of gender, ethnicity, age, religion, (dis)ability, documentation, or sexual orientation.

* You **do not** have to report to law enforcement or the University in order to receive services through CARE.

Services are available to students, staff, and faculty of UC Davis.

Confidentiality

Your communications with a CARE Advocate are confidential and may not be shared without your written consent. This only applies, however, when the advocate meets privately with you. If a third person is present (i.e. friend, family member, police, etc..) no confidentiality protection is in effect for that contact unless that person is your medical provider, your private attorney or a licensed therapist.

Confidential Services Include:

- Crisis Intervention
- Advocacy with law enforcement, Office of Student Support and Student Judicial Affairs (OSSJA), Housing and academic assistance
- Accompaniment to law enforcement interviews, court, Title IX, and / or OSSJA Hearings
- Assistance with restraining orders and Victim Compensation applications
- Referrals to Campus and Community Services
- **For more information or to speak with the Victim Advocate, call (530) 752-3299 or email: ucdcare@ucdavis.edu.**

If you have been injured or there is on-going physical violence, please call 911.

Resources

Reporting A Crime

Emergency.....	911
UC Davis Police.....	(530) 752-1230
City of Davis Police.....	(530) 747-5400
Yolo County Sherriff.....	(530) 666-8282
Sacramento Police.....	(916) 264-5471
Sacramento County Sherriff.....	(916) 874-5115

Domestic Violence / Sexual Assault

CARE.....	(530) 752-3299
HDAPP.....	(530) 747-3865 – UC Davis Campus (916) 734-2255 – UC Davis Health
Empower Yolo (Yolo County).....	(530) 662-1133 – 24-Hour Crisis Line
WEAVE (Sacramento County).....	(916) 920-2952 – 24-Hour Crisis Line

Counseling Services

Student Health & Counseling Services.....	(530) 752-2349 – UC Davis Campus (530) 752-2349 – UC Davis Health (530) 752-4948 – UC Davis King Hall
Academic and Staff Assistance Program.....	(530) 752-2727 – UC Davis Campus (916) 734-2727 – UC Davis Health

Other Resources

Office of Student Support and Judicial Affairs.....	(530) 752-1128 – UC Davis Campus
UC Davis Safe Rides.....	(530) 754-2677 – UC Davis Campus
Student Health and Wellness Center.....	(530) 752-2349 – UC Davis Campus

