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the campaign

Mission:

To engage women and men as allies in creating a culture of respect and non-violence.

Vision:

Voices of Courage is a prevention campaign built on the premise that each of us can have an impact on violence in our culture.

Campaign Goals:

Each of us can make small behavioral choices to help measurably reduce violence in our environments. Some of these behavioral choices include the following:

- Intervening in potentially abusive situations
- Using our words and behaviors to show intolerance for disrespect and violence
- Reshaping our culture into one that is incompatible with sustaining any level of violence
- Supporting victims of violence

Why:

Both men and women abuse, both men and women are victims of abuse, and both men and women contribute to a culture that supports abuse. We need men and women to engage as allies to change the culture that tolerates abuse.

The traditional approach to abuse prevention has placed the responsibility on potential victims—typically women and children—to keep themselves safe (e.g. don't go out late at night, keep your door locked if you're alone, don't

talk to strangers, etc.). Then we blame the victims when abuse happens because they didn't do enough to protect themselves.

The Voices of Courage approach places the responsibility of abuse prevention on the bystanders — all of us — to intervene whenever we encounter a potentially abusive situation or person. The idea is to intervene early during the spectrum of abusive behavior, before it escalates to a more harmful level.



prevention

Types of Abuse:

- Emotional Abuse/Verbal Abuse: Behaviors such as threatening, insulting, constantly monitoring or checking in, texting excessively, humiliating, yelling, intimidating, isolating the victim from family and friends, or stalking (unwanted or obsessive attention, including repeatedly watching, following, or harassing)
- Financial Abuse: Rigidly controlling finances or withholding money/credit cards in order to exert power over a partner
- Physical Abuse: Intimidating another person to gain compliance, such as the use of physical force — like hitting, shoving, biting, strangling, kicking, or using a

weapon — to cause fear or injury.

- Sexual Abuse: Forcing undesired sexual contact or taking advantage of someone not able to give consent. Includes rape or attempted rape as well as unwanted touching, fondling, kissing, or exposure.
- Digital Abuse: Using technology—such as texting and social networking — to bully, harass, stalk, or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated through technology.

Simply put, abuse is any action that intentionally harms, injures, or mistreats another person.



The Continuum of Harmful Behavior:

Some behaviors that can be classified as abusive may not seem as obviously abusive as other behaviors.

- Slapping someone
- Calling someone a whore
- Telling someone they're too sensitive
- Sarcasm
- NCMO (non-committal make-out)
- Stranger rape
- Acquaintance rape

Physical violence

- Controlling, possessive, jealous behavior
- Calling someone a wuss
- Stalking
- Playing violent video games
- Screaming, yelling, name-calling
- Coercing someone to perform sexual acts
- Whistling or honking at someone

Individually, each of these attitudes, behaviors, and beliefs may not be extremely harmful, but together, they make up a culture that supports and tolerates violence. Most of us would intervene if we encountered an extremely abusive situation in which we could see someone was obviously in danger. However, we tend to be more hesitant to say or do anything when the behavior is less obviously abusive.

Stopping violence does not mean waiting until we actually encounter a sexual or physical assault in progress before we intervene. If that is what we're waiting for, we will likely never act. One of the best ways we can prevent violence is by starting at the roots: standing up and speaking out against all the attitudes, assumptions, and behaviors that dehumanize people. All of us, speaking out together, can create an environment in which violence is less acceptable and therefore less likely to occur.

We need to send a message that we will not tolerate abuse at any level or in any form.



Why should I care about abuse?

- Approximately one in five female high school students report being physically and/or sexually abused by a dating partner (campussafetymagazine.com).
- Around the world, at least one in every three women has been beaten, coerced into sex, or otherwise abused during her lifetime (Domestic Violence Statistics).
- Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined (Domestic Violence Statistics).
- A report of child abuse is made every ten seconds, and more than five children die every day as a result of child abuse (U.S Department of Health and Human Services).
- One in every four women will experience domestic violence in her lifetime (safevoices.org).
- One in three teenagers reports knowing a friend or peer who has been hit, punched, kicked, slapped, strangled, or physically hurt by their partner (safevoices.org).

