

Sexual assault and violence can affect us all. It can occur regardless of gender, sexual orientation, race, socioeconomic class, religion, ethnicity or disability.

How Can I Help?

Tip #1: Start a conversation by telling your friends that 1 in 3 women and 1 in 7 men have experienced domestic violence, and 1 in 5 women and 1 in 16 men have experienced sexual assault at some point in their lifetime. This is a great way to get the point across that these issues are serious and that many people we love have been affected by domestic and sexual violence.

Tip #2: Speak up when you hear offensive comments that degrade women, men, or victims of abuse. The best thing you can do is speak up and tell them that you're not comfortable with that kind of talk. Simply doing that can help your friends understand that it's not cool for them or anyone to degrade a person.

Tip #3: If someone you know discloses that they are experiencing abuse now or have in the past, remember this could be the first time they're telling someone. Reassure them that you believe them and that the abuse was not their fault. The most important thing you can do in this moment is listen and support them. Most of all, make sure to be patient, non-judgmental, and respectful of their decisions. Ask them if they'd like to talk to a professional counselor, and offer to sit with them while they call a national or local hotline.

*Source: No More Project

Help Yourself. Help a Friend. Break the Silence.

CONFIDENTIAL ADVISOR

The college has partnered with Safe Passage to provide free confidential advisor services to student survivors of sexual assault and violence. Advisors have received specialized training to offer emergency and ongoing support to survivors of sexual assault and violence. Communication with a confidential advisor cannot be released without survivor consent.

**Safe Passage: Sexual Assault and Domestic Violence
24 Hour Hotline
815-756-5228**

Free and Confidential Local, State and National Resources

**HOPE of Ogle County: Domestic Violence
24 Hour Hotline
815-562-8890**

**Rockford Sexual Assault Center
815-636-9811**

**Illinois Domestic Violence Help Line
877-863-6338**

**National Sexual Assault Hotline
800-656-HOPE (4673)**

**National Domestic Violence Hotline
800-799-7233
www.thehotline.org**



Legal Assistance

**DeKalb County State's Attorney
815-895-6521
Ogle County State's Attorney
815-732-1170**

Kishwaukee College Resources

Online Support Available at Talkspace

Visit www.talkspace.com/kish

- Click "Get Started"
- Enter "Kish Therapy"

When promoted for your organization name

Non-Confidential - Title IX Coordinators

**Executive Director of Human Resources
815-825-9370**

Mental Health

**Northwestern Medicine Ben Gordon Center
866-242-0111
Sinnissippi Center, Inc.
800-242-7642**

Hospitals

**Northwestern Medicine Kishwaukee Hospital
DeKalb, IL 60115
815-756-1521
Northwestern Medicine Valley West Hospital
Sandwich, IL 60548
815-786-8484
Rochelle Community Hospital
Rochelle, IL 61068
815-562-2181**

Busting Rape Myths

1. Sexual Assault is sometimes the victim's fault.

Wrong! Sexual assault is never the fault of the victim. The victim does not “provoke” rape. The perpetrator is responsible for his/her actions.

2. Usually, sexual assault is committed by someone unknown to the victim (i.e. a stranger).

Wrong! Over 80% of offenders were known to their victims. “Stranger Danger” is often portrayed by movies and popular media—but rarely happens

3. Most reports of rape are false and/or exaggerated.

Wrong! Fewer than 8% (some studies indicate only 2%) of sexual assault reports are false. Listen, offer empathy and support. Tell the victim it is not his or her fault. Encourage a report (to campus or local police, to the Vice President Student Services, to a counselor in Student Services, etc.)

*Source: ICASA

Non-Discrimination/Affirmation Action Policy

It is the policy of Kishwaukee College not to tolerate sexual harassment in any form nor to discriminate on the basis of sex, age, race, creed, religion, national origin, disability status, or sexual orientation in its educational programs, activities, or employment practices.

Kishwaukee College complies with the Age Discrimination in Employment Act of 1975. Inquiries regarding compliance may be directed to the Executive Director of Human Resources at Kishwaukee College 815-825-9333

Red Flags/Warning Signs

Be concerned if you have a partner who is:

- Telling you that you can never do anything right
- Showing jealousy of your friends and time spent away
- Keeping you or discouraging you from seeing friends or family members
- Embarrassing or shaming you with put-downs
- Looking at you or acting in ways that scare you
- Telling you that you are a bad parent or threatening to harm or take away your children
- Intimidating you with guns, knives or other weapons
- Controlling who you see, where you go or what you do
- Preventing you from making your own decisions
- Destroying your property or threatening to hurt or kill your pets
- Preventing you from working or attending school
- Controlling every penny spent in the household, taking your money or refusing to give you money for expenses
- Pressuring you to have sex when you don't want to or do things sexually you're not comfortable with
- Pressuring you to use drugs or alcohol

Do you recognize any of these red flags? Talk to someone! Confidential help is available.



**Help Yourself.
Help a Friend.
Break the Silence.**

*Kishwaukee College
Sexual Assault/
Domestic Violence
Resource Guide*

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