UNDERSTANDING OPTIONS

UNC GREENSBORO
Campus Violence Response Center

GROUND FLOOR, GOVE STUDENT HEALTH CENTER
CVRC.UNCG.EDU
336-334-9839

Find Your Healing Here
Welcome to the Campus Violence Response Center

The mission of the Campus Violence Response Center (CVRC) with the University of North Carolina at Greensboro (UNCG) is to create a safe, single point of access for any UNCG community member impacted by sexual assault, intimate partner violence, stalking, sexual or gender-based harassment, and all other forms of campus violence. We provide affirming, empowering, and confidential services to UNCG community members who have been victimized by providing support, including: crisis response, advocacy, counseling, and coordination with on and off-campus resources.

The CVRC is dedicated to serving all UNCG community members regardless of sex, race, ethnicity, ability, religion/spirituality, socioeconomic status, cultural identity, immigrant or refugee status, gender identity and expression, and sexual orientation. We advocate for the just treatment of victims by providing a non-judgmental and culturally sensitive response.

UNCG has made a dedicated, long-term commitment to providing the appropriate resources for campus violence response with the development of the Campus Violence Response Center.

The CVRC is a confidential resource. All disclosures to the CVRC are confidential, with few exceptions. This means that we do not share information about your contact with our office without your written permission, except in the following specific situations: If there is a court order, signed by a duly appointed or elected judge, if there is imminent danger to you or others, and/or if there is disclosure of abusing children or other vulnerable individuals.

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Intimate Partner Violence

What is Intimate Partner Violence?
Intimate partner violence, or dating/domestic violence, includes any number of behaviors used by one person to control their current or former romantic partner. Social isolation, economic control, psychological and emotional abuse, sexual abuse, and physical abuse are all forms of relationship abuse. Any combination of these is never okay and is never the victim’s fault.

Signs of an Abusive Personality
Warning signs of possible abuse in a new relationship can be difficult to recognize when you are experiencing the joy of a new relationship. The signs may be nothing more than a gut feeling that something is off, or a slight concern about a partner’s temper. There are some red flags and traits that are typical in abusive partners, but abusive traits are not limited to this list.

- Possessive
- Controlling behavior
- Quick involvement
- Isolation
- Gaslighting
- Unrealistic expectations
- Lack of personal responsibility
- Blames others for feelings
- Hypersensitivity
- Past abuse
- Breaking or striking objects
- Dr. Jekyll/ Mr. Hyde (split personality)

Barriers to Leaving an Abusive Partner
When considering an abusive partner, many people ask, “Why doesn’t the victim leave? Why do they stay?” as if it is that simple. It is important to understand that there are many barriers to leaving an abusive relationship. Leaving can sometimes be dangerous, and there are many factors a victim must consider in deciding how to respond to an abusive partner. The better question is, “Why does the abuser do this, and what kind of help does the survivor need to gain access to safety?” This puts the responsibility on the abuser for choosing to abuse their partner instead of blaming the victim for remaining in the relationship.

- Isolation from friends, family, community support, and resources
- Fear of retaliation
- Love and concern for partner’s well-being
- Social/religious/familial pressures to stay together
- Depression
- Belief that the abuse is their fault
- Financial connections

*The Policy on Sexual and Gender-Based Harassment, Sex Discrimination, and Other Forms of Interpersonal Violence defines intimate partner violence as any act of violence or threatened act of violence that occurs between individuals who are involved or have been involved in a sexual, dating, spousal, domestic, or other intimate relationship. For more information, call the Title IX Coordinator at (336) 256-0422.*
What is Sexual Assault?
Sexual assault is attempted and/or completed sexual contact or sexual intercourse with another person without affirmative consent. Affirmative consent is informed, voluntary, and active through the demonstration of clear words or actions. There are many common myths concerning sexual assault. Some important truths to remember include:

- It is NEVER a victim’s fault
- Victims are never responsible for the attack, no matter how much alcohol they drank
- Often people don’t fight back during an assault. Victims often freeze as a result of the shock and confusion about what is happening
- Sexual assault is about power and control and not because an assailant is caught up in passion
- Sexual assault can occur when the offender and the victim have a pre-existing relationship. It does not matter if you’ve had consensual sex in the past
- In most cases of sexual assault, the offender is known to the victim (not a stranger)

