

WHAT TO DO IF YOU THINK YOU OR SOMEONE YOU KNOW MIGHT BE IN AN ABUSIVE RELATIONSHIP

WHAT IS ABUSE?

According to the National Domestic Violence Hotline, abuse “can happen to couples who are married, living together or who are dating. Abuse is a repetitive pattern of behaviors to maintain power and control over an intimate partner. These are behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. Abuse includes the use of physical and sexual violence, threats and intimidation, emotional abuse, and economic deprivation. Many of these different forms of abuse can be going on at any one time.” Dating/relationship violence or domestic violence can happen to anyone regardless of race, age, sexual orientation, religion or gender and affects people of all socioeconomic backgrounds and education levels.

The National Domestic Violence Hotline and The United States Department of Justice describe the following forms of abuse:

Physical Abuse

Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc., are types of physical abuse.

You may be experiencing physical abuse if your partner has done or repeatedly does any of the following tactics of abuse:

- Pulling your hair, punching, slapping, kicking, biting or choking you
- Forbidding you from eating or sleeping
- Damaging your property when they're angry (throwing objects, punching walls, kicking doors, etc.)
- Using weapons to threaten to hurt you, or actually hurting you with weapons
- Trapping you in your home or keeps you from leaving
- Preventing you from calling the police or seeking medical attention
- Harming your children
- Abandoning you in unfamiliar places
- Driving recklessly or dangerously when you are in the car with them
- Forcing you to use drugs or alcohol, especially if you've had a substance abuse problem in the past

Emotional Abuse

Undermining an individual's sense of self-worth and/or self-esteem is abusive.

You may be in an emotionally abusive relationship if your partner exerts control through the following:

- Calling you names, insulting you or continually criticizing you
- Refusing to trust you and acting jealous or possessive
- Trying to isolate you from family or friends
- Monitoring where you go, who you call and who you spend time with
- Demanding to know where you are every minute

- Punishing you by withholding affection
- Threatening to hurt you, the children, your family or your pets
- Humiliating you in any way
- Blaming you for the abuse
- Gaslighting – an extremely effective form of emotional abuse that causes a victim to question their own feelings, instincts and sanity, which gives the abusive partner a lot of power. Once an abusive partner has broken down the victim's ability to trust their own perceptions, the victim is more likely to stay in the abusive relationship. (ex. "You're crazy – that never happened," "Are you sure? You tend to have a bad memory," "It's all in your head.") Read more about gaslighting at www.thehotline.org/2014/05/what-is-gaslighting/.
- Accusing you of cheating and being often jealous of your outside relationships
- Serially cheating on you and then blaming you for his or her behavior
- Cheating on you intentionally to hurt you and then threatening to cheat again
- Cheating to prove that they are more desired, worthy, etc., than you are
- Attempting to control your appearance (what you wear, how much/little makeup you wear, etc.)
- Telling you that you will never find anyone better, or that you are lucky to be with a person like them

Sexual Abuse

Coercing or attempting to coerce any sexual contact or behavior without consent is sexual abuse.

Sexually abusive methods of retaining power and control include an abusive partner

- forcing you to dress in a sexual way;
- insulting you in sexual ways or calls you sexual names;
- forcing or manipulating you into to having sex or performing sexual acts;
- holding you down during sex;
- demanding sex when you're sick, tired or after hurting you;
- hurting you with weapons or objects during sex;
- involving other people in sexual activities with you against your will;
- ignoring your feelings regarding sex;
- forcing you to watch pornography;
- purposefully trying to pass on a sexually transmitted disease to you.

