

Resources

If you have questions or concerns about any of the issues in this booklet, the following resources are available to help you.

Confidential

ATVP 24 hour hotline (509) 332-4357*

WSU Counseling and

Psychological Services (509) 335-4511*

WSU Health and Wellness Services (509) 335-3575

Pullman Regional Hospital (509) 332-2541*

Non-Confidential

WSU Office of the Dean of Students (509) 335-5757

WSU Office for Equal Opportunity (509) 335-8288*

WSU Office of Student Conduct (509) 335-4532*

Police

Emergency Assistance 911*

WSU Police Department (509) 335-8548*

Pullman Police Department (509) 334-0802*

*interpretation available

Violence Resource Guide

for IALC students at WSU

Provided by:

WSU Intensive

American Language Center

&



Free, confidential and professional help for victims & survivors of domestic & sexual violence & stalking.

24 hour Crisis Hotline

509.332.4357 or

1.877.334.2887



A participating agency of the Moscow and Pullman United Ways

Domestic Violence

Definition: harm or threat of harm in a relationship.

This can take many forms:

- **Physical:**

Using physical force to threaten or harm. Examples: slapping, pushing, grabbing, destroying objects.

- **Emotional and verbal:**

Using verbal and non-verbal communication to control. Examples: putting partner down, minimizing the abuse.

- **Sexual:**

Sexual activity that occurs without consent. Examples: unwanted sexual touching, coercion to perform sexual acts.

Even if two people are in a relationship, they always have the right to say no to sexual activity.

Victims of domestic violence can be of any age, gender and background.

If you are being stalked you might...

- Feel helpless, anxious, or angry.
- Feel like you can never get away from the person who is stalking you.
- Have difficulty sleeping.
- Have nightmares.
- Lose or gain weight.
- Not know what might happen next.

Sometimes people portray stalking as funny, but stalking is serious, often violent, and can get worse over time. Stalking is a crime in all 50 United States.

If you feel scared or uncomfortable, you have a right to help.

Stalking

Definition: tracking or following someone who doesn't want it

Stalking behaviors can include:

- Knowing your schedule
- Showing up at places you go
- Sending gifts
- Unwanted calls or texts
- Damaging or stealing your property
- Appearing at your home
- Physical or sexual assault

Victims of stalking can be of any age, gender and background.

Warning signs of an abusive relationship...

- Your partner shows little interest in your feelings or opinions.
- Being constantly made fun of.
- Manipulation
 - Being told: "I'll kill myself if you break up with me" or "I can't live without you."
- Controlling Behavior
 - Being told who you can be with or what you can wear.
- You feel afraid to break up with your partner or worry about how to keep them happy.

Although every relationship is different, both partners always have a right to feel safe, be respected and have equal power.

It is not your fault if you are being hurt by your partner.

Sexual Assault

Definition: sexual assault is any unwanted sexual activity.

This can include a variety of behaviors:

- Harassment

Unwanted jokes, sexual advances or obscene remarks.

- Touching

Intentional touching of another person's body in a sexual manner without permission.

- Videoing/Photographing

Filming or photographing someone without their consent; sharing sexual images online or offline to shame someone.

- Intercourse

Coerced or forced sex that may involve other forms of violence as well.

Victims of sexual assault can be of any age, gender and background.

If someone you know has been assaulted...

- Listen to them and believe them
- Know where to ask for help
- Support their decision to call the police or not
- Call ATVP for tips on other ways to support them:

(509) 332-4357 or

1-877-334-2887

interpretation available

Different cultures have different ways of greeting each other, like hugging or shaking hands. However, if you ever feel uncomfortable with any behavior, it's always okay to say no.

It is not your fault if you have been sexually assaulted.