**Sexual Assault, Dating Violence, Domestic Violence and Stalking TELL SOMEONE!**

**You ARE NOT ALONE**: According to a 2011 nationwide survey, one in five women and one in seven men will be stalked or assaulted.

**You ARE NOT GOING CRAZY:**  Sexual abuse survivors often feel alone and powerless. Guilt, shame and fear are common feelings.

**HEALING IS POSSIBLE**: Recovery takes time, but there are a number of things that can help.

# IF YOU ARE HURT

* Call 9-1-1. Or go to a hospital.
* Preserve evidence.
* Keep torn or bloodied clothing and go to the hospital emergency department for treatment.
* Do not bathe or wash.
* Ask someone to photograph your injuries.
* Seek Counseling.

**REPORT & SEEK AN ADVOCATE**

**See Back Panel or Ask at LBCC.**



**BYSTANDER INTERVENTION**

* Never put yourself in a dangerous situation. Do not try to mediate.
* Call 911 or the LBCC emergency line (541-926-6855) if you witness an assault on campus.
* Encourage friends to report abuse. Be supportive, don’t judge.
* Most victims know their assailant.
* Know that shame and guilt are normal reactions of assault victims.
* Reporting the situation can prevent others from becoming victims.

## FIGHT BACK

Because each situation is different, no one can list actions that are guaranteed to protect against acquaintance or stranger rape. But there are some tactics to think about.

* Talk, stall for time and assess your situation. Do not go with an attacker.
* Try to escape. Be rude! Scream! Yell! Kick! Fight! Run! Act crazy! Yell "Fire!"

**PREVENTION**

* Safe walk services at 541-926-6855 (24 hours).
* Avoid traveling alone at night.
* Remember the location of security phones on campus.
* Use the "buddy system"
* Report all suspicious persons, vehicles and activities to LBCC Public Safety.
* If you are on an elevator with someone who makes you feel uneasy, get off.
* Trust your instincts. If you think something’s not quite right, go where there are other people.
* Always watch your drink, do not accept beverages from someone you do not know or trust.
* Leave social events with friends, not with someone you just met.
* Look inside your car before you get in.
* Do not hitchhike or pick-up hitchhikers.



**SEXUAL ASSAULT**

Sexual assault is any sexual contact made without consent. Consent is a clear yes, not the absence of no. All physical contact requires clear verbal consent, even a seemingly innocent hug or kiss.

**DOMESTIC VIOLENCE**

Includes asserted violence misdemeanor and felony offenses committed by the victim’s current or former spouse, current or former cohabitant, person similarly situated under domestic or family violence law or anyone else protected under domestic or family violence law.

**DATING VIOLENCE is** violence by a person who has been in a romantic or intimate relationship with the victim, gauged by length, type, and frequency of interactions.

**STALKING is** repeated, unwanted contact or following directed at a person that would cause a reasonable person to fear for her, his, or others' safety, or to suffer substantial emotional distress.

**POLICY STATEMENT:** LBCC prohibits unlawful discrimination, harassment, and sexual misconduct. Our Board policy and administrative rule is available at the LBCC Paperless Office. LBCC will take reasonable action to investigate reports and to maintain work areas and educational environments free intimidation, abuse, hostility, or discrimination and to provide victim support. Any student or employee who believes they have been discriminated against, harassed, or the victim of sexual misconduct or stalking by LBCC employees, campus visitors, or students are encouraged to file a complaint with a Title IX Coordinator in Student Affairs or Human Resources or at linnbenton-advocate. symplicy.com/public\_report.

### Victim Assistance & Reporting

Linn-Benton Community College is committed to preventing sexual assaults and other crimes. If a crime occurs, the college will make appropriate referrals through its Public Safety Office, Office of Student Affairs, Counseling Office, and/or Human Resources. The following agencies provide counseling and services to sexual assault victims:

### Albany

CARDV\*,754-0110; Toll Free 1-800-927-0197

Linn County Health Dept……...(541) 967-3866

Linn County Public Health……(541) 967-3888

Linn-Benton Crisis Service…...(541) 757-2299

 Toll Free, 1-800-543-8077

### Corvallis

CARDV\*,754-0110; Toll Free 1-800-927-0197

Benton County Health……… .(541) 766-6835

Valley AIDS Information Net…(541) 752-6322

 Toll Free, 1-800-588-AIDS

Linn-Benton Crisis Service…….(541) 757-2299

 Toll Free, 1-800-543-8077

### Lebanon

CARDV\*,754-0110; Toll Free 1-800-927-0197

Linn County Health Dept…….(541) 967-3866

Linn County Public Health…...(541) 967-3888

Linn-Benton Crisis Service…...(541) 757-2299

 Toll Free, 1-800-543-8077

*\* Center Against Rape and Domestic Violence:*

*CARDV provides advocates to victims.*

**Temporary Restraining Orders
Linn County Courthouse**

300 4th Ave SW, Room 100
Albany, OR 97321
Phone: (541) 967-3805

<http://www.co.linn.or.us/victims/DomesticViolence/DV_SafetyPlanning.htm>

**Benton County Courthouse**

120 NW Fourth Street

Corvallis, OR 97339

Phone: (541) 766-6705 for Restraining Orders

http://www.ojd.state.or.us/ben/index.htm

### LBCC Title IX Officers

Director, Human Resources …..(541) 917-4425
Assoc. Dean Student Affairs…..(541) 917-4848

### Crime reporting

### Emergencies - Dial 911Albany Police Department…….(541) 917-7680

### Lebanon Police Department…...(541) 451-1751

### Corvallis Police Department…..(541) 766-6924

### Sweet Home Police Depart…....(541) 367-5181Albany CampusDirector, Safety & Loss Prevention  ………………………..(541) 990-3305

Public Safety Office…………...(541) 917-4440

Public Safety Officer (24/7)…...(541) 626-6855

### Corvallis Campus

### Director, Benton County Center (541) 917-5104

### Safety & Loss Prevention Manager …………………..…(541) 990-3305

### Center Coordinator……………(541) 917-5114

### Lebanon or Sweet Home Campuses

### Director, Linn County Centers (541) 259-5808

### Safety & Loss Prevention Manager …………………..…(541) 990-3305

### Center Coordinator……………(541) 259-5807

**Right to Help & Support.**

**Right to Opt In or Out of Conduct Process.**

### It is the policy of Linn Benton Community College that there will be no discrimination or harassment on the grounds of race, color, religion, national origin, gender, sexual orientation, age, disability or status as a veteran in any educational programs, activities, or employment. Persons having questions about equal opportunity and nondiscrimination should contact the Office of Student Affairs at 541-917-4806 or Human Resources at 541-917-4420.

**Sexual Assault,**

**Dating Violence,**

**Domestic Violence, Stalking**

 **—Stop it by Telling Someone**

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