



"I'm here for nothing short of changing our culture as it relates to sexual violence and rape...*change our culture.*"

When I wrote the **Violence Against Women Act** in 1989, no one wanted to take it seriously. There was tremendous opposition: 'Domestic violence was a *family matter, keep it private*. If the rape wasn't committed by a stranger, the woman must have done something to provoke it...

But I was convinced that if folks were forced to look at this head-on, the everyday lives of American women would change."

— Vice President Joe Biden, *It's On Us* Rally, CU campus, 4/9/16

The **Violence Against Women Act** was first signed into law in 1994.

VAWA provides \$1.6 billion toward investigation and prosecution of violent crimes against women, imposes automatic and mandatory restitution on those convicted, and allows civil redress in cases prosecutors chose to leave un-prosecuted. The Act also establishes the Office on Violence Against Women within the Department of Justice. Although the title of the Act and the titles of its sections refer to victims of domestic violence as women, the operative text is gender-neutral, providing coverage for male victims as well.

VAWA's renewal was opposed in 2012, by conservative republicans, but after a long legislative battle, VAWA was re-authorized in 2013. *The fight continues.*

take the pledge: itsonus.org



DON'T BE
ashamed

OF YOUR STORY, IT WILL

inspire

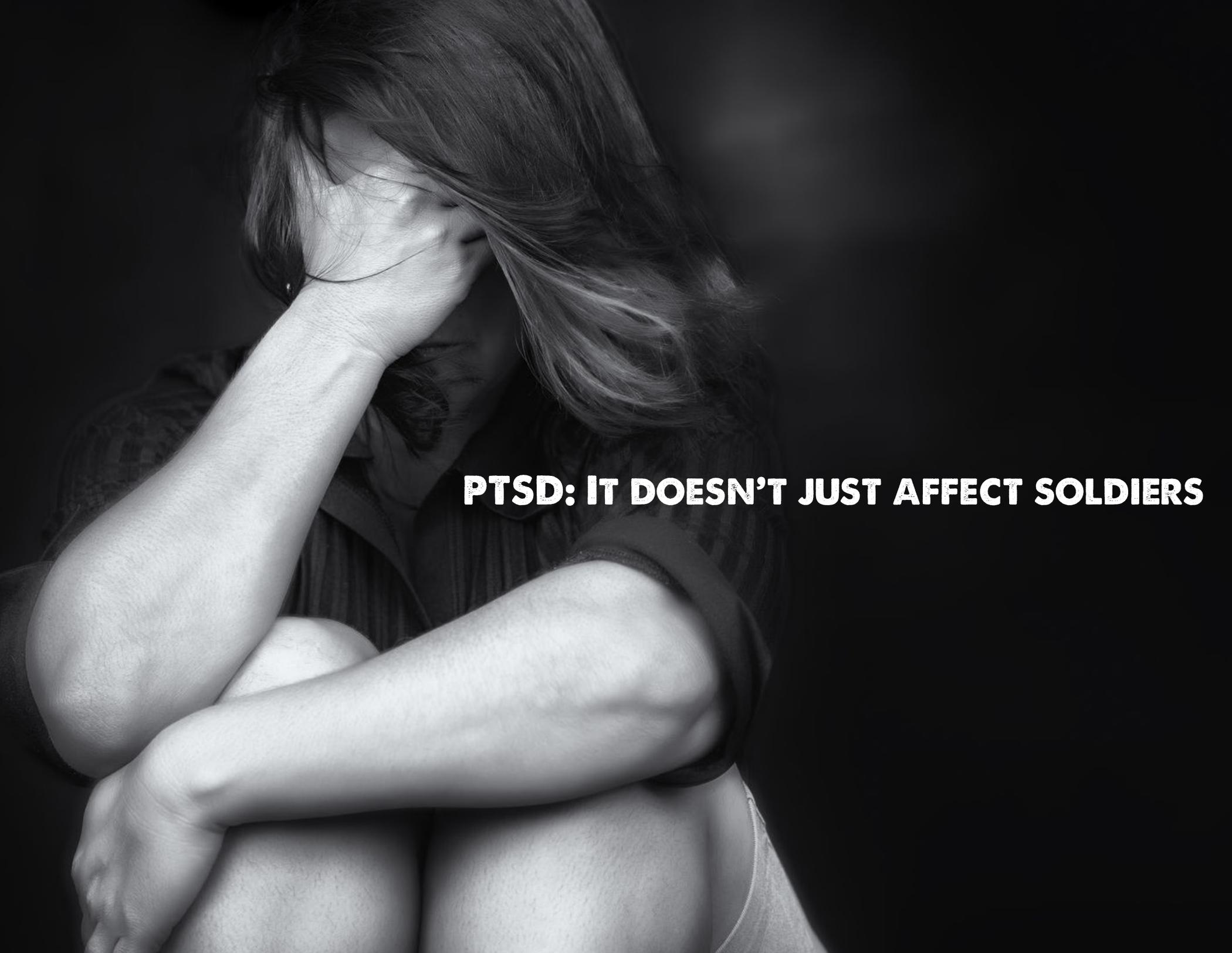
OTHERS

1 in 3 women and 1 in 6 men
worldwide experience some form
of sexual violence.

