

Title IX Notice of Nondiscrimination

Point Park University does not discriminate on the basis of sex in its education programs, activities, or employment practices. Title IX of the Education Amendments of 1972 (Title IX), 20 U.S.C. §§ 1681 *et seq.*, and its implementing regulations, 34 C.F.R. Part 106, prohibit discrimination on the basis of sex in education programs or activities operated by recipients of Federal financial assistance and requires the school not to discriminate.



What is Sexual Harassment

Sexual Harassment is conduct on the basis of sex that satisfies one of the following:

- An employee of the recipient conditioning the provision of an aid, benefit, or service of the recipient on an individual's participation in unwelcome sexual conduct (i.e. quid pro quo);
- Unwelcome conduct determined by a reasonable person to be so severe, pervasive, and objectively offensive that it effectively denies a person equal access to the University's education program or activity;
- **Sexual assault, dating violence, domestic violence or stalking** as defined in the Violence Against Women Act (VAWA).

Sexual harassment is a matter of particular concern to an academic community in which students, faculty and staff are related by strong bonds of intellectual dependence and trust.

Reporting Sexual Harassment

You can complete an [Online Incident Report](#). This report may be completed by a complainant, a third party or anonymously. This report can be seen by the Vice President of Student Affairs, Dean of Students, the Dean of Student Life, the Director of Student Conduct and the Director of Compliance and Integrity. Once a report is received it will be routed to the Title IX Coordinator who will determine what action, if any is required for the conduct that is alleged.

Any inquiries or complaints related to Title IX can be made by contacting, Stephanie Stark Poling, Interim Title IX Coordinator/Compliance Investigator, Compliance & Integrity at 412-392-8158, [104B Student Center](#), Pittsburgh, PA 15222.

Guide for [Reporting Workplace Sexual Harassment in Pennsylvania](#). This guide brings together information and resources on how to identify and report workplace harassment.

Risk Reduction Tips

Risk reduction tips can often take a victim-blaming tone, even unintentionally. With no intention to victim-blame, and with recognition that only those who commit sexual violence are responsible for those actions, these suggestions may nevertheless help you to reduce your risk of experiencing sexual harassment, relationship violence and stalking. Below, suggestions to avoid committing a non- consensual sexual act are also offered:

- If you have limits, make them known as early as possible.
- Tell a sexual aggressor “NO” clearly and firmly.
- Try to remove yourself from the physical presence of a sexual aggressor.
- Take affirmative responsibility for your alcohol intake/drug use and acknowledge that alcohol/drugs lower your sexual inhibitions and may make you vulnerable to someone who views a drunk or high person as a sexual opportunity.
- Take care of your friends and ask that they take care of you. A real friend will challenge you if you are about to make a mistake. Respect them when they do.
- If you are leaving the University after dark, try to leave with someone you trust who can walk with you to your designation or contact the Campus Police for an escort.
- Change your routines, including routes to work, school, and other places regularly frequented.
- Consider getting a no contact order or a Protection from Abuse (PFA) Order. All family court proceedings occur at the Allegheny County Court of Common Pleas in Downtown, Pittsburgh. The Court of Common Please is located at 440 Ross Street, Room 3030. You can go directly to the court for assistance with filing a PFA, Monday through Friday from 8:30 am to 11:00 am, or 1:00pm to 3:00 pm. You can go to your local magistrate for an emergency PFA. This information is provided in the Title IX folder which includes the legal options brochure from the Women’s Center and Shelter. This process applies for all students, staff, and faculty members.
- Change your number to an unlisted phone number. Keep the previous number active and connected to voicemail. Save the messages that are explicitly abusive or threatening for law enforcement to build a stalking case.
- Document physical abuse and threats through photographs and event logs, which can be used as evidence in court proceedings.
- Create a safety plan at school and work. Share a description or a photograph of the abuser and any legal documentation, such as an order of protection.
- Utilize the USafeUS app to let your friends or roommates know when to expect you or to seek help.

Risk Reduction Tips (cont.)

If you find yourself in the position of being the initiator of sexual behavior, you owe sexual respect to your potential partner. These suggestions may help you to reduce your risk for being accused of sexual misconduct:

- Clearly communicate your intentions to your sexual partner and give them a chance to clearly relate their intentions to you.
- Understand and respect personal boundaries.
- DO NOT MAKE ASSUMPTIONS about consent; about someone's sexual availability; about whether they are attracted to you; about how far you can go or about whether they are physically and/or mentally able to consent. If there are any questions or ambiguity then you DO NOT have consent.
- Mixed messages from your partner are a clear indication that you should stop, defuse any sexual tension and communicate better. You may be misreading them. They may not have figured out how far they want to go with you yet. You must respect the timeline for sexual behaviors with which they are comfortable.
- Don't take advantage of someone's drunkenness or drugged state, even if they chose to drink/take a drug on their own.
- Realize that your potential partner could be intimidated by you, or fearful. You may have a power advantage simply because of your gender or size. Don't abuse that power.
- Understand that consent to some form of sexual behavior does not automatically imply consent to any other forms of sexual behavior.
- Silence and passivity cannot be interpreted as an indication of consent. Read your potential partner carefully, paying attention to verbal and non-verbal communication and body language.

