

Shoreline Community College cares about its students and is committed to supporting those who may be impacted by **domestic violence/intimate partner violence/relationship violence**. Resources are available to support any student impacted by any type of violence.

### **What is Domestic Violence/Intimate Partner Violence/Relationship Violence?**

Domestic violence/intimate partner violence/relationship violence is defined as a pattern of abusive behavior in any relationship that is used by one partner or person to gain or maintain power and control over another partner or person. ([Office on Violence Against Women](#))

*Domestic violence/intimate partner violence/relationship violence can happen to anyone.*

Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, or gender, and it can take many forms, including physical abuse, sexual abuse, emotional, economic, and psychological abuse. ([Office on Violence Against Women](#))

Abuse is a learned behavior; it is not caused by anger, mental problems, drugs or alcohol, or other common excuses.

There is no way to identify an abuser in a crowd, however most abusers share some common characteristics. Some of the subtle warning signs, or red flags, include:

- Insisting on moving quickly into a relationship
- Appear charming and may seem too good to be true
- Insist you stop participating in activities or spending time with family and friends
- Ignore your feelings
- Require you to share technology / social media passwords
- Extremely jealous or controlling
- Does not take responsibility for their actions and blames others for everything that goes wrong
- Continually criticizes you, call you names, shout
- Their words and actions do not match

Any of these behaviors in isolation may not indicate abusive actions yet it is important to understand the warning signs and explore their meaning. The [Power and Control](#) diagram is a helpful tool in understanding the overall pattern of abusive and violent behaviors.

### **Understanding Domestic Violence / Interpersonal Violence – You are NOT Alone**

- Domestic violence is a leading cause of injury for American women between the ages of 15 and 54, but it can happen to any person at any age.
- 1 in 5 college women has been verbally abused by a dating partner.
- 43% of dating college women report experiencing violent and abusive dating behaviors including physical, sexual, technology-based, verbal or controlling abuse.
- Of domestic violence victims – 84% are psychologically abused by their partners; 50% are physically abused and 33% experience sexual coercion (adapted from [National Network to End Domestic Violence](#))
- 2 in 5 gay or bisexual men will experience intimate partner violence in their lifetime. (American Psychological Association)

- Women with disabilities are 40% more likely to experience intimate partner violence – especially severe violence – than women without disabilities. (American Psychological Association)
- Men can be victims of domestic violence – 1 in 7 men report experiencing victimization. ([National Domestic Violence 24-hour Hotline](#))

### **What if I Experience Domestic Violence/Intimate Partner Violence/Relationship Violence?**

- Assure your safety—get yourself and your children to a place that is safe. **Call 911.**
- Contact someone who can help you. This could be:
  - An advocate from the nearest domestic/intimate partner/relationship violence resource center
    - King County: [New Beginnings 24-hour help-line](#) (206.522.9472),
    - Snohomish County: [Domestic Violence Services 24-hour crisis-line](#) (425.252.2873)
    - [Washington State Domestic Violence Hotline](#), 8am – 5pm every day: (800.562.6025)
    - [National Domestic Violence 24-hour Hotline](#): (800.799.7233)
  - [Shoreline Community College Counseling Services](#) (206.546.4594)
  - Law Enforcement (911),
  - Campus Security (206.235.5860),
  - A trusted friend or family member.
- Seek medical attention. Even if you have no visible injuries, you should still seek treatment as many injuries may be internal or take time to become visible.
- Find a safe place to stay. [New Beginnings in King County](#) (206.522.9472) and [Domestic Violence Services in Snohomish County](#) (425.252.2873) can help connect you with emergency shelter.
- Consider filing a police report by calling 911.
- Consider getting a protective order.
  - [Snohomish County Protective Orders](#) (425.388.3638)
  - [King County Protective Orders](#) (206.296.9547)
- Make a [safety plan](#).
- Save evidence such as photographs of bruises and other injuries, ripped clothing, etc.
- Remember that domestic violence is cyclical and it can happen again. Help is available at any time.

## How Can Shoreline Community College Provide Support?

Shoreline Community College is committed to creating and maintaining a safe campus environment. The College provides the following support and resources to those who may have been impacted by domestic/intimate partner/relationship violence:

- **SCC's Counseling Services** and referral to resources are available through SCC's [Counseling Services](#). We will provide *confidential* support and share information about how the College may best support you. Contact services at 206.546.4594 or FOSS 5245.
- **SCC's Women's Center** can provide support and additional resources. Contact the [Women's Center](#) at 206.546.4715.
- **SCC's Safety & Security** is available for the report of an emergency or a crime, to call law enforcement to file a report as well as *provide safety planning and escort to your car or bus*. Contact [Safety & Security](#) at 206.235.5860.

## How do I Make a Police Report?

**911** – your local law enforcement can meet you to file a police report. The campus can offer a safe place to file a report with law enforcement. *The campus will not file a police report for you if you are 18 years of age or older.*

## How do I Make a Report to SCC?

The College must be proactive and support students who are impacted by interpersonal violence, including domestic violence. Support may be in the form of providing academic accommodations; employment accommodations, campus no-contact orders, and counseling services and other support.

**For reporting to SCC**, contact the campus's [Title IX](#) coordinators: Stephen Smith, VP for Human Resources and Legal Affairs (206.546.4694) and Kim Thompson, Dean of Students (206.546.4641).

When making a report, you will be asked to recount events, either verbally or in writing. The College will make every effort to make the environment safe, protect students from retaliatory harassment or behavior, provide resources, and deliver support necessary for continuing your education. The College is responsible for promptly and thoroughly investigating the report regardless of whether you file a report.

## Advocacy Resources – 24 hour / 7 Days a Week – Free – Confidential – Secure

To receive help right now you may contact a confidential hotline. These hotlines have access to interpreter services.

- [New Beginnings \(for Shoreline/Seattle/King County\)](#): 206.522.9472
- [Domestic Violence Services of Snohomish County](#): 425.252.2873
- [Washington State Domestic Violence Hotline](#): 1.800.562.6025
- [National Domestic Violence Hotline](#): 1-800-799-7233 or 1.800.787.3224 (TTY)

**What to expect if you call a hotline or program:**

- **A caring, listening ear.** People who can listen and help you sort out options.
- **Advocacy services.** Trained advocates who can help with welfare, Child Protective Services, Disability Services, Immigration, Housing, Employment protections and more.
- **Emergency Shelter.** Many programs offer shelter or safe homes.
- **Transitional Housing.** Some programs have longer term housing for survivors.
- **Support groups.** Some programs run groups for children, youth and adults.
- **Legal advocacy.** Information about protection orders and other civil matters. Most programs do not provide legal counsel, but can refer you to free or low cost attorneys.
- **Crisis services.** 24 –hour crisis services.

**Other Resources**

- The [Washington State Coalition Against Domestic Violence](#) provides information about domestic violence, and also a list of advocacy resources across the state.

**What Should I do if my Friend/Partner/Family Member Has Experienced Domestic Violence/Intimate Partner Violence/Relationship Violence?**

- Acknowledge that they are in a very difficult and scary situation, be supportive and listen.
- Be non-judgmental.
- If they end the relationship, continue to be supportive of them.
- Encourage them to participate in activities outside of the relationship with friends and family.
- Help them develop a [safety plan](#).
- Encourage them to talk to people who can provide help and guidance.
- Remember that you cannot rescue them.
- You may also phone one of the above hotlines for support and information.