


UC  **SAVE**

**SEXUAL AWARENESS &
VIOLENCE EDUCATION**

UC  UNIVERSITY OF
CHARLESTON



A guide on sexual violence,
relationship violence,
& stalking
for LGBTQIA+ students



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sexual violence

Sexual assault is any type of sexual contact or behavior that occurs without the explicit consent of the recipient. Sexual assault is an umbrella term that refers to sexual activity that you don't want or are forced to do. Often, people think that only forced intercourse, or rape, is sexual assault, but any sexual activity performed without permission constitutes sexual assault. This can include kissing, exhibitionism (showing someone your genitals without permission), groping, and rape. Victims of sexual assault might be convinced to do sexual acts through verbal or physical threats or by taking or being given alcohol or drugs.

Consent is when both people agree, both verbally, physically, and emotionally to sexual activity. It involves checking in with your partner, allowing your partner to stop at any time, being open to your partner changing their mind, and going at a pace that is right for everyone.





relationship violence

Relationship violence or domestic violence can include emotional, physical, sexual, or psychological abuse. Emotional abuse can sometimes be harder to identify. It centers around control, manipulation, isolation, and demeaning or threatening behaviors. Psychological abuse can include gaslighting or intermittent reinforcement to create attachment.

Examples of emotional abuse:

- Monitoring and controlling a person's behavior, such as who they spend time with, what they wear, or how they spend their money.
- Threatening a person's safety, property, or loved ones.
- Isolating a person from family, friends, and acquaintances.
- Demeaning, shaming, or humiliating a person.
- Extreme jealousy, excessive texting, & constant monitoring.
- Demanding that your partner continuously share their location with you via cell phone or Snapchat.
- Throwing items near you or punching walls.

Examples of physical abuse:

- Scratching, punching, biting, strangling, choking, or kicking.
- Throwing items at you like a phone, book, shoe, or plate.
- Pulling your hair.
- Pushing or pulling you, or forcibly grabbing your clothing.
- Threatening to use or using a gun, knife, or other weapon against you.
- Touching any part of you without your permission or consent.
- Forcing you to have sex or perform a sexual act.
- Grabbing your face to make you look at them.
- Preventing you from leaving or forcing you to go somewhere.

Examples of sexual abuse:

- Unwanted kissing or touching.
- Unwanted rough or violent sexual activity.
- Refusing to use condoms or restricting someone's access to birth control.
- Preventing someone from using protection against sexually transmitted infections (STIs).
- Sexual contact with someone intoxicated from drugs or alcohol, unconscious, asleep, or otherwise unable to give clear and informed consent.
- Threatening, pressuring, manipulating or otherwise forcing someone to have sex or perform sexual acts.



stalking

Stalking occurs when someone (usually a current or former partner) watches, follows, or harasses you repeatedly, making you feel afraid or unsafe.

Stalking behaviors can include:

- Showing up at your home or workplace unannounced or uninvited.
- Sending you unwanted texts, messages, letters, emails, or voicemails.
- Leaving you unwanted items, gifts, or flowers.
- Calling you and hanging up repeatedly or making unwanted phone calls to you, your employer, a professor, or a loved one.
- Using social media or technology to track your activities.
- Spreading rumors about you online or in person.
- Manipulating other people to investigate your life, including using someone else's social media account to look at your profile or befriending your friends to get information about you.
- Waiting around at places you spend time.
- Damaging your home, car, or other property.
- Damaging the property of your loved ones or new partner
- Hiring a private investigator to follow or find you as a way of knowing your location or movements.
- Using technology to track your car, phone, person, or online movement.³

power-based violence

in the LGBTQIA+ community

43.8% of lesbian women and 61.1% of bisexual women have experienced rape, physical violence, and/or stalking by an intimate partner at some point in their lifetime, as opposed to 35% of heterosexual women. 26% of gay men and 37.3% of bisexual men have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime, in comparison to 29% of heterosexual men. In a study of male same sex relationships, only 26% of men called the police for assistance after experiencing near-lethal violence.