Feelings Most Frequently Experienced Following Sexual Assault
Every victim and/or survivor will experience their own set of physical, social, cognitive, or emotional reactions, but some of the most common that you may encounter include:

- Minimization
- Self Blame
- Anger at yourself or others around you
- Anxiety and feeling like a nervous wreck
- A loss of control
- Avoidance of things or people that remind you of the assault
- Heightened gender dysphoria for trans survivors
- Betrayal by the assailant and by the reactions of loved ones
- Denial or disbelief that this could happen to you
- Depression or a sense of sadness or hopelessness
- Disorientation or difficulty remembering or concentrating
- Fear of being alone or being in large crowds
- Guilt or the feeling that you should have done more to prevent this from happening
- Physical symptoms including loss of appetite, fatigue, nervousness, sleep disturbances
- Retriggering or distressing memories including nightmares and flashbacks

Healing is Possible
Stalking

What is Stalking?
Stalking is a course of conduct directed as a specific person under circumstances that would cause a reasonable person to fear bodily injury or to experience substantial emotional distress. Course of conduct means two or more acts, including but not limited to acts in which a person directly, indirectly, or through third parties, by any action, method, device, or means, follows, monitors, observes, surveils, threatens, or communicates to or about another person, or interferes with another person’s property.

What Stalkers Do:
- Continue to contact victims even though they have told them to stop.
- Follow victims and show up wherever they are.
- Send unwanted gifts, letters, cards, messages, or e-mails.
- Damage a victim’s home, car, or other property.
- Monitor a victim’s phone calls or computer use.
- Use technology, like hidden cameras or global positioning systems (GPS), to track where victims go.
- Drive by or hang out at a victim’s home, school, or work.
- Threaten to hurt a victim, their family, friends, or pets.
- Posting information or spreading rumors about a victim on Facebook or other forms of social media, in a public place, or by word of mouth.
- Other actions that control, track, or frighten a victim.

Do you feel:
- FEARFUL of what the stalker will do? VULNERABLE, unsafe, and do not know who to trust? NERVOUS, irritable, impatient or on edge?

The Use of Technology to Stalk

<table>
<thead>
<tr>
<th>Cell Phones: Stalkers use cell phones in a variety of ways: Calling often and leaving messages, texting, sending photos and videos, tracking via GPS, monitoring cell phone using software and apps, accessing information from a victim’s cell phone, and/or accessing personal information stored in a phone’s memory.</th>
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<tr>
<td>Spoofing: Spoofing is the deliberate falsification or misrepresentation of the telephone number and/or name displayed on the Caller ID to disguise the identity of the caller.</td>
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<td>Facebook: Stalkers use Facebook to send messages, post on their victim’s page, track their whereabouts, and other harassing behaviors.</td>
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<td>Other Social Media: Stalkers will post about the victim on their own site, impersonate a victim online, send messages to the victim, upload or tag photos of the victim, or gather information regarding the victim.</td>
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<td>Computers and Spyware: Spyware is a software which allows stalkers to view and record what their victims do on their computer.</td>
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<td>GPS: Global Positioning System (GPS) is a program that provides users with positioning, navigating, and timing services.</td>
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Survivor Concerns

The CVRC Staff understand that concerns may arise and are sensitive to certain experiences and concerns that students may have as survivors in regards to various identities and lived experiences. The CVRC seeks to validate those feelings and provide resources pertaining to the concerns you may have. We want you to feel safe in class and on campus so that you may have the space needed to heal and succeed academically.

- **Being in the same class with your perpetrator**—We can help you work with your instructors and other campus departments to find alternative solutions to this concern. For example: attending an online section of the course.

- **Running into your perpetrator on campus**—We can help you obtain a “No Contact Order” that will prohibit mutual communication in-person and virtually, on campus and in the surrounding campus area.

- **Declining grades/Failing a course**—In the event that you do not successfully pass a course, the CVRC Staff can help you with an Academic (SAP) and/or Financial Aid appeal.