Sexual coercion

Sexual coercion lies on the 'continuum' of sexually aggressive behavior. It can vary from being egged on and persuaded, to being forced to have contact. It can be verbal and emotional, in the form of statements that make you feel pressure, guilt, or shame. You can also be made to feel forced through more subtle actions. For example, an abusive partner

- making you feel like you owe them (ex. because you're in a relationship, because you've had sex before, because they spent money on you or bought you a gift);
- giving you drugs and alcohol to "loosen up" your inhibitions;
- playing on the fact that you're in a relationship, saying things such as: "Sex is the way to prove your love for me," "If I don't get sex from you I'll get it somewhere else;"
- reacting negatively with sadness, anger or resentment if you say no or don't immediately agree to something;

- continuing to pressure you after you say no;
- making you feel threatened or afraid of what might happen if you say no;
- trying to normalize their sexual expectations (ex. “I need it, I’m a man”).

Even if your partner isn’t forcing you to do sexual acts against your will, being made to feel *obligated* is coercion in itself. Dating someone, being in a relationship or being married never means that you *owe* your partner intimacy of any kind.

Reproductive Coercion

Reproductive coercion is a form of power and control where one partner strips the other of the ability to control their own reproductive system.

Reproductive coercion can be exerted in many ways:

- Refusing to use a condom or other type of birth control
- Breaking or removing a condom during intercourse
- Lying about their methods of birth control (ex. lying about having a vasectomy, lying about being on the pill)
- Refusing to “pull out” if that is the agreed upon method of birth control
- Forcing you to not use any birth control (ex. the pill, condom, shot, ring, etc.)
- Removing birth control methods (ex. rings, IUDs, contraceptive patches)
- Sabotaging birth control methods (ex. poking holes in condoms, tampering with pills or flushing them down the toilet)
- Withholding finances needed to purchase birth control
- Monitoring your menstrual cycles
- Forcing pregnancy and not supporting your decision about when or if you want to have a child
- Forcing you to get an abortion, or preventing you from getting one
- Threatening you or acting violent if you don’t comply with their wishes to either end or continue a pregnancy
- Continually keeping you pregnant (getting you pregnant again shortly after you give birth)

Reproductive coercion can also come in the form of pressure, guilt and shame from an abusive partner. Some examples are if your abusive partner is constantly talking about having children or making you feel guilty for not having or wanting children with them, especially if you already have kids with someone else.

Economic Abuse

Economic or financial abuse is when an abusive partner extends their power and control into the area of finances.

This abuse can take different forms, including an abusive partner

- giving an allowance and closely watching how you spend it or demanding receipts for purchases;
- placing your paycheck in their bank account and denying you access to it;
- preventing you from viewing or having access to bank accounts;
- forbidding you to work or limiting the hours that you can work;
- maxing out credit cards in your name without permission or not paying the bills on credit cards, which could ruin your credit score;