In 2012, fewer than 5% of LGBTQ survivors of intimate partner violence sought orders of protection. Transgender victims are more likely to experience intimate partner violence in public, compared to those who do not identify as transgender. Bisexual victims are more likely to experience sexual violence, compared to people who do not identify as bisexual. LGBTQ Black/African American victims are more likely to experience physical intimate partner violence, compared to those who do not identify as Black/African American. LGBTQ white victims are more likely to experience sexual violence, compared to those who do not identify as white. LGBTQ victims on public assistance are more likely



to experience intimate partner violence compared to those who are not on public assistance.¹ Sexual assault affects people of all walks of life, but members of the LGBTQIA+ community experience disproportionate rates of sexual victimization. All too often LGBTQIA+ experiences and voices are left out of the larger narrative and the services available for survivors are designed for heterosexual and cisgender people. As a result, their unique experiences are frequently left unseen, unacknowledged, and often, invalidated.²

Research estimates that 25% to 33% of LGBT relationships are abusive (the same percentage as straight relationships). Abusive LGBT relationships have the same dynamics of power and control as straight relationships, but frequently go undetected and unreported. Because of this, abuse in LGBT relationships can seem like a hidden problem. Attitudes like “women don’t hurt each other” or “a fight between two men is a fair fight” can keep people from recognizing abuse. Some abusers threaten to “out” the victim to parents, friends, or employers.

A victim may be afraid to get help, worried that the police and counseling services will be homophobic and insensitive. Dating violence is always the responsibility of the abuser, regardless of the gender, sexual orientation, or gender identity of the abuser or the type of relationship. But abusers may use a person’s identity to abuse or control a person who identifies as lesbian, gay, bisexual, transgender,

or queer. For example, an abuser may use threats of outing a partner’s sexual orientation, gender identity, or HIV status to further control the person they are hurting. Assault may be perpetrated by someone of the same-sex or perpetrated as a hate crime, directed against the survivor’s sexual orientation or gender identity as perceived by the perpetrator.³

Transgender individuals may suffer from an even greater burden of intimate partner violence than gay or lesbian individuals. Transgender victims of intimate partner violence are more likely to experience threats or intimidation, harassment, and police violence within intimate partner violence. Specific forms of abuse occur within relationships where one partner is transgender, including:

- Using offensive pronouns
- Ridiculing the transgender partner’s body and/or appearance
- Telling the transgender partner that they are not a real man or woman¹

Stalking often co-occurs with intimate partner violence and can be an indicator of other forms of violence. Stalking can happen before, during, and/or after an intimate relationship. Stalking is not simply the offender having a difficult time letting go of the relationship. It is vital to recognize the offender’s history of controlling and dangerous behaviors



as well as the fear that the stalking generates in the victim. Even when there is no physical violence, stalking is still dangerous, traumatic, and criminal. Intimate partner stalking victims often change their behavior, routines, friendships, and lives because of the abuser's pattern of behavior. According to a national survey, 73% of same-sex intimate partner stalking victims felt emotional distress due to stalking and 50% felt fearful. Stalking victims are often hypervigilant because of constantly being in heightened states of fear and anticipation. Victim hypervigilance can be misinterpreted as paranoia or overreaction.⁴

Barriers to Reporting Sexual Violence, Relationship Violence, & Stalking:

LGBTQIA+ sexual violence, relationship violence, and stalking victims may be hesitant to engage with professional supports. Research on sexual violence suggests that there is a higher likelihood of students from the LGBTQIA+ community experiencing sexual violence and not reporting it. Many LGBTQIA+ individuals have had negative interactions with victim service organizations, health care providers, the criminal and legal systems, and other agencies. Many have also heard about negative interactions directly from LGBTQIA+ friends and community members. In addition, the trauma and violence that prior generations of LGBTQIA+ communities experienced may contribute to distrust from LGBTQIA+ individuals today. All these reasons may contribute to LGBTQIA+ people believing that advocates and other professionals will not




provide safety or support. This distrust may extend to the legal system because of the layers of victimization that LGBTQIA+ communities have experienced in the criminal and civil legal systems. For LGBTQIA+ victims, not seeking a protection order, or not reporting a crime may feel safer than pursuing legal action.⁴

Placing sexual violence, relationship violence, and stalking under the umbrella of “violence against women” or “gender-based violence” is a barrier to many LGBTQIA+ survivors. Unless the victim is a stereotypically feminine woman and the perpetrator is a stereotypically masculine man, both the survivor and the professional helping them may not identify the situation as stalking, relationship violence, or “violence against women.” This may be particularly true for gay men, whose interactions may be classified as “play” or dismissed as “boys will be boys” and not perceived as abusive. The frameworks of “violence against women” and “gender-based violence” can also lead responders to assume the more masculine person in a situation is the abuser. Many services for the crimes under the “violence against women” or “gender-based violence” umbrellas are sex-segregated and/or designed for female victims and male abusers.⁴