Less than 50% of victims
report these crimes.

No one should fear the night . . .
or the day.

Shatter the Silence. Stop the Violence.
— *takebackthenight.org*



PTSD: IT DOESN'T JUST AFFECT SOLDIERS

TAKE BACK

COURAGE

CONQUERS

SILENCE

THE NIGHT

DOMESTIC VIOLENCE: It's all about power and control

National Domestic Violence Hotline: 1-800-799-7233

National Sexual Assault Hotline: 1-800-656-4673

National Teen Dating Abuse Hotline: 1-866-331-9474

USING INTIMIDATION:

Making her afraid by using looks, actions, gestures, smashing things, destroying her property, abusing pets, displaying weapons

USING EMOTIONAL ABUSE:

Putting her down, making her feel bad about herself, calling her names, making her think she's crazy, playing mind games, humiliating her, making her feel guilty

USING ISOLATION:

Controlling what she does, who she sees and talks to what she reads, where she goes — limiting her outside involvement using jealousy to justify actions.

MINIMIZING, DENYING, & BLAMING:

Making light of the abuse and not taking her concerns seriously, saying the abuse didn't happen, shifting responsibility for abusive behavior, saying she caused it.

USING CHILDREN:

Making her feel guilty about the children, using the children to relay messages, using visitation to harass her, threatening to take the children away

USING MALE PRIVILEGE:

Treating her like a servant, making all the big decisions, acting like the "master of the castle", being the one to define men's and women's roles

USING ECONOMIC ABUSE:

Preventing her from getting or keeping a job, making her ask for money, giving her an allowance, taking her money, not letting her know about or have access to family income.

- **1 in 5 women and 1 in 16 men** are sexually assaulted in college
- **40 percent** of survivors fear reprisal by their attacker
- **Only 2 percent** of incapacitated rape survivors report assault
- **Only 13 percent** of rape survivors report assault
- **8 in 10 survivors** knew their attacker (friend, significant other, etc.)

Never forget that
walking away from
something unhealthy

is

Brave,

even if you stumble
a little on your way
out the door.

DOMESTIC ABUSE INFORMATION AND RESOURCES

CALL 911 if you are in immediate danger
Domestic violence is not your fault.
It is not normal, and it is illegal.

Domestic violence is any act or threat of violence by a current or former partner in an intimate relationship.

DOMESTIC VIOLENCE CAN INVOLVE ANY OF THE FOLLOWING:

- Destruction of property
- Threats and coercion
- Intimidation through looks, actions and gestures
- Physical violence
- Pet abuse
- Controlling what you do, who you see and who you talk to.

BE PREPARED FOR YOUR SAFETY:

- Find a safe place to go that's unknown to the batterer
- Write down and carry with you the phone numbers for emergency help (police, shelters)
- Tell someone you trust what is happening
- Trust your instincts – if you feel you are in danger, get out
- Hide things you'll need if you leave – important documents, extra money, keys, etc.
- Plan with your children what to do in case of a violent incident
- Make an emergency safety plan with a friend or relative you can count on.

GET HELP, LEGAL SERVICES AND INFORMATION:

Boulder – Safehouse Progressive Alliance for Non-Violence
303-444-2424 | www.safehousealliance.org
Shelter and outreach for victims of domestic violence.

Longmont – Safe Shelter of St Vrain Valley
303-772-4422 | www.safeshelterofstvrain.org
Shelter and outreach for victims of domestic violence.

(MORE >)

GET HELP, LEGAL SERVICES AND INFORMATION (CONT):

Boulder Police Department
303-441-3333 (non-emergency)
bouldercolorado.gov/police

Longmont Police Department
303-651-8555 (non-emergency)
www.ci.longmont.co.us/police

Boulder County Sheriff's Office
303-441-4444 (non-emergency)
www.bouldercounty.org/safety/sheriff

Boulder County Sheriff's Office,
Victim Advocacy
303-441-3656 | www.bouldercounty.org/safety/victim

National Domestic Violence Hotline
1-800-799-SAFE (7233)
Provides immediate assistance for domestic violence victims in need of intervention, local referrals and/or information.

