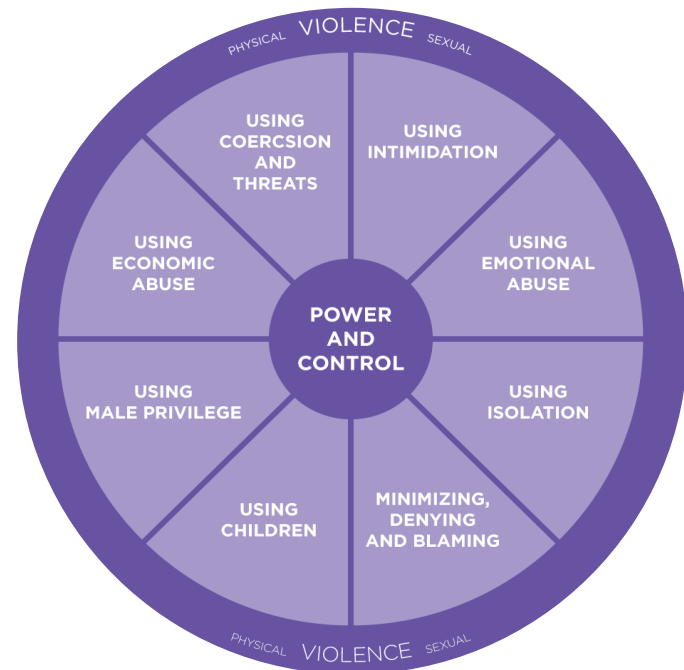


WHAT IS DOMESTIC VIOLENCE

Domestic violence is when a family member or intimate partner hurts another. Abusers can be any gender. Historically, Females and children are at a higher risk of being victims of abuse or violence. Abuse and violence can present in many ways. Below you'll find the "Power & Control Wheel". It shows the most common forms of domestic violence and abuse.



Abuse is not always constant. It often occurs in a cycle. This cycle consists of: Tension building, Explosive Event and a Honeymoon phase before moving back into the Tension building phase.

SAFETY PLANNING

Safety Planning can be an important part of any victim's journey, regardless of where they may be in that journey. More than 40% of adult homicides are Domestic Violence related. Having a safety plan when physical or emotional trauma is involved can bring a sense of security & control to victims of sexual assault and intimate partner violence.

THINGS TO CONSIDER

- Do you have a safe place to go
- Do you have copies of essential documents if you need to exit quickly
- Identify places of danger or that may trigger a trauma response and avoid those places.
- Change your phone number and be careful what calls you answer
- There is safety in numbers. Avoid being alone whenever possible
- Create and rely on a support system. Use a code word with them.
- Be aware of how social media is used.
- Identify things that bring you happiness and spend time in those things
- Remember every situation is different. Never feel guilty about what you did or didn't do. Only the offender is responsible for their actions.

VICTIM ADVOCATE

DESK: 435-283-7191

TEXT LINE: 435-250-3372



Anyone can be a victim

Not everyone chooses to be a

SURVIVOR

This pamphlet is provided to help educate and guide victims of Sexual Assault, Domestic Violence and Dating Violence



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The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author and do not necessarily reflect the views of the U.S. Department of Justice or the Utah Office for Victims of Crime

THINGS TO KNOW ABOUT SEXUAL ASSAULT

Sexual assault is unwanted, unwelcome and non-consensual sexual contact.

Anyone can be a victim and anyone can be an perpetrator. Various methods of manipulation are used including psychological, physical and emotional manipulation.

IF YOU HAVE BEEN ASSAULTED AND WANT TO REPORT TO LAW ENFORCEMENT

- Don't bathe or shower
- Don't change your clothes
- Don't drink anything or brush your teeth
- Don't clean up the scene
- Call 911
- If you have changed clothes, gather the soiled clothing and take it to the hospital or police department.
- Get medical attention. Even if you don't wish to involve Law Enforcement, there are medications that help prevent STDs and pregnancy. A sexual assault evaluation can also be performed and held while you decide how to proceed.

COMMON REACTIONS

During an assault, victims may react in various ways. All of which are normal.

These include: Physically resisting, disbelief, numbness, bargaining, freezing and even sexual arousal. Please remember that no matter what reaction you experience, it does not give someone permission to hurt you.

After an assault, victims will also experience very individual and unique reactions. These may include: shock, denial, shame, anger, anxiety, depression, physical illness and flashbacks. Victims may laugh or cry, be visibly angry or surprisingly calm. Your response is a normal reaction to an abnormal experience.

Healing doesn't happen overnight. It takes time and can be an overwhelming process. Utilize a support system. Be patient with yourself. Remind yourself that you are not to blame for what was done.

TONIC FREEZING

Studies show that as many as 50% of victims of sexual assault will experience tonic mobility. This is the temporary paralysis of the body. This is a protective mechanism from normal brain chemistry

VOLUNTARY FIREARM SAFEKEEPING

If you are involved in a domestic violence situation, any guns owned by the cohabitants may be voluntarily turned over to Law Enforcement for safekeeping. The firearm will be kept for a minimum of 60 days. At the end of the 60 days, if the owner has not been charged with Domestic Violence, does not have a JRA, other Protective orders, or is not otherwise a restricted person, the firearm may be returned to the owner. If charges have been filed the firearm will be kept until 60 days after charges have been adjudicated.

RESOURCES

There are several local organizations that are available to assist victims of sexual assault and intimate partner violence.

Services are free of charge.

- Snow College Victim Advocate
435-283-7191 (office)
435-250-3372 (text)
- New Horizons Crisis Center
435-287-7058

www.centralutahcrisisintervention.org

- Snow College Title IX
435-283-7120
staci.taylor@snow.edu