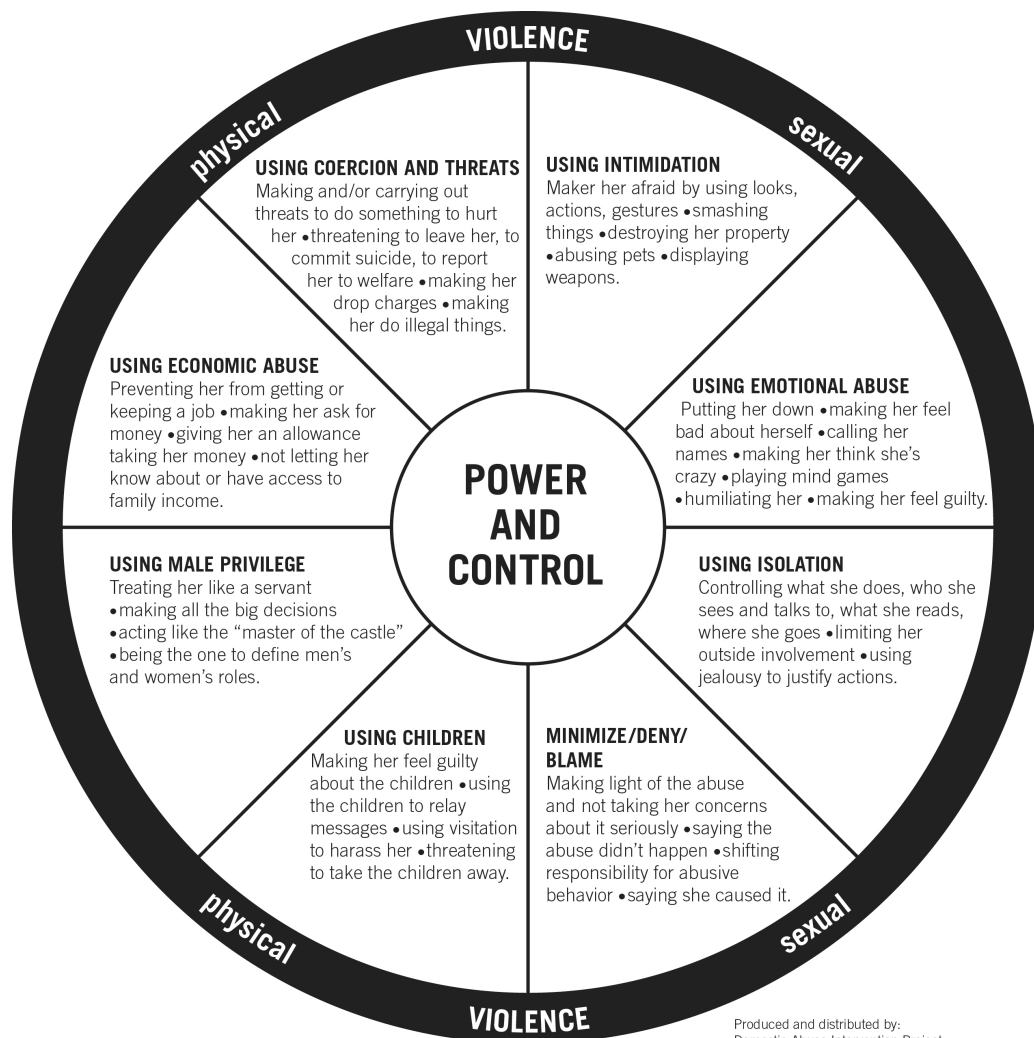
- stealing money from you or your family and friends;
- using funds from children's savings accounts without your permission;
- living in your home but refusing to work or contribute to the household;
- making you give them your tax returns or confiscating joint tax returns;
- refusing to give you money to pay for necessities/shared expenses like food, clothing, transportation, or medical care and medicine.

Psychological Abuse

Elements of psychological abuse include, but are not limited to,

- causing fear by intimidation;
- threatening physical harm to self, partner, children, or partner's family or friends;
- destruction of pets and property;
- forcing isolation from family, friends, or school and/or work.

("Abuse Defined," n.d.; "Domestic Violence," n.d.)



CLEMSON UNIVERSITY'S ANTI-HARASSMENT & NON-DISCRIMINATION POLICY

Clemson University's Anti-Harassment and Non-Discrimination Policy defines the following which falls under sexual harassment.

Dating/Relationship Violence

Dating/relationship violence is violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim where the existence of such relationship shall be based on a) the length of the relationship, b) the type of the relationship and c) the frequency of interaction between the persons involved in the relationship. This includes sexual or physical abuse or the threat of such abuse.

Domestic Violence

A felony or misdemeanor crime of violence committed by

1. a current or former spouse or intimate partner of the victim;
2. a person with whom the victim shares a child in common;
3. a person who is cohabitating with or has cohabitated with the victim as a spouse or intimate partner.
4. a person similarly situated to a spouse of the victim under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred;
5. any other person against an adult or youth victim who is protected from that person's acts under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred.

