

# GREYHOUNDS TAKE A STAND ~ **Against Dating or Domestic Violence**

## **Know the Facts**

If you need help or need to report a violent act such as bullying, domestic or dating violence, sexual assault, stalking or substance abuse for a student contact the Dean of Students by phone at 620-223-2700 ext. 3500 or for an FSCC employee contact Human Resources at 620-223-2700 ext. 5201.

In an emergency contact the Fort Scott Police Department at 620-223-1700.

## What is Dating Violence

- shows abusive, controlling or aggressive behavior.
- displays verbal, emotional, physical, or sexual abuse.
- monitors your activities and demands explanations for your whereabouts.
  
- shows extreme jealousy and controls your relationships with others.
- belittles you by criticizing you while alone or in front of others.
- controls the relationship by making decisions for you.
- Shows disrespect by not listening or displays a lack of interest when you talk.
- physically threatens or hurts you.

## The Statistics

- 43% of dating college women report experiencing abusive dating behaviors, including physical, sexual, tech, verbal or controlling abuse.
- 29% or one out of three college women say they have been in an abusive dating relationship.
- 57% of college students who report experiencing dating violence said it occurred in college.
- 58% said they do not know how to help someone who is a victim of dating abuse
- 38% of college students say they don't know how to get help for themselves if they were a victim of dating violence

## TAKE A STAND AGAINST

### **Controlling Behaviors**

- Not letting you hang out with friends
- Checking often to find out where you are, who you are with and what you are doing
- Telling you what to wear
- Needing to be with you all the time
- Checking your phone or Facebook

## **Verbal or Emotional Abuse**

- Calling you names
- Jealousy
- Belittling you—cutting you down
- Threatening to hurt you, someone in your family or himself/herself if you don't do what he or she wants.

## **Physical Abuse**

- Shoving
- Punching
- Slapping
- Pinching
- Kicking
- Hair Pulling
- Strangling

## **Get Help**—If you or someone you know is a victim of Dating Violence

- Tell a Counselor or College Administrator
- For Students – Contact the Dean of Students 620.223.2700 ext. 7230
- Talk to a reliable friend who can help you with the next steps to report and seek assistance

## **Tips for Ending an Abusive Dating Relationship**

- Create a safety plan, like where you can go if you are in danger.
- Make sure you have a working cell phone handy in case you need to call for help.
- Create a secret code with people you trust. That way, if you are with your partner, you can get help without having to say you need help.
- If you're breaking up with someone you see at your high school or college, you can get help from a guidance counselor, advisor, teacher, school nurse, dean's office, or principal. You also might be able to change your class schedules or even transfer to another school.
- If you have a job, talk to someone you trust at work. Your human resources department or employee assistance program (EAP) may be able to help.
- Try to avoid walking or riding alone.
- Be smart about technology. Don't share your passwords. Don't post your schedule on Facebook, and keep your settings private.
- If you are ending a long-term or a live-in dating relationship, you may want to read our section on domestic and intimate partner violence.

### Information Provided By

- The National Center for Victims of Crime—Advice, support and information for victims of crime.
- Love is Respect—National Youth Advisory Board provides support and guidance by text, phone or online chat.
- Women's Health.org—Health information for women of all ages.

*In support of the Violence Against Women Reauthorization Act, Title IX regulations and the Clery Act, FSCC prohibits the above offenses.*