

RESOURCES (415)

On Campus

UPD (University Police Department) 24 hrs	911
The SAFE Place	338-7233
Counseling and Psychological Services	338-2208
Student Health Services	338-1719

OFF CAMPUS

EMERGENCY	911
Asian Women's Shelter	1-877-751-0880
Child Abuse Reporting	558-2650 / 1-800-856-5553
Community United Against Violence (GLBTI)	333-4357
Cooperative Restraining Order Clinic	864-1790
La Casa de Las Madres	1-877-503-1850
Narika (South Asian Women)	1-800-215-7308
Trauma Recovery/Rape Treatment Center	437-3000
Riley Center	831-3535
Shalom Bayit	1-866-SHALOM-7
T.A.L.K. Line for Parents Under Stress	441-5437
Victim Services (SF DA's Office)	553-9044
W.O.M.A.N. Inc.	1-877-384-3578



Signs of Abuse Checklist

Think about how you are being treated and how you treat your partner. Remember, when one person scares, hurts, or continually puts down the other person, it's abuse.

Does your partner...

- Embarrass or make fun of you in front of your friends or family?
- Put down your accomplishments or goals?
- Make you feel like you are unable to make decisions?
- Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?
- Grab, push, pinch, shove, slap or hit you?
- Call you several times a night or show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure you to do sexual acts you don't want?
- Take your money?
- Force or trick you into committing a crime?
- Make you feel like there "is no way out"?
- Sabotage your studying?

If any of these are happening in your relationship, talk to someone. Without help, the abuse will continue.

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Domestic Violence

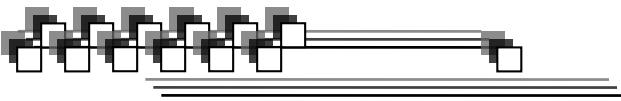


The SAFE Place



Sexual Abuse Free Environment
SF State

Tel: 415.338.7233
http://www.sfsu.edu/~safe_plc/



Facts

- 1 in 4 women will experience domestic violence during their lifetime.
- In 2001, 85% of domestic violence victims were women.
- Women between the ages of 16-24 experience the highest rate of domestic violence.
- 21% of college students report they have experienced dating violence by current partner. 32% of college students report dating violence by a previous partner
- Sexual abuse is common in abusive relationships. Between one-third and one-half of all battered women are raped by their partners at least once during their relationship.

Source: National Coalition Against Domestic Violence

Cycle of Violence

Abuse- Can be emotional, physical, sexual, psychological, and economic. The abuse is a power play designed to show "who is boss."

Guilt – After abusing, partner feels guilt, but not over what abuser has done. It's more about the possibility of being caught and facing consequences for abusive behavior.

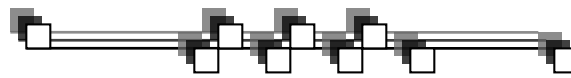
Rationalization- The abuser makes excuses and blames the victim for the abusive behavior.

"Normal" behavior — The abuser does everything he can to regain control and keep the victim in the relationship. Abuser may act as if nothing has happened, or may turn on the charm. This peaceful honeymoon phase may give the victim hope that the abuser has really changed this time.

Fantasy and planning – Abuser begins to fantasize about abusing victim again. Abuser makes a plan for turning the fantasy of abuse into reality.

Set-up – Abuser sets up situation to put plan into motion, creating a situation abuse can be justified.

Source: Mid-Valley Women's Crisis Services
<http://www.mvwcs.com/domesticviolence.html>



Relationship Rights

- The right to be treated with respect
- The right to live without fear of abuse
- The right to live without verbal, psychological and physical abuse, including sexual abuse
- The right to be imperfect
- The right to express your feelings and opinions as an equal partner
- The right to fulfill your own legitimate needs
- The right to pursue your own interests, goals and education
- The right to reject sexist stereotypes of how you should behave
- The right to participate in decision making as an equal partner
- The right to change your mind
- The right to privacy and time alone
- The right to maintain old friendships and make new ones
- The right to enjoy time with your family
- The right to say no or disagree
- The right to consensual & safer sex practices
- The right to leave and get help
- The right to call 911 in an emergency.



SAME SEX RELATIONSHIPS

DOMESTIC VIOLENCE OCCURS IN SAME SEX RELATIONSHIPS AT APPROXIMATELY THE SAME RATE AS IT DOES IN HETEROSEXUAL RELATIONSHIPS, AND IT MAY INCLUDE THE FOLLOWING:

- NOT ALLOWING YOU TO BE INVOLVED IN YOUR COMMUNITY
- ENCOURAGING SHAME OR SELF-HATRED.
- THREATENING TO "OUT" YOU TO YOUR PARENTS, EMPLOYER OR INS.
- THREATENING TO "OUT" YOU IN ORDER TO JEOPARDIZE CUSTODY OF YOUR CHILDREN.
- EXPLOITING THE STEREOTYPE THAT VIOLENCE IN SAME-SEX RELATIONSHIPS IS MUTUAL COMBAT BETWEEN EQUALS.

INTERNATIONAL STUDENTS

YOU HAVE THE RIGHT TO REPORT ANY CRIME COMMITTED AGAINST YOU.

IT IS A CRIME FOR ANYONE TO ASSAULT ANOTHER PERSON, EVEN IF THEY ARE DATING OR MARRIED.

SAN FRANCISCO POLICE WILL ARREST AND CHARGE BATTERERS.

VISA-HOLDERS MAY BE DEPORTED IF THEY COMMIT VIOLENT CRIMES.

SAN FRANCISCO STATE UNIVERSITY POLICE MAY IMMEDIATELY SUSPEND A STUDENT FOR 14 DAYS, IF THEY THREATEN OR COMMIT VIOLENCE.