- **Living in the same Residence Hall/Off Campus Housing as your perpetrator**—We can advocate on your behalf work with Housing and Residence Life (HRL) or with a landlord/apartment manager to find alternative, safe housing arrangements for you.

- **Getting in trouble for being under the influence at the time of the incident**—There is an amnesty policy that means UNCG will not pursue disciplinary action against a witness or victim who illegally consumes drugs or alcohol when reporting an incident of sexual violence.

**Students of Color**

- The CVRC recognizes that survivors of color may have also experienced instances of interpersonal and institutional racism with medical providers, law enforcement, university officials, or other individuals/institutions of power. Due to these experiences, survivors of color and their loved ones may distrust the institutions that are meant to assist and support. The CVRC staff recognizes these concerns and is committed to serving survivors of color by providing culturally competent and intersectional support to all victims and survivors.

**Male-identified Survivors**

- **Feeling a lack of control or decreased masculinity**—Often times, survivors of sexual or intimate-partner violence feel a lack of control because it was taken away during those experiences. This is perfectly normal and seeing a Counselor can often help one cope with those feelings.

**LGBTQ+ Survivors**

- **I’m afraid to report because people may not believe me or understand/respect my identity**—The CVRC staff believes every survivor’s story, regardless of identity. The staff are trained in advocating for the needs of LGBTQ+ students and will affirm those identities and experiences. The CVRC is also working with campus partners who are involved in the reporting process to create safe and affirming spaces. If you prefer to speak with an LGBTQ-identified advocate, that is also an option.

**Veteran Survivors**

- **A civilian wouldn’t understand**—The CVRC has a Veteran on staff to assist with Veteran experiences. While not all the CVRC Staff is affiliated with the military, CVRC staff is trained on the trauma and unique experiences Veterans may bring with them when reporting or seeking resources. We respect your Veteran status and military standards. The CVRC Staff could also help advocate on your behalf with the Veterans Resource Center at UNCG.

- **I was assaulted by a higher ranking superior and no one will be able to help or believe me**—We are a confidential space. Outside of our mandated reporting obligations to report child abuse or neglect and elder abuse to Social Services, you can feel comfortable knowing that the CVRC Staff is not going to share your experiences or any information you provide to us to any other department or agency, without your consent. We will work with you to assess your needs, advocate for you best interests, provide trauma-informed care and empower you.
Checklist of Options

Support Services

- **Victim Advocate** - The Victim Advocate is a confidential resource on UNCG's campus trained to respond to campus community members who have experienced sexual assault, intimate partner violence, stalking, harassment, or other forms of violence. An Advocate can accompany a victim to any process including court hearings, police interviews, Title IX interviews, hospital exams etc. An advocate is a support for a victim throughout their healing journey including safety planning and crisis management.

- **Victim Witness Assistant** - The Victim Witness Assistant is a non-confidential resource in the University Police Department. The Victim Witness Assistant provides the same level of care as the Victim Advocate and can support and accompany victims to any process including court hearings, police interviews, Title IX interviews, hospital exams, etc.

- **LGBTQ+ Advocacy and Training Coordinator** - The LGBTQ+ Advocacy and Training Coordinator is a confidential resource in the CVRC who provides support services for LGBTQ+ students, faculty, and staff who have experienced violence.

- **Guilford County Family Justice Center** - FJC is a confidential single point of access to services for victims of domestic violence, sexual assault, child abuse, and neglect, and elder abuse. Family Justice Center: 336-641-SAFE (7233) 201 S. Greene St., 2nd Floor, Greensboro, NC. Family Service of the Piedmont: Greensboro: 336-273-7273 and High Point: 336-889-7273

- **The Dean of Students Office** - The Dean of Students Office works with students, their families, faculty, and staff to create a culture of care in which students feel supported and empowered to succeed. The Dean of Students Office is obligated to report the names of the responding party and the student involved as well as relevant facts to UNCG's Title IX Coordinator. The Dean of Student’s Office is also required to report the incident (not the name of the students involved) to the police. A student can request the University to maintain confidentiality, which the University will consider.