*These risk reduction tips are also written in the Dealing with Decisions that Matter Booklet

For more information on the Point Park University Policy Prohibiting Sexual Harassment, Relationship Violence and Stalking, please visit: <https://www.pointpark.edu/StudentLife/TitleIX/index>

**University Title IX
Office**

**Stephanie Stark
Poling**

Interim Title IX Coordinator/
Compliance Investigator
104C Student Center
412-392-8158
[sstarkpoling@PointPark.EDU](mailto:ss Stark Poling@PointPark.EDU)

Amanda Avampato

Director of Compliance and
Integrity
104B Student Center
412-392-3407
aavampato@PointPark.edu

**Point Park's Policy Prohibiting
Sexual Harassment,
Relationship Violence, and
Stalking** can be found at:

www.pointpark.edu/StudentLife/TitleIX/index

EMERGENCY RESPONSE

Point Park Police

Contact any Police Officer
or call 412-392-3960

Pittsburgh Police Department

Call 911

MEDICAL CARE

Student Health Center

3rd Floor Student Center
412-392-3800

Magee-Womens Hospital

412-641-4933

UPMC Mercy Hospital

412-232-8222

COUNSELING

Student Counseling Center

5th Floor, Lawrence Hall
412-392-3977
counseling@pointpark.edu

**Pittsburgh Action Against Rape
(PAAR)**

1-866-END-RAPE (363-7273)
www.paar.net

**Women's Center and
Shelter of Greater Pittsburgh**

412-687-8005
www.wcspittsburgh.org

Persad Center (LGBTQ)

1-888-873-7723
www.persadcenter.org

**TITLE
IX**

at Point Park University

**Options for
Assistance
Following an
Incident of
Sexual
Harassment**

(Including
Sexual
Assault,
Stalking, and
Relationship
Violence)

Reporting Incidents of Sexual Assault or Interpersonal Violence

In an emergency:

Seek medical assistance immediately and call **911** or to notify the University's Police Department at **412-392-3960**.

In a non-emergency:

Contact **Stephanie Stark Poling** Interim Title IX Coordinator/Compliance Investigator, at **412-392-8158** or starkpoling@PointPark.EDU or Amanda Avampato Director of Compliance and Integrity at aavampato@PointPark.EDU or any University official. On-line reports, including anonymously, may be submitted at www.pointpark.edu/incidentreport.

Please note...

In the event of a sexual assault, visiting a hospital emergency room will ensure treatment is provided for possible injuries, pregnancy, or sexually transmitted disease.

Additionally, a Sexual Assault Nurse Examiner (SANE) can obtain forensic evidence of an assault from **five to ten days** after the incident. This can be important if legal options are pursued later. Pittsburgh Action Against Rape has trained crisis counselors who can accompany a victim to the hospital 24 hours a day.

Confidential Resources and Support

Counseling Services

If a community member does not wish to disclose information about an incident, he or she may choose to speak to an on- or off-campus counselor. There is no time limit on when individuals may seek support. Current community members may utilize resources even if the incident occurred months or years previously.

Confidential resources **will not** share information with the University, nor will speaking with a confidential resource trigger action by the University, unless there is an imminent threat to self or others.

Exceptions to Confidentiality

In some instances, confidential resources will be required by state law to report certain information. In Pennsylvania, incidents involving minors must be reported to Childline at **800-932-0313**. Additionally, if information indicates the safety of the victim or other campus members is in jeopardy, the resource may be required to break confidentiality. Finally, in rare instances, there may be occasion where a resource is required to testify in a criminal proceeding.

Legal Resources and Interim Remedies

Legal Resources

If a student is in a relationship that feels unsafe, measures can be taken to protect the individuals and/or their friends and family, this includes counseling to help individuals create safety plans and provide legal counsel to obtain Protection From Abuse Orders. For international students who are victims of sexual violence, the University can connect you with legal resources to answer questions or provide assistance related to your immigration or visa status.