Barriers Include:

- A sense of invisibility in service systems - no mention of LGBTQIA+ survivors in most outreach materials.
- Judgment, homophobia, biphobia, or transphobia on the part of service providers (or a fear that this type of discrimination will take place).
- Staff outing LGBTQIA+ survivors to program participants or other providers.
- Refusing services because of actual or perceived gender identity or sexual orientation.
- No knowledge of LGBTQIA+ communities by service providers.⁵
- Societal beliefs that domestic violence does not occur in LGBTQIA+ relationships.
- Lack of appropriate training regarding LGBTQIA+ violence for service providers.
- A fear that airing the problems among the LGBTQIA+ population will take away from progress toward equality or fuel anti-LGBTQIA+ bias.
- The dangers associated with “outing” oneself and risking rejection from family, friends, and society.
- The lack of, or survivors being unaware of LGBTQIA+ friendly assistance or resources.
- Low levels of confidence in the effectiveness of the legal system for LGBTQIA+ people.¹



after an assault – immediate steps

- Get to a safe place. Get away from the person who assaulted you, to a location where you can call for help. Ideally, this should be a safe place where you aren't alone, like to campus security, or the home of a friend or family member.
- If you feel comfortable contacting law enforcement, call 911 to report the incident. Give the dispatcher the time, place of the assault, as well as description of your abuser. Wait for the police to arrive to collect your statement.
- Consider seeking medical attention at a doctor's office, urgent care clinic, or hospital as soon as possible. Doctors can help collect evidence and treat your injuries immediately after an assault. These are a few specialized care options you can ask for:
 - **Advocacy** - An emergency advocate is trained to help you through the medical examination, such as REACH 304-340-3676 for sexual violence or YWCA 304-340-3549 for relationship violence. Services are free and confidential.
 - **Sexual Assault Nurse Examiner (SANE)** - These professionals conduct victim examinations, document injuries, and collect DNA evidence that can help identify an assailant.
 - **Emergency Contraception** - Pills such as Plan B can prevent the risk of pregnancy up to 120 hours after an attack.
 - **STI Testing** - Get screened for possible infections that can be transmitted by sexual contact; PEP (Post-Exposure Prophylaxis) can prevent the contraction of HIV if taken within 72 hours.

It is also a good idea to write down the details of the assault and person who assaulted you as soon as possible. This will help doctors, police, and campus authorities help you in the hours and days following your assault. As much as you may want to, do not change your clothes, shower, brush your teeth, or clean the location of the assault until you have seen a medical professional. If you think you have been drugged, you can ask for a urinalysis during your examination.

You don't need to file a police report to receive an examination. If you choose to file a police report later, the results from your sexual assault exam will be available for 2 years. The West Virginia Crime Victims Compensation Fund may help with expenses incurred because of a sexual assault; however, the crime needs to be reported to law enforcement to be eligible for funds. You can contact the West Virginia Crime Victims Compensation Fund at (304)-347-4850.

Moving Forward

Your next step should be to ensure your future safety. If you live with an abusive partner, plan with your dorm, a safe home, or friends to find a new residence, and don't let your abuser know where you will be living. Next, consider seeking counseling. Contact your campus Counseling Department and inform them that you need a counselor who specializes in sexual assault or domestic violence. UC Counseling services are free and confidential. REACH also provides free counseling to survivors of sexual violence and can be contacted at (304)-340-3676. Ask to speak to a REACH advocate. YWCA Resolve provides free counseling to survivors of relationship violence, and they can be contacted at (304)-340-3549. LGBTQIA+ specific counseling options are also listed in the resources section of this guide.

Finally, if you know your abuser, you can file a civil protection order (CPO). This is also known as a restraining order. This means that a court has ordered your abuser to stay away from you and not communicate with you. If your abuser violates this order, they can face criminal charges. You can also ask your Title IX Coordinator for University based No-Contact Order. A documentation log can help a victim process what is happening to them and identify options to increase safety, especially in stalking cases. It can also be helpful if the victim decides to engage with the criminal or civil legal systems.

Most sexual assaults are never reported. Whether or not you report your assault is a very personal decision, and you are not obligated to, but reporting an assault can help you regain a sense of personal power and control. It may also prevent it from happening to someone else.