- **CVRC Counselor or Counseling Center** - Counselors are available should you feel you need support processing and working through a traumatic experience. Individual and group counseling through the CVRC is a free resource for the UNCG community and a good fit for those who feel their daily life has been impacted by trauma.

Campus Options:

- **No Contact Order** - A mutual no contact order can be requested by a student through the Dean of Students Office. This option is only applicable if the reporting and responding party are students. A violation of the no contact order would be a violation of the Code of Student Conduct.

- **Title IX Investigation** - A Reporting Party can elect to pursue a formal complaint and resolution under the Student Code of Conduct. Those procedures are outlined in the Student Code of Conduct process (http://sa.uncg.edu/dean/conduct/).

- **Short Term Housing and/or Room Change** - If a victim lives in the same residence hall with the assailant, it is possible to work with HRL to request a room change.

- **Academic Accommodations** - The Dean of Students Office can work with faculty or other University offices to assist academically if a victim has a class with the assailant or is struggling with passing classes as a result of the trauma. A Victim Advocate can also assist with academic needs.
Checklist of Options Continued

Medical

- **Student Health Services** - Student Health Services at UNCG can provide basic health, medical, and counseling services if victims have injuries as a result of an assault. Students can also purchase STI and Pregnancy testing and preventative medications.

- **Hospital** - Victims can receive medical care at the hospital and have evidence collected by a trained Sexual Assault Nurse Examiner (SANE) if the assault happened within the past 72 hours. Victims have the choice to report to police or participate in an anonymous exam in which the evidence collection kit will be saved for up to a year while the victim decides whether or not to report to police. Victims can also receive preventative medication for STI's and prevention.

- **Preserving Evidence** - Preserving evidence in all cases is imperative. For example, avoid showering, douching, eating, drinking, or brushing your teeth, if at all possible, after a sexual assault. Bedding or clothing worn during or after an assault should be preserved in a paper bag and collected by law enforcement if a victim chooses to report.

Legal

- **Police report** - Victims have the right to report a crime to the UNCG Police or Greensboro Police Department with or without a SANE exam. Victims can report incidents of sexual assault at any time even if the assault occurred years before. A police officer can come to the Campus Violence Response Center if a victim is interested in reporting. UNCG Police Emergency: 911 or 336-334-4444. The Police Department will not release the names of victims or witnesses unless required by law. Because police reports are not public record under state law, the UNCG Police Department can hold reports of crime in confidence. However, records of criminal investigations, including the name of the alleged victim and/or witness, may be released under court order. Conversations with police are kept as confidential as possible, but information about incidents of sexual misconduct must be shared with relevant administrators.

- **Magistrate** - Victims can choose to speak to a Criminal Magistrate in order to press charges. A Magistrate is a judicial officer who handles certain criminal and civil matters. Charges related to relationship violence and stalking: simple assault, assault on a female, communicating threats, violation of a DVPO, felonious restraint, false imprisonment, harassing phone calls, stalking, cyberstalking, habitual stalking.

- **50-B Domestic Violence Protective Order and 50-C Civil No Contact Order** - a Domestic Violence Protective and is a year long criminal order that can be obtained if you and the defendant were married or divorced, or are persons of the opposite sex who live together or have lived together, or have a child in common, are current or former household members, or are persons of the opposite sex who are or were in a dating relationship. A Civil No Contact order is a year long civil order that can be obtained if the defendant committed non-consensual sexual conduct or has followed you on more than one occasion or otherwise tormented, terrorized, or terrified you, placing you in reasonable fear for your safety. To obtain a domestic violence protective order, a victim will appear before a district court judge within 10 days of turning in the application. An ex parte can be issued that provides immediate relief and puts the protective order in place until that court date.