Read the entire policy online: clemson.edu/campus-life/campus-services/access/anti-harassment-policy.html

STATS

According to the 2011 College Dating Violence and Abuse Poll (Peugh & Glauber, 2011),

- 43 percent of dating college women report experiencing violent and abusive dating behaviors including physical, sexual, technological, verbal or controlling abuse;
- Nearly one in three (29 percent) college women say they have been in an abusive dating relationship;
- 57 percent of college students who report experiencing dating violence and abuse said it occurred in college;
- 52 percent of college women report knowing a friend who has experienced violent and abusive dating behaviors including physical, sexual, technological, verbal or controlling abuse.

It is not just a college problem; "South Carolina has ranked in the top 10 states every year since 2000 and has claimed the top spot three times during that period, including last year" for domestic violence deaths in the United States (Pardue & Smith, 2014).

WHERE TO GO FOR HELP

Survivors of abuse are NEVER at fault, and are encouraged to contact the police since their safety may still be at risk. In addition to the police, there are many on- and off-campus support services and resources available to survivors of dating/relationship violence and domestic violence.

On-Campus Resources

Clemson University Police Department (CUPD)

344012 Centennial Boulevard
Clemson, SC 29634
864-656-2222

In case of emergency dial 911.
clemson.edu/cupd

The Clemson University Police Department assists all campus crime victims with referrals, transportation, court familiarization and compensation. If you choose to call the police, they can help you understand what will happen once you report to them. They will also be able to assist with getting medical attention. By calling the police, you are not obligated to press charges. Police departments also have victim's advocates available to assist you with understanding the legal process and help you get necessary services. CUPD has a victim's advocate who can be reached at 864-656-5251. Victim's advocates in the applicable local jurisdiction can assist victims with obtaining restraining orders or other orders of protection even if a criminal complaint is not filed.

Law Enforcement Agency	Victim Advocate	Non-Emergency Line
Clemson City Police Department	864-624-2012	864-624-2000
Pickens County Sheriff's Office	864-898-5634	864-898-5500
Oconee County Sheriff's Office	864-638-4247	864-638-4111
Anderson County Sheriff's Office	864-222-3952, 864-222-6656	864-260-4400
Greenville County Sheriff's Office	864-467-4704	864-467-5300

Student Health Services

Redfern Health Center
735 McMillan Road
Clemson, SC 29634
864-656-2451 (CAPS)
864-656-1294 (CU CARES)
864-656-2222 (CAPS after hours/weekends; ask for the CAPS on-call counselor)
clemson.edu/studenthealth

All students affected by interpersonal violence have access to CU CARES (Counseling, Advocacy, Referrals, Education and Support) Relationship and Sexual Violence Services through Counseling and Psychological Services (CAPS). Student survivors of relationship abuse can seek **confidential** crisis counseling through these services. CAPS will also provide appropriate referral services and serve as an advocate on your behalf (accompaniment to appointments, assistance with emergency housing and academic accommodations, and support with judicial/legal processes). The choice of whether or not to file a report or move forward with an investigation is always that of the survivor. CU CARES will provide services and support no matter what this decision may be for each victim.

Title IX Office

Alesia Smith
Clemson University Title IX Coordinator
Executive Director of Equity Compliance
110 Holtzendorff
Clemson, SC 29634
864-656-3181
alesias@clemson.edu

Title IX of the Education Amendments of 1972 (amending the Higher Education Act of 1965) is a federal gender equity law that prohibits discrimination based on sex in education programs and activities that receive federal funding. Sexual harassment, which includes sexual violence and other forms of nonconsensual sexual misconduct, is a form of sex discrimination and is prohibited under this law. Anyone can make a complaint about discrimination based on sex or gender or a complaint of sexual harassment including sexual violence to the Title IX Coordinator. Title IX also protects victims of stalking and relationship abuse. The Title IX Office can assist with safety planning, no contact orders and other accommodations that may be needed.