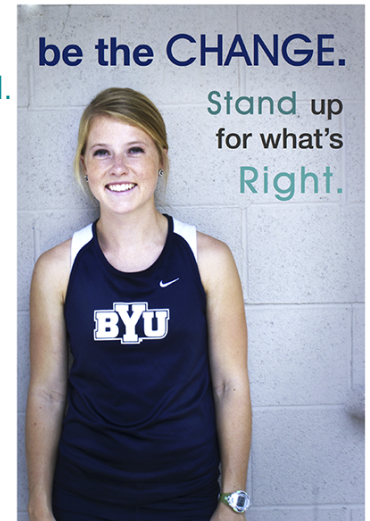


These are not just numbers. They are the people you work with, the people you play basketball with, the people in your book club, your daughter's best friend, or your daughter herself. The silence and shame must end for good. Say something. Do something. Be a Voice of Courage.

How can I prevent abuse?

- Make a vow today to be the kind of person who would never abuse another.
- Commit to be aware of the people around you.
- Learn to recognize the signs of abuse and understand that it's not okay to abuse others, that it's not okay to be abused by others, and that it's not okay to abuse ourselves.

Whether you have five minutes, five hours, or five days, get involved. The most important volunteer work you can do is in your own sphere of influence—in your families, apartments, and resident halls; among your friends and ward members; at parties, at church, in your classes or student organizations; on dates or at football games; the people you interact with every day.



We believe that everyone can make a difference. Get connected, get educated, and then find small ways to make informed contributions in your daily life and in your community.

Bystander Intervention:

How often have you or I fallen victim to the bystander effect? We see something either blatantly or subtly amiss, but we don't say or do anything. We convince ourselves that it really isn't that big of a deal. We assume that someone else will do something. So we turn our heads

and walk away; we pretend we didn't see anything or we rationalize that everything will be okay.

Commit now to be an engaged bystander. If you think something is amiss, take action and tell someone about it. The following pages explain safety procedures and list contact information to help when you believe something is wrong.

support

What should I do if I am sexually assaulted?

1. Find a safe location away from the perpetrator.
2. Ask a trusted friend to be with you for moral support.
3. Know what happened was not your fault.
4. Preserve all evidence of the attack:
 - a. Do not bathe, wash your hands, brush your teeth, eat, or smoke
 - b. If you are still in the location where the crime occurred, do not clean, straighten up, or move anything.
 - c. Write down all the details you can recall about the attack and the perpetrator.
5. Report the attack to law enforcement immediately (local authorities can be reached by calling 911 in most areas of the US). If you want more information, contact the National Sexual Assault Hotlines (800-656-HOPE). A counselor can help you understand the reporting process.
6. Seek medical care as soon as possible.
 - a. Even if you do not have any visible physical injuries, you may be at risk of acquiring a sexually transmitted disease (women may also be at risk for pregnancy)
 - b. To find a local hospital or health care facility that

is equipped to collect forensic evidence, contact the National Sexual Assault Hotlines (800-656-HOPE). The hotline will connect you to your local crisis center, which can provide information on the nearest medical facility, and in some instances send an advocate to accompany you through the evidence collection process

- c. Ask the healthcare professional to conduct a Sexual Assault Forensic Exam (SAFE).
- d. If you suspect that you have been drugged, request a urine sample be collected to preserve evidence.

Support for a friend

What should I do if someone tells me they are a victim of violence?

Emergency Situation:

If she/he contacts you in a crisis or in danger, call 911 or BYU Police (801-422-2222) for community or campus police assistance. You do not need to be with the victim to call the police on their behalf if their safety is compromised.

Non-Emergency Situation:

Listen to their story, provide support, and refrain from judgment.

"I'm glad you told me. I believe you and I'm sorry this happened."

Provide options and let them make choices. No Pressure.

"Do you want me to speak to someone about this? Do you

**I pledge to be there
for others.**



want me to go to Women's Services & Resources, the Counseling Center, or the Sexual Assault Survivor Advocate? Do you need medical attention?"

Provide the person with information.

"Let me jot down the contact information to contact Women's Services & Resources, the Sexual Assault Survivor Advocate, and a local crisis line in case you want to follow up with someone later."