- **Civil Lawsuit** - a civil lawsuit is a court based process through which a victim can seek to hold a respondent liable for some type of wrong. Usually if the victim is successful, they will be awarded compensation for the harm that resulted.
**Self Care and Healing**

**Positive coping methods** are those that help to reduce anxiety, lessen other distressing reactions, and improve the situation in a way that does not harm you further and can improve things not only today, but tomorrow, and in the future as well. Positive coping methods can include:

<table>
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<tr>
<th>Muscle relaxation techniques</th>
<th>Talking to another person for support</th>
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<tr>
<td>Exercise in moderation, including walking, jogging, or swimming</td>
<td>Practicing grounding techniques such as positive self-affirmations, visual imagery, body scans</td>
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<td>Hot baths</td>
<td>Positive distracting activities, including recreational or work activities such as: cooking, gardening, taking a walk, playing sports, going to the park, drinking tea, watching a movie, writing a letter, reading a book, calling a friend, listening to music, cleaning, or doing arts and crafts.</td>
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<tr>
<td>Stretching or yoga</td>
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<tr>
<td>Breathing exercises –slow, deep breaths</td>
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<tr>
<td>Joining a support group</td>
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<td>Calling a crisis center hotline</td>
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<td>Meditation</td>
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<td>Journaling</td>
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**Six Mini-Relaxations:**

1. **Neck and shoulders release:** Take a deep breath in and bring your attention to your head, neck and shoulders; hold, then exhale gently. Breathe in again and gently raise your shoulders toward your ears. As you breathe out, imagine all the tension in your neck, shoulders and back leaving through this breath. Allow your shoulders to drop slightly with your exhale. Repeat.
2. **Breathing to a Count:** Inhale to the count of six, taking a slow, deep breath. Hold…then, breathe out, slowly to the count of six, repeat. Always breathe in and out through your nose.
3. **Cleansing Breath:** Step 1: Inhale slowly through your nose to the count of six, exhale through your mouth. As you exhale, blow as if you are slowly blowing out a candle, so it flickers but doesn’t go out. Repeat.
4. **Body Scan:** Take an inventory of your body, moving your attention slowly from your head to your feet. Notice any areas of tightness or tension. As you exhale, let the areas of tension or pain soften and release. Inhale and repeat.
5. **Tense, Hold, Release:** Breathe in and tense all the muscles you can at once. Hold your breath, then slowly breathe out, letting all the tension go. Repeat this several times. **NOTE: This exercise is not recommended for individuals with fibromyalgia, or other chronic pain.**

**Ideas for Controlling Memories of Sexual Assault**

Here are some steps to help you actively stay in the present or “here and now”:

<table>
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<tr>
<th>Keep your eyes open and actively look around you. Look around the room or area where you are. Turn the light on if it is off.</th>
<th>Say a safety statement: “My name is (name). I am safe right now. I am in the present, not the past. I am at (location) and the date is (date).”</th>
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</thead>
<tbody>
<tr>
<td>Touch objects around you (a pen, your purse, a book, your clothing, your chair) and notice how they feel.</td>
<td>Carry something in your pocket or purse (ring, a rock, any safe object) that you can touch whenever you have thoughts of the assault.</td>
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<tr>
<td>Saying a coping statement: “I can cope right now. This feeling will pass.”</td>
<td>Think of people you care about (look at photographs of your best friend).</td>
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<tr>
<td>Run cold water over your hands.</td>
<td>Jump up and down.</td>
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<tr>
<td>Stretch.</td>
<td>Eat something and notice how it tastes.</td>
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Campus Resources

UNCG Student Health Services
Medical Clinic and Counseling Center
(336) 334-5874
107 Gray Drive Anna M. Grove Student Health Center

Title IX Office
(336) 256-0362
238 Elliot University Center

Dean of Students Office
(336) 334-5514
213 Elliot University Center

UNCG Police
(336) 334-4444
1200 W. Gate City Boulevard

Community Resources

Guilford Family Justice Center
(336) 641-SAFE (7233)
http://www.myguilford.com/family-justice-center/

Family Service of the Piedmont
(336) 387-6161
www.familyservice-piedmont.org/

North Carolina Coalition Against Domestic Violence
(919) 956-9124
www.nccadv.org

North Carolina Coalition Against Sexual Assault
(919) 871-1015
www.nccasa.org

National Resources

National Sexual Violence Hotline
1-800-656-7445

National Domestic Violence Hotline
1-800-656-HOPE

Stalking Resource Center
1-202-467-8700