If you want to anonymously report a crime to UC, you can visit this link: <https://arep.ucwv.edu/home.aspx>





sexual assault,

relationship violence,

stalking & school

Surviving a sexual assault or relationship violence may affect many different parts of your life, including your academics and your social life. Remember that UC is here to help you; in fact, UC has a duty to protect their students and ensure your safety. This may mean modifying your schedule or changing your living accommodations, if necessary.

title IX

Title IX is a federal law that prohibits discrimination on the basis of sex in any federally funded education program or activity. Title IX means that your school is obligated to protect you if you or someone you know is a victim of sexual assault, relationship violence, domestic violence, or stalking.

This means that UC is federally obligated to make immediate and effective efforts to end sexual harassment, sexual violence, relationship violence, and stalking. If your school fails to fulfill its responsibilities under Title IX, the Department of Education can impose a fine and potentially deny further institutional access to federal funds. Title IX applies to sex-based discrimination of anyone, regardless of their gender identity or perception. This means that you are protected under Title IX whether you are male, female, or gender non-conforming.

Sexual assault is an extremely traumatizing experience, and everyone has different methods of coping. The most important thing to remember is that it is not your fault. If you have been assaulted and need help, there are several resources available to you, both on and off your campus. The healing process is difficult, and may take a long time, but you have a variety of options to help you along the way.¹

UC's Title IX information can be found here:
<https://www.ucwv.edu/uc-life/student-resources/title-ix/>

know your rights

It's important to be aware of the rights that Title IX provides you. These rights include:

- Your school is required to protect you. If your school knows or reasonably should know of any discrimination, violence, or harassment that creates a hostile environment for any student, it must act to eliminate it, remedy the harm caused, and prevent its recurrence.
- Your school may not discourage survivors from continuing their education. This means that they are not allowed to suggest that you "take time off" or force you to quit a team, club, or class if you are sexually assaulted. You have the right to remain on campus and have every educational program and opportunity available to you.
- Your school is required to have an established procedure for handling complaints of sex discrimination, sexual harassment, or sexual violence. This includes a Title IX Coordinator who manages complaints. This Coordinator's contact information must be publicly accessible on the school's website. If you decide to file a complaint, regardless of whether or not you report to the police, your school must promptly investigate your complaint. The investigation should be complete within a semester's time. Discipline should result if it is more likely than not that discrimination, harassment, and/or violence occurred.
- Your school must take immediate action to ensure that you can continue your education free from ongoing sex discrimination, sexual harassment, or sexual violence.

This means, if necessary, reasonable changes to your housing, class or sport schedule, campus job, or extracurricular activities. This can occur before a formal complaint and can continue after a final decision is made regarding your complaint. These accommodations should not overburden you as the complainant/victim; instead, your school can require the accused to change some school activities or classes.

- Your school may not retaliate against someone filing a complaint and must keep you safe from other retaliatory harassment or behavior. If they do not, you can report this to the US Department of Education.
- No contact directive. Your school can issue a no contact directive to prevent the accused student from approaching or interacting with you. This will be enforced by campus security or police.
- You have a right to a formal hearing. In cases of sexual violence, your school is prohibited from encouraging or allowing mediation rather than a formal hearing of the complaint. They may still offer such an alternative process for other types of complaints, such as sexual harassment. Remember that it is your choice, and you can and should seek a disciplinary hearing if you desire a more formal process.
- Your school cannot charge you for accommodations. Your college cannot make you pay the costs of certain accommodations that you require to continue your education after experiencing violence. If you need counseling, tutoring, changes to your campus housing, or other remedies to continue your education, your school should provide these at no cost to you.

on & off-campus resources

on-campus

**Charleston Campus
Safety & Security**
304-357-4857

**Beckley Campus
Safety & Security**
304-929-1653

Title IX Coordinator
304-357-4987
titleIX@ucwv.edu

**Sexual Awareness & Violence
Education Project Director**
304-357-4873
save@ucwv.edu

**UC Counseling
& Outreach Services**
304-357-4862
uc-counselor@ucwv.edu

off-campus

Charleston Police Department
304-348-6400

REACH Rape Crisis Program*
304-340-3676

AWAY Resource Center Beckley*
1-888-825-7836

**YWCA Resolve Family
Abuse Program***
304-340-3549

**available for free, anonymously or
confidentially 24/7*

additional community resources

Fairness West Virginia

Charleston, WV
304-806-2220
info@fairnesswv.org
fairnesswv.org
*Fairness WV is a statewide civil rights
advocacy organization dedicated to fair
treatment and civil rights for lesbian,
gay, bisexual, and transgender West
Virginians.*

