IF YOU ARE BEING ABUSED, YOU MIGHT...

› Believe it’s your fault
› Feel angry, sad, lonely, depressed, or confused
› Feel helpless to stop the abuse
› Feel threatened, humiliated, or ashamed
› Feel anxious, trapped, or lonely
› Worry about what might happen next
› Feel like you can’t talk to family or friends
› Be afraid of getting hurt
› Feel protective of your significant other
› Feel bad about yourself because the abuser says you are stupid, lazy, ugly, worthless, helpless, or crazy

These are normal reactions to being abused. You are not alone.

We can help.

The National Center for Victims of Crime can help you make a safety plan, learn more about your legal rights, and find help in your area.

1-800-FYI-CALL
TTY 1-800-211-7996
Monday-Friday
8:30 a.m. - 8:30 p.m. EST
www.ncvc.org
gethelp@ncvc.org

IF SOMEONE YOU KNOW IS BEING ABUSED, YOU CAN HELP.

› Listen. Show support. Don’t blame the victim for the crime. Tell your friend that you’re worried about them. Ask how you can help.
› Encourage your friend to seek help; give them information about victim service providers.
› Avoid confronting the abuser. It could be dangerous.
› Instead of deciding what’s best for your friend, help your friend make their own decisions.
› Find someone you can talk to about your feelings regarding the situation.
› For more ideas on how you can help, call 1-800-FYI-CALL.

SEE SOMETHING, SAY SOMETHING, DO SOMETHING!

Bakersfield College
Department of Public Safety
Levinson Hall
(661) 395-4554

Office of Student Life
studentlife@bakersfieldcollege.edu
bakersfieldcollege.edu/studentconduct
(661) 395-4614

Is it ABUSE?
Dating Violence
**IS IT DATING VIOLENCE?**
If the person you’re involved with acts controlling, aggressive, coercive, or violent, that’s abuse. Relationships can be abusive even if there is no hitting; abuse can be verbal, emotional, physical, or sexual, or a combination of these.

**Ask yourself: Does my significant other…**
- Call or text me frequently to find out where I am, who I’m with, or what I’m doing?
- Tell me what to wear?
- Have to be with me all the time?
- Call me names, insult me, or criticize me?
- Act jealous, possessive, controlling, or bossy?
- Give me orders or make all the decisions?
- Get angry very quickly, or fight a lot?
- Threaten to hurt me or someone in my family if I don’t do what they want?
- Threaten to hurt themselves if I don’t do what they want?
- Follow me or track where I go? Show up repeatedly at my home or work uninvited? Check up on me all the time?
- Refuse to allow me normal contact with my family and friends?
- Shove, punch, slap, pinch, kick, or hit me? Pull my hair? Strangle or choke me?
- Touch or kiss me when I don’t want to? Force me to have sex? Not let me use birth control?
- Use alcohol or drugs and pressure me to do it too?
- Refuse to accept that the relationship isn’t working or is over?

If so, you are in an abusive relationship.

**WHO IS INVOLVED?**
Anyone can be involved with an abuser. It can happen in straight or gay relationships. All genders can be victims, but people abuse their partners in different ways. In some relationships the abuse only happens once in a while; in others, it’s every day.

**STATISTICS**
- 1 in 5 teenagers has experienced violence in a dating relationship.
- Girls and women ages 16 to 24 are most likely to be abused in a dating relationship.
- 38% of college students say they don’t know how to get help for themselves if they were a victim of dating violence.
- On average, 24 people per minute are victims of dating violence in the U.S.
- Dating violence in young adults can have serious consequences by putting the victims at a higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence.
- Only 33% of young adults who were in a violent relationship ever told anyone about the abuse.

**THINGS YOU CAN DO**
Abuse can be unpredictable and dangerous. No two situations are alike, and there are no guarantees that what works for one person will work for another. However, you can take steps to increase your safety:

- If you are in immediate danger, call Public Safety at 395-4555 or 911.
- Trust your instincts. Don’t downplay the danger. If you feel unsafe, you probably are.
- Take threats seriously. Danger often is highest when the abuser talks about suicide or murder, or when a victim tries to leave or end the relationship.
- Get help from a crisis hotline, domestic violence program, Student Health and Wellness Center, or victim services agency. They can help you make a safety plan, give you information about laws in your state, refer you to other services, and weigh options such as seeking a protection order.
- Develop a safety plan for when you go to class, the cafeteria, your job, or other social environments. Involve friends and college staff, and keep a log of times the abuser contacts, threatens, follows, or harms you. Report all instances to Public Safety at (661) 395-4555.
- Some types of abuse are crimes and you can file a report with the Bakersfield Police Department. Office of Student Life can provide sanctions for on-campus violations.
- Tell your friends, roommates, and others about the abuse and seek their support. Tell Public Safety staff at the college and at work. Ask them to watch out for you.