

*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](http://www.thehotline.org)



## Legal Assistance

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

## Kishwaukee College Resources

### Confidential

#### Counseling Department

Sarah Marsden 815-825-9421  
Carolyn Kernan 815-825-1703

### Non-Confidential - Title IX Coordinators

Executive Director of Human Resources  
815-825-9370

Dean of Student Services  
815-825-9365

Sheriff Office  
815-825-9529

TTY: 815-825-9699

## 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 Dean of Students, to a campus Health Center counselor, 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 Director of Human Resources at Kishwaukee College  
815-825-9370

## 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*