Boulder Men's Center
303-444-8064
One of several treatment providers in Boulder County that offer information and counseling services for those who abuse their intimate partners.

Longmont Ending Violence Initiative
303-774-4534
www.longmontdomesticviolence.org
Initiative to increase community awareness and effective response to domestic violence.

Boulder County Department of Human and Housing Services
303-441-1289
Services include: Family and Children, Financial Benefits, Health Benefits, Housing, Adult Protection (Senior Services), and Food Assistance.

20th Judicial Probation Department and Courts
303-441-3750 | www.courts.state.co.us/Courts/District

NATIONAL OFFICE ON VIOLENCE AGAINST WOMEN

Provides national coordination, leadership, policy consultation, and information sharing on violence against women.

www.justice.gov/ovw

TIP NO. 1

Consent is voluntary and mutual, and can be withdrawn at any time.

TIP NO. 2

Past consent does not mean current or future consent.

TIP NO. 3

There is no consent when there is force, intimidation, or coercion.

TIP NO. 4

One cannot always consent if under the influence of alcohol and/or drugs.

TIP NO. 5

Talk to your friends honestly and openly about sexual assault.

TIP NO. 6

Don't just be a bystander — if you see something, intervene in any way that you can.

TIP NO. 7

Trust your gut. If you see something that might be a bad situation, it probably is.

TIP NO. 8

Be direct. Ask someone who looks like they may need help if they're okay.

TIP NO. 9

Get someone to help you if you see something — enlist a friend, RA, bartender, or host to help step in.

TIP NO. 10

Keep an eye on someone who has had too much to drink.

TIP NO. 11

If you see someone who is too intoxicated to consent, enlist their friends to help them leave safely.

TIP NO. 12

Recognize the potential danger of someone who talks about planning to target another person at a party.

TIP NO. 13

Be aware if someone is deliberately trying to isolate, intoxicate, or corner someone else.

TIP NO. 14

Get in the way by creating a distraction, drawing attention to the situation, or separating them.

TIP NO. 15

Understand that if someone does not or cannot consent to sex, it's rape.

TIP NO. 16

Never blame the victim

TIP NO. 17

If you are a victim or survivor, or helping someone in that situation, go to notalone.gov to get the resources and information that you need.

You can also call the National Sexual Assault Hotline at 1-800-656-HOPE

HELPING A FRIEND OR A LOVED ONE

WHAT ARE SIGNS THAT MY FRIEND MAY BE ABUSED?

- There is evidence of injuries.
- They have unusual or questionable explanations for her black eyes, bruises or broken bones.
- They frequently miss work.
- Their partner shows an unusual amount of control over her life.
- You notice changes in his or her children's behavior.
- Their partner embarrasses or ridicules them in public.
- Their partner blames them for the way he or she acts or the things he or she says.

HOW CAN I HELP AN ABUSED FRIEND?

If you know someone who is being abused, you can help her survive by showing you care. Let her speak confidentially about her situation and without judgment. You may be the only person with whom she feels comfortable.

SHOW YOU CARE BY:

- Listening to them
- Believing them
- Telling them it's not their fault. You can never make someone else hurt you.
- Assuring them that they are not responsible for the abuse.
- Not minimizing their struggle
- Not judging them
- Not blaming them
- Telling her she deserves to be safe. Physical violence in a relationship is never acceptable.
- Remind them that no one deserves to be abused.
- Going over a safety plan with them
- Helping them learn not to deny or minimize the abuse. If someone says, "It's really not that bad," tell them that it is serious.
- Letting them keep important papers and extra clothes at your house.
- Helping when you can with transportation, child care, groceries, etc.
- Assuring them that you are concerned about the abuse taking place in their relationship.

WHAT YOU CAN SAY TO YOUR ABUSED FRIEND:

- "I am afraid for your safety and life."*
- "I am afraid for your children's safety and lives."*
- "It will only get worse."*
- "You deserve better."*
- "I will be there for you whenever you need me."*

Since 2003, the
LONGMONT AREA DEMOCRATS

have grown a locally-focused,
energized, informed group of
grassroots activists who believe in

a robust DEMOCRACY —

and the principle that our

democracy is only as strong as
the level of citizen participation.

We navigate through the issues

of our time, we inform,

we motivate, and we make a
difference in our community!

*We meet the first Wednesday
of the month.*

longmontdems.org