

A Way Out

Everyone has the right to be safe from threats and beatings – but YOU must take the first step. Once you recognize that it is **NOT YOUR FAULT** and it is possible to change your situation, seek the help you need to correct your situation.

Help Available

If you need help, please contact one of many support services available on campus.

These include:

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| Student Counseling Services | ex: 3727 |
| Health Services | ex: 3225 |
| Campus Pastors | ex: 3330 |
| Los Robles Medical Center | (805) 497-2727 |

If further assistance is needed, any of our social service professionals can refer you to one of many county services including Family Services, Social Services, or Health and Welfare.

IMPORTANT Phone Numbers:

Police Department

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|---------------|----------|
| Camarillo | 388-5100 |
| Fillmore | 524-2233 |
| Ojai | 646-1414 |
| Oxnard | 385-7600 |
| Port Hueneme | 986-6530 |
| Santa Paula | 525-4478 |
| Simi Valley | 583-6950 |
| Thousand Oaks | 494-8200 |
| Ventura | 339-4400 |

County Sheriff's Department

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| Ventura | 654-2311 |
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Local Women's Shelters:

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| Hearing Impaired: | 983-2803 |
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Interface Children and

Family Services: (800) 339-9597

- Shelter for women and children
- Counseling for victims, batterers and children
- Support groups for women
- Bilingual services for victims

The Coalition to End Family Violence:

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| (24 hours): | (805) 656-1111 |
| Spanish Hotline: | (800) 300-2181 |
| · Shelter for women and children | |
| · Counseling for victims, batterers and children | |
| · Support groups for women | |
| · Referral services | |

National Domestic Violence Hotline:

(800) 799-7233

Many of these organizations operate hotlines that are answered 24 hours a day.

Domestic and Dating Violence



Campus Safety

3471 Mountclef Boulevard
Phone: (805) 493-3208
campussafety@CalLutheran.edu

California Lutheran

UNIVERSITY

Did you know?

In California, it is a crime for any person to threaten, beat, sexually assault or otherwise harm another person, even if they are married.

- Domestic violence is more than just a "family problem" – it is a crime.
- Battering is not exclusively a crime against women, but women are the majority of victims; thus this publication is primarily directed to the battered wife or woman.

Although we have few statistics on the incidence of domestic violence, we do know that:

- Approximately 30 percent of female homicide victims in the United States are killed by their husbands or boyfriends.
- Females are much more likely than males to be killed by their spouse.
- Domestic violence affects at least one out of every four American families.

WHY do they stay?

The most frequently asked question concerning a battering situation is why do they stay? While reasons range from children, love, guilt, fear, pride, embarrassment, financial dependence – or a combination, it is very possible the woman may be locked into a violence cycle.

Three-Phase Theory of Family Violence:

The family violence cycle consists of three phases: the **tension-building phase**, the **acute-battering incident** and the **loving reconciliation**.

Tension-Building Phase:

During this phase the woman senses her mate's increasing tension. He is "edgy" and perhaps challenges her and tells her she is stupid, incompetent, etc. The woman may internalize her appropriate anger at the man's unfairness and experience physical effects such as anxiety, depression, and headaches. As the tension in the relationship increases, minor episodes of violence increase, such as pinching, slapping or shoving.

Acute-Battering Incident:

The tension-building phase ends in an explosion of violence. The woman may or may not fight back. Following the battering, she is in a state of physical/psychological shock. The man may discount the episode and underestimate the woman's injuries.

Loving Reconciliation:

During the last phase of the family violence cycle, both parties have a sense of relief that it is over. The man is often genuinely sorry for what happened and is fearful that his partner will leave him. He apologizes and may shower her with love, praise and gifts that help rebuild her shattered self-esteem. He tells her he "cannot live without her," so she feels responsible for this well-being and guilty for her actions and blames herself for what led up to the abuse.

Increasing spiral of violence:

Once violence has begun, it continues to increase in both frequency and severity.

Understanding the psychological consequences of her violent relationship

can help the woman take power and choose constructive alternatives, as well as aid those who intervene to help her.

If you become a victim of domestic or dating violence:

- Call your local law enforcement agency.
- If it occurs on campus or during a campus sponsored activity, contact Campus Safety.
- **Make sure you are safe from another beating.** Whenever you believe you are in danger, leave your home and take your children with you. Also, take important papers such as your birth certificate, Social Security card and vehicle registration.
- **Get medical attention.** Do NOT try to treat yourself; you may be injured much more seriously than you realize.
- **Seek assistance.** Whether or not you file charges, you may need to talk to a professional about your situation. Contact your local battered women's shelter, women's support group or victim's assistance center.
- **Save all the evidence (proof) you can.** You may even want to take photographs of your injuries. Whether or not you file charges now, you may later change your mind and will then need proof that you have been assaulted.
- **If you witness Domestic or Dating violence on campus**
 - See something/say something
 - Call Campus Safety
 - Call 9-1-1 if there is any violence behavior observed
 - Be a good witness