American Civil Liberties Union WV

Charleston, WV
304-345-9246
mail@acluwv.org
acluwv.org
*ACLU-WV is a non-partisan, non-profit
membership organization whose mission
is to fulfill the promise of the Bill of
Rights for all West Virginians. The ACLU
also works to extend rights to segments
of our population that have traditionally
been denied their rights, including people
of color; women; LGBTQ; prisoners; and
people with disabilities.*

West Virginia Health Right: EquaHealth

Charleston, WV
304-414-5922
equahealth@wvhealthright.org
wvhealthright.org
*WV Health Right's EquaHealth program
provides a safe place for everyone to
get FREE healthcare, no matter who you
love or how you identify. The EquaHealth
program is provided in partnership with
Covenant House, Fairness WV, Rainbow
Pride of WV, Jonathan Lucas-Neel, DNP,
and CAMC's Ryan White Program.*

Dr. Rainbow

304-344-8053
drrainbow.org

*Dr. Rainbow is dedicated to the belief
that every West Virginian deserves
quality healthcare and a support
network no matter who they love or
what gender they identify as. They are a
resource to connect every person to an
LGBTQ culturally competent healthcare
provider as well as connect individuals
to community services and groups to
ensure that it is great to be queer in the
mountains.*

Travis Hogbin

681-404-6869

wvcounseling.com/travis-hogbin

hello@wvcounseling.com

Travis Hogbin is a Clinical Therapist who works primarily with LGBTQIA+ youth, LGBTQIA+ issues, adolescents & young adults, trauma, anxiety, and depression.

Medallion Psych

Charleston, WV

681-205-2431

Susan Walker Matthews works with adults dealing with a variety of symptoms, including anxiety, panic, depression, self-injury, suicidal thoughts, medical illness, behavioral difficulty, with transgender issues and transitioning, difficulty with adjustment to life changes, and grief/loss.

Crescent Counseling Group

Charleston, WV

304-205-9185

crescentcg.net

info@crescentcg.net

Crescent Counseling Group has therapists who work with individuals in the LGBTQIA+ community.

CAMC Family Resource Center

Charleston, WV

304-388-2545

camc.org/services/family-

resource-center

Family Resource Center has therapists who work with individuals in the LGBTQIA+ community.

national

resources

The Network/La Red

1-800-832-1901

tnlr.org

The Network/La Red is a survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, and queer communities.

GLBT National Help Center

1-888-843-4564

glbtonationalhelpcenter.org

The Gay, Lesbian, Bisexual and Transgender (GLBT) National Help Center, founded in 1996, is a non-profit organization that provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.

The Trevor Project

24-Hour Hotline 866-488-7386

thetrevorproject.org

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Trans Lifeline

1-877-565-8860

translifeline.org

Trans Lifeline provides trans peer support that is divested from police and run by and for trans people.

It Gets Better

itgetsbetter.org

It Gets Better is on a mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.

The Human Rights Campaign

hrc.org

HRC is the nation's largest LGBTQ advocacy organization.

Gay & Lesbian Alliance Against Defamation

glaad.org

Founded in 1985, GLAAD is a non-profit organization focused on LGBTQ advocacy and cultural change.

Gay, Lesbian, & Straight Education Network

glsen.org

GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment.

Transgender Law Center

transgenderlawcenter.org

TLC is the largest national transgender organization advocating self-determination for all people.

Forge

forge-forward.org

Forge is building Strength and Resilience in Transgender Communities.

guide sources

- ¹ <https://ncadv.org/blog/posts/domestic-violence-and-the-lgbtq-community>
- ² <https://fenwayhealth.org/ustoo/>
- ³ <https://www.fredonia.edu/student-life/sexual-assault/lgbtq-survivors>
- ⁴ www.forge-forward.org/resource/supporting-lgbtq-stalking-victims-a-guide-for-victim-advocates-sparc/
- ⁵ <https://inside.nku.edu/studentaffairs/departments/nvp/about-us/resources/lgbtq.html>
- ⁶ <https://www.internationalstudentinsurance.com/explained/sexual-assault-awareness/what-is-sexual-assault-and-consent/>

notes



UC  SAVE

**SEXUAL AWARENESS &
VIOLENCE EDUCATION**

For more information: www.ucwv.edu/save

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