Women's Services & Resources: 801-422-4877

Utah County Rape Crisis Center: 801-227-5038, HOTLINE: 801-356-2511

Sexual Assault Survivor Advocate: 801-422-9071

Center for Women and Children Crisis: 801-377-5500

Rape, Abuse, and Incest National Network:

1-800-656-HOPE (www.rainn.org)

you are not alone

If you or someone you care about has been impacted by abuse, we are here to help. Women's Services & Resources provides a safe space (for both female and male students) to allow you to process your experiences and/or more fully explore your connection to the issue of violence. You can stop by Women's Services & Resources in room 3326 of the Wilkinson Student Center or call us at (801) 422-4877. Whether you are seeking support because you have been directly impacted by violence or are seeking guidance on how to best help a friend or family member, we are here to listen and support you in whatever way you find most helpful. We are here to listen to you, to help you sort through the pain and confusion, and to help you

discover and navigate your options. If you have been raped, sexually assaulted, or harassed, Women's Services can:

- Connect you to health resources
- Connect you with a counselor
- Connect you with the Sexual Assault Survivor Advocate
- Connect you with Title IX, who can provide accommodations including working with you and your professors to help you keep up with your school work
- Help you identify, understand, and access the community resources that will be most helpful
- Refer you to our local Rape Crisis Center and/or the Center for Women and Children in Crisis



FAQs

Q: What is Voices of Courage?

Voices of Courage is an abuse prevention campaign built on the premise that each of us can have an impact on violence in our culture. If each of us makes small behavioral choices to contribute to a more responsive environment, we can ultimately and measurably reduce violence.

Q: What can I do if I'm being abused?

Communicate boundaries clearly. Make it clear you will not tolerate abusive or disrespectful behavior. When behavior crosses a line and makes you feel uncomfortable, communicate your expectations for respect. If your words and feelings are not listened to or respected, communicate with your feet. Leave when safe. Get out of the relationship—especially during dating rather than waiting till the relationship progresses.

Q: How can I get involved in the campaign?

You can support VOC by attending our events throughout the school year, by wearing VOC apparel/gear, by volunteering at events, or by volunteering for a local domestic violence shelter.

Q: Are guys involved with your campaign?

Absolutely! In fact, we depend on the men of this campus to be part of the solution . . . we can't do it without them.



Q: I don't know what to say to my friend who has been hurt.

If you say nothing else, let them know you believe them, that it isn't their fault, and that you are glad they shared this with you.

Q: How can I volunteer for the abuse cause in general?

In general, remember we are our brothers'/sisters' keepers. Be mindful of those around you. When you notice abusive or disrespectful behavior, be willing to step out of your comfort zone and say or do something. Keeping silent sends a message that you condone the behavior. For more specific volunteer opportunities, visit our WSR office in 3326 WSC to find out about resources and opportunities in the area.

Q: Why should I care about abuse?

At some point, abuse will affect all of us. We might know a victim of abuse, we might know someone who abuses, or we might experience abuse ourselves. Victims are not just random people. They are our mothers, girlfriends, brothers, sisters, children, co-workers, and friends. They are the people we work with, the people we play basketball with, the people in your book club, your daughter's best friend, or your daughter herself. The silence and shame must end for good. Wouldn't it be better to prevent abuse, to intervene before it escalates, to stop it on the front end rather than support someone after they've been hurt?



Q: What should I say?

There isn't a definite answer that fits every situation. The important thing is to take notice and to say or do something to interrupt the abuse. It's important to send a message that any form of disrespectful or abusive behavior is not ok. Sometimes just an interruption is

FAQs

enough to help people realize that what they're doing is wrong. It stops the negativity and often prevents escalation.

Here are some things you could say:

- "Maybe you don't realize how hurtful your words are. Perhaps you need to cool down and find a better way to express what you want to say."
- "Maybe you don't realize that the tone of your voice has risen to a level that is intimidating and frightening."
- "Maybe you think you're just joking around, but even sarcasm and jokes can be hurtful."
- "Derogatory words, labels, and name-calling really hurt and stick with people. Do you want those words to stick?"

Many of us tend to hold back and let things slide because we feel uncomfortable speaking up. We don't want to appear self-righteous or preachy. Yet, when we let things slide we send the message that the behavior is acceptable. Be a voice of courage.



women's services & resources

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Brigham Young University
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