Office of Advocacy and Success

202 Hendrix Student Center
864-656-0471
clemson.edu/studentaffairs/advocacy-success

The Office of Advocacy and Success provides care and support to any student at Clemson University on a variety of topics. Staff in the Office of Advocacy and Success can assist students in identifying campus resources and making complaints related to the Anti-Harassment and Non-Discrimination policy.

Off-Campus Resources

Baptist Easley Hospital

200 Fleetwood Drive
Easley, SC 29649
864-442-7200

Greenville Memorial Hospital

701 Grove Road
Greenville, SC 29605
864-455-7000

Safe Harbor (Domestic and Relationship Violence)

1-800-291-2139
www.safeharborsc.org

Safe Harbor is a nonprofit organization dedicated to helping victims of domestic violence in the upstate of South Carolina. Safe Harbor offers a continuum of services, providing safe emergency shelter, counseling, legal advocacy and transitional housing. These services are **confidential** and offered at **no cost**. The center offers 24-hour crisis hotline response.

South Carolina Coalition Against Domestic Violence and Sexual Assault (SCCADVASA)

803-256-2900

www.sccadvasa.org

The mission of SCCADVASA is to end domestic violence and sexual assault in South Carolina by influencing public policy, advocating for social change and building capacity of member programs, organizations and communities across the state.

National Domestic Violence Hotline

1-800-799-SAFE (7233)

www.thehotline.org

Operating around the clock, **seven days a week, confidential and free of cost**, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers to the Hotline can expect highly trained experienced advocates to offer compassionate support, crisis intervention information and referral services in over 170 languages. Visitors to this site can find information about domestic violence, safety planning, local resources and ways to support the organization.

National Coalition Against Domestic Violence (NCADV)

1-800-799-SAFE (7233) or 1-800-787-3224

www.ncadv.org

NCADV is comprised of people dealing with the concerns of battered women and their families. They represent both rural and urban areas. The Mission of the NCADV is to organize for collective power by advancing transformative work, thinking and leadership of communities and individuals working to end the violence in our lives. NCADV's website provides information on all NCADV programs, activities and events as well as information on legislative issues, domestic violence research material and other related topics. An **anonymous and confidential crisis hotline** is offered **24-hours** a day.

Not Alone

www.NotAlone.gov

Not Alone was launched in connection with the White House Task Force to Protect Students from Sexual Assault. The website provides information for students, schools and anyone interested in finding resources on how to respond to and prevent sexual assault on college and university campuses and in our schools. It's comprised of information on finding crisis services in your area, learning about your rights, how to file a complaint and includes a map of resolved school-level enforcement activities.

Rights and Options

Regardless of whether a survivor elects to pursue a criminal complaint, the Clemson University Police Department, Title IX Office and Office of Community and Ethical Standards will assist survivors by providing them with information about University policies and procedures, on- and off-campus resources, and other relevant information. In South Carolina, a crime victim has the right

- to be treated with fairness, respect and dignity, and to be free from intimidation, harassment or abuse, throughout the criminal and juvenile justice process and informed of the victim's constitutional rights, provided by statute;

- to be reasonably informed when the accused or convicted person is arrested, released from custody or has escaped;
- to be informed of and present at any criminal proceedings that are dispositive of the charges where the defendant has the right to be present;
- to be reasonably informed of and be allowed to submit either a written or oral statement at all hearings affecting bond or bail;
- to be heard at any proceeding involving a post-arrest release decision, a plea or sentencing;
- to be reasonably protected from the accused or persons acting on their behalf throughout the criminal justice process;
- to confer with the prosecution after the crime against the victim has been charged, before the trial or before any disposition and informed of the disposition;
- to have reasonable access after the conclusion of the criminal investigation to all documents relating to the crime against the victim before trial;
- to receive prompt and full restitution from the person or persons convicted of the criminal conduct that caused the victim's loss or injury including both adult and juvenile offenders;
- to be informed of any proceeding when any post-conviction action is being considered and be present at any post-conviction hearing involving a post-conviction release decision;
- to have a reasonable disposition, and prompt and final conclusion of the case;
- to have all rules governing criminal procedure and the admissibility of evidence in all criminal proceedings protect victims' rights and have these rules subject to amendment or repeal by the legislature to ensure protection of these rights.

