

Be An Active Bystander

Bystander intervention can prevent violence. Step Up. Be proactive. Watch out for your friends and classmates. If you come across someone who looks like they are in trouble, check in with them and make sure they are OK. If you see someone doing something suspicious, say something.

Three common ways to intervene:

- Direct approach - If you feel comfortable, make your presence known. "Hey, I'm concerned for your safety, do you need help?" or "Hey are you okay?" or "You know what? It's time for us to go."
- Distracting approach - Make something up to either get the person to safety such as, "Your sister is on the phone for you." Or to get the aggressor to leave the situation, try, "Hey, buddy your car is being towed," or "I dropped my phone, can you help me move this couch?"
- Delegation approach - Locate the person's friends or the police to have them intervene. Ask for others to take certain actions. For example, ask them not to leave the person out of their sight.

Know the Red Flags of Abuse

- Embarrassing or putting you down
- Looking at you or acting in ways that scare you
- Controlling who you see, where you go, or what you do
- Keeping you or discouraging you from seeing your friends or families
- Taking your money or refusing to give you money for expenses
- Preventing you from making your own decisions
- Telling you that you are a bad parent or threatening to harm or take away your children
- Preventing you from working or attending school
- Blaming you for the abuse, or acting like it's not really happening
- Destroying your property or threatening to hurt or kill your pets
- Intimidating you with guns, knives or other weapons
- Shoving, slapping, choking or hitting you
- Attempting to stop you from pressing charges
- Threatening to commit suicide because of something you've done
- Threatening to hurt or kill you
- 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
- Preventing you from using birth control or pressuring you to become pregnant when you're not ready



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

Kish College Sexual Assault/ Domestic Violence Resource Guide

We are here to help

Community Resources

Safe Passage: 24-hour crisis line for Sexual Assault & Domestic Violence	815-756-5228
HOPE of Ogle County Domestic Violence Services	815-562-8890
IL Department of Children & Family Services Child Abuse: Hotline	800-252-2873
Police Department Emergency	Dial 9-1-1
DeKalb Crisis Line	866-242-0111
Rockford Sexual Assault	800-564-8441

Mental Health

Northwestern Medicine Ben Gordon Center 24-hour line	866-242-0111
Sinnissippi Center, Inc. of Ogle County	800-242-7642

State's Attorney

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

Area Hospitals

Northwestern Medicine Kishwaukee Hospital	815-856-1521
Northwestern Medicine Valley West Hospital, Sandwich	815-786-8484
Rochelle Community Hospital	815-562-2181

National Hotlines

Sexual Assault and Abuse: Sexual Assault Hotline	815-758-7922
Suicide Crisis & Lifeline: 24-hour Suicide Lifeline	988
National Center for Victims of Crime	800-394-2255
National Domestic Violence Hotline	800-799-7233
National Sexual Assault Hotline	800-656-4673

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



Online Support Available at Talkspace

1. Visit www.talkspace.com/kish
2. Click 'Get Started'
3. Enter 'Kish Therapy' when prompted for your organization name

Non-Confidential Resources

Executive Director Human Resources

- 815-825-9333

Vice President Student Services

- 815-825-9807

DeKalb County Sheriff's Office

- 815-825-9529

Confidential Advisors

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 ongoing support. Communication with a confidential advisor cannot be released without consent.

- 815-756-5228