

TAKE A STAND

Against Sexual Assault and Violence

**Help Yourself.
Help a Friend.
Break the Silence.**

A Resource Guide for College of DuPage students, staff and community members.



KNOW YOUR RIGHTS!

You have the right to:

- Express your opinions and be respected for them.
- Pursue your own interests.
- Have your needs be as important as your partner's.
- Share expenses and be free of expected paybacks.
- Have your feelings taken seriously.
- Grow as an individual.
- Have control over your own body.
- Change your mind.
- Share responsibility for problem-solving.
- Expect that an apology means something.
- Socialize with whomever you choose.
- Not be abused—physically, sexually or emotionally.
- Break up and fall out of love with someone and not be threatened.
- Say no to anything.
- Live your life free of fear and harassment.

DATING AND DOMESTIC VIOLENCE

The College will not discriminate in its programs and activities on the basis of race, color, religion, creed, ancestry, marital status, sexual orientation, arrest record, military status or unfavorable military discharge, citizenship status, or physical or mental handicap or disability.

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.**

SEXUAL ASSAULT AND VIOLENCE CAN AFFECT US ALL.

It can occur regardless of gender, sexual orientation, race, socioeconomic class, religion, ethnicity or disability.

The vast majority of sexual assaults occur with someone the victim knows. Nationally, nearly one in five women (nearly 22 million) has been raped in her lifetime. Males are also at risk; one in 71 men (almost 1.6 million) has been raped during his life. College students are particularly vulnerable: one in five women has been sexually assaulted while in college.¹ Although community college violence is relatively rare (about seven percent), it is still a national concern.²

Sexual assault and violence are unacceptable at College of DuPage, and those who use violence will be held accountable. If you have experienced sexual assault, stalking or violence in a relationship, you may have many options for reporting the violence to college or community authorities. Reporting is not required, but we encourage you to do so.

Counseling and support services are also available at College of DuPage and in our community. Several are listed here.

***Sources:** ¹ Rape and Sexual Assault: A Renewed Call to Action. The White House Council on Women and Girls, Washington, D.C. ² American Association of Community Colleges.

COLLEGE OF DUPAGE RESOURCES

Student Counseling Services

(Speak or meet with COD counselor—all locations)
(630) 942-2259

Student Talk Line

(Confidential, anonymous, 24-hour hotline)
(630) 264-0394

Employee Assistance Program

Cadence Health (630) 653-4218
<http://www.cadencehealth.org/what-we-offer/services/eap>

Campus Police: (630) 942-2000

Title IX Coordinator: (630) 942-3224

HOSPITALS

Central DuPage Hospital

25 North Winfield Rd., Winfield, IL 60190
(630) 933-1600

Good Samaritan Hospital

3815 Highland Ave., Downers Grove, IL 60515
(630) 275-5900

Edward Hospital

801 S. Washington St., Naperville, IL 60540
(630) 527-3000

LOCAL, STATE AND NATIONAL RESOURCES

YWCA

(630) 790-6600, ext. 1407
www.ywcachicago.org

Family Shelter Service, Wheaton, IL

Hotline: (630) 469-5650
www.familyshelterservice.org

Mutual Ground, Aurora, IL

Domestic Violence: (630) 897-0080
Sexual Assault: (630) 897-8383
www.mutualgroundinc.org

West Suburban Rape Crisis Hotline

(630) 971-3927

Mujeres Latina in Accion, Chicago, IL

Crisis Hotline: (312) 738-5358

Illinois Domestic Violence Help Line:

(877) 863-6338

National Sexual Assault Hotline

(800) 656-HOPE (4673)
Free. Confidential. 24/7

National Domestic Violence Hotline

(800) 799-7233
www.thehotline.com

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