Furthermore, Clemson University Police Department complies with the SC Protection from Domestic Abuse Act in recognizing orders of protection. For example, any person who obtains an order of protection from South Carolina, or any other United States territory or state, should provide a copy to CUPD. Please note that out-of-state orders must first be registered in family court. A complainant may then meet with CUPD (with assistance from the Title IX Office, Office of Advocacy and Success and/or Human Resources as needed) to develop a Safety Action Plan, which is a plan for campus police and the victim to reduce their risk of harm while on campus or coming and going from campus. This plan may include, but is not limited to: escorts, special parking arrangements, changing classroom location or work assignment location, etc. Protection from abuse orders may be available through Pickens County Family Court or the Family Court of the appropriate jurisdiction where the domestic abuse occurred. Restraining orders may be available through Magistrates Court of the appropriate jurisdiction where the domestic abuse occurred. The Magistrates Court closest to Clemson University is Pickens County Magistrates Court located at 216 C. David Stone Rd., Pickens, SC 29671 864-898-5592.

To the extent possible given the victims' cooperation and consent, University offices (including but not limited to the Title IX Office, Office of Advocacy and Success, Dean of Undergraduate Studies, Dean of Graduate Studies, Human Resources, Student Health Services (including CAPS), CUPD, Office of Community and Ethical Standards, etc.) will work cooperatively to ensure that the complainant's health, physical safety, work and academic status are protected, pending the outcome of a formal University investigation of the complaint. For example, if reasonably available, a complainant may be offered changes to academic, living or working situations in addition to counseling, health services and assistance in notifying appropriate local law enforcement.

Additionally, personal identifiable information about the victim will be treated confidential to the extent permitted by law. Internally, Clemson University will only share information with persons with a specific need to know who are participating in the investigation and/or adjudication of the complaint or delivering resources or support services to the complainant. The University does not publish the name of crime victims nor house identifiable information regarding victims in the CUPD Daily Crime Log or online. Student survivors may request that their directory information (address, phone number, email address and other types of directory information

as defined in the Clemson University Notification of Rights under the Family Educational Rights and Privacy Act (FERPA)) not be disclosed by picking up, completing and returning a Directory Information Suppress form to Registration Services, located in E-206 Martin Hall. If you have any questions about the form, please contact Registration Services at 864-656-2305.

Confidentiality

The University recognizes that a complainant may desire confidentiality and may request that the University not investigate or pursue resolution of an allegation of sexual assault, domestic violence, dating violence and stalking. In such cases, the University will maintain confidentiality to the extent permitted by law and other safety and welfare considerations. However, the University may determine that it must investigate and pursue resolution of a report and take whatever measures it deems necessary in response to an allegation of sexual assault, domestic violence, dating violence and stalking in order to protect the rights, interests and personal safety of the Clemson community. As such, the University may have to disclose the allegation and the identity of the complainant to the accused, other University officials and others (to implement interim measures) as appropriate. Nevertheless, we will only share information on a limited basis and will keep information confidential to the extent permitted by law.

If a complainant alleging sexual violence requests that his/her name not be revealed to the alleged perpetrator or asks that the school not investigate or seek action against the alleged perpetrator, the complainant must understand that honoring this request may severely limit the ability to fully respond to the complaint, including pursuing disciplinary action against the alleged perpetrator. All such requests will be referred to and reviewed by the Title IX Coordinator. A range of factors will be considered in evaluating these requests including but not limited to

- whether there have been other sexual violence complaints about the Respondent,
- whether the Respondent threatened further violence against the Complainant or others,
- whether the alleged sexual violence was perpetrated with a weapon,
- whether the school possesses other means to obtain relevant evidence (e.g. security cameras, witnesses, physical evidence, etc.).

If a complainant wishes to speak to a confidential resource, the following resources are available:

- **Counseling and Psychological Services (CAPS):** Student survivors of sexual assault or relationship abuse can seek confidential counseling services through CAPS.
- **Employee Assistance Program:** The Office of Human Resources offers **confidential**, professional referral assistance to faculty and staff by contacting the Employee Assistance Program at 864-656-3360 or 864-656-2726.
- All victims of domestic violence or relationship abuse may seek free, confidential crisis counseling services through Safe Harbor, the local crisis center for victims of abuse: 1-800-291-2139.

The University provides many other non-confidential resources to students who have been victims of sexual assault, domestic violence, dating violence and stalking. Although the University encourages all students to seek help by means of speaking to someone, it is important to keep in mind that the University is required by law to review and attempt to resolve any allegation of sexual assault, domestic violence, dating violence and stalking that is reported to any University official with the exception of those receiving parties that are confidential resources.

The University also has a duty to report allegations of sexual assault, domestic violence, dating violence and stalking to the Clemson University Police Department for federal statistical reporting purposes (as dictated by the

Clery Act). All personally identifiable information is not disclosed, but statistical information must be reported regarding the type of incident and its general location (on/off campus or in the surrounding area; no addresses are given) for publication in the annual Security and Fire Safety Report. This report helps to provide the community with a clear picture of the extent and nature of campus crime to ensure greater community safety.

REPORTING

There are two options for reporting complaints. A criminal complaint and an on-campus complaint to the Title IX Office can be made simultaneously.

Criminal Complaint

If the alleged activity is a crime, a report should be made to the Clemson University Police Department or other appropriate law enforcement agency if the incident occurred off campus. Domestic violence is a criminal act, and other forms of relationship abuse may also be criminal acts. Clemson University encourages victims to meet with police officers as soon as possible in order to receive prompt medical attention and gather information in a timely manner. The sooner law enforcement becomes involved, the greater the likelihood of identifying, arresting and convicting the perpetrator. If a report is made to the Clemson University Police Department (CUPD), the department will provide an advocate to ensure that medical treatment and counseling services are offered regardless of the person's decision to pursue the matter criminally.

- To make a report on campus, immediately call 911 or CUPD at 864-656-2222.
- If you are away from campus, call 911.

On-Campus Complaint Through the Title IX Office

The Student Code of Conduct extends to incidents that occur on University property, at University-sponsored activities and off campus. Complaints can be filed with the Title IX Coordinator, Alesia Smith.

Complaint procedures can be found online:

clemson.edu/campus-life/campus-services/access/title-ix/how-to-file.html

Adjudication of Complaints

These complaint processes will include a prompt, fair and impartial investigation and resolution. Clemson University Title IX investigators receive training and certification by the Association of Title IX Administrators. The following will apply:

- The complainant and respondent will each have the opportunity to attend a hearing before a properly trained hearing board.
- The complainant and respondent will each have an equal opportunity to provide the names of witnesses and evidence to support their positions.
- The complainant and respondent each have the opportunity to have an advisor of their choice, at their expense, at any stage of the process and at any meeting or hearing. The advisor may only

consult and advise the complainant or respondent but cannot speak for the advisee at any meeting or hearing.

- The preponderance of evidence standard means a violation of policy will be found if is "more likely than not to have occurred."
- The complainant and respondent will both be notified simultaneously in writing of the outcome of the process.
- Both parties will have equal appeal rights under the applicable procedures.
- Please note that when a complainant does not consent to the disclosure of his or her name or other identifiable information to the alleged perpetrator, the University's ability to respond to the complaint may be limited.

("Sexual Assault, Dating Violence, Domestic Violence and Stalking Policy Statement," n.d.)

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