Supportive Measures

Appropriate accommodations and remedies will be provided for individuals immediately so they may continue in their school or work environment free from further harm. Some possible remedies include modifying class schedules, workplace schedules, and/or extracurricular activities; changing housing arrangements; providing counseling and academic support services; offering extra time to complete, re-take or withdraw from a class without academic or financial penalty; and providing escort services on campus from the campus police. If an investigation against a named respondent occurs, the University may also initiate a no contact order, alter the housing accommodations of the respondent; and alter the class, work or extracurricular schedule of the respondent. Where it is deemed appropriate, the University may suspend or expel a student.

THE RELATIONSHIP SPECTRUM

All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle

Healthy relationships are based on equality and respect.

RESPECT
GOOD COMMUNICATION
TRUST
HONESTY
EQUALITY

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

Unhealthy relationships are based on attempts to control the other person.

BREAKS IN COMMUNICATION
PRESSURE
DISHONESTY
STRUGGLES FOR CONTROL
INCONSIDERATE BEHAVIOR

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

Abusive relationships are based on an imbalance of power and control.

ACCUSATIONS
BLAME SHIFTING
ISOLATION PRESSURE
MANIPULATION

One person is making all of the decisions — about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

Healthy LGBTQ Relationships



A healthy relationship is a healthy relationship regardless of your sexual orientation. If you're wondering about yours, take our relationship quiz at loveisrespect.org and see how you score.

Abusers may say that disrespectful or violent behavior in a LGBTQ relationship is normal, but it's not. Lesbian, gay, bisexual, transgender, questioning and queer (LGBTQ) youth have healthy relationships at similar rates and in much the same way as heterosexual couples.

LGBTQ: What the Letters Mean

- **Lesbian:** A woman who is physically, romantically and/or emotionally attracted to other women.
- **Gay:** A man who is physically, romantically and/or emotionally attracted to other men.
- **Bisexual:** An individual who is physically, romantically and/or emotionally attracted to men and women.
- **Transgender:** An inclusive term for people whose gender identity and/or expression differs from the sex they were assigned at birth. Transgender people may or may not decide to alter their bodies hormonally or surgically.
- **Transsexual:** A person who experiences a mismatch between the sex they were assigned at birth and the sex they identify as being. A transsexual person sometimes undergoes medical treatment to change their physical sex to match their gender identity. Not all transsexual people can or desire to alter their bodies.
- **Queer:** In the past, "queer" was a derogatory term, but now some LGBTQ people use it to describe themselves and their community. Others still find it offensive so it's best to use this word only if the person you are referring to has already identified as queer.
- **Questioning:** People still in the process of exploring their sexual identity who are not ready to apply a label to themselves.

A Few More...

- **Out:** Being open about your sexual orientation and/or gender identity.
- **Outing:** Revealing a person's sexual orientation without their permission.
- **Sex:** The "male" or "female" label assigned at birth.
- **Sexual Orientation:** Who you're physically attracted to.
- **Gender:** The general public's ideas about the differences in proper behavior and roles between men and women.
- **Gender Identity:** The set of behaviors or roles associated with the gender a person identifies with and presents to the public.
- **Gender Expression:** The way people express their gender identity to others through behavior and appearance. Transgender people may match their gender expression to the way they feel and not the sex label they were given at birth.
- **Ze:** Gender neutral pronoun that can be used instead of "he" or "she."

connect now!

chat at loveisrespect.org

SMS text "loveis" to 22522

call 1-866-331-9474

Discuss your options confidentially.
Peer advocates are available 24/7.

For more information, visit www.loveisrespect.org

Repurposing is allowed and encouraged.
Please contact [loveisrespect](http://loveisrespect.org) for more information.

I Am LGBTQ. Is My Relationship Healthy?

You know your relationship is probably healthy if your partner:

- Respects your chosen gender pronouns or name.
- Respects your boundaries.
- Gives you space to hang out with friends and family without thinking you're cheating.
- Doesn't take your money or tell you what to buy.
- Never threatens to out you to people.
- Never tells you you're not a real lesbian, gay man, trans person or whatever you identify as because you don't have sex the way they want you to.

My Relationship is Unhealthy or Abusive

If you're LGBTQ, you can face unique obstacles to seeking help. Know that you are not alone and there are places that can help. Chat with a peer advocate or check out our referrals at loveisrespect.org. If you're in an unhealthy or abusive relationship, you have many options -- including obtaining a domestic violence restraining order. Laws vary from state to state so chat with a peer advocate to learn more. Whether or not you're ready to end the relationship, consider creating a safety plan.

For more information, visit www.loveisrespect.org

Repurposing is allowed and encouraged. Please contact [loveisrespect](http://loveisrespect.org) for more information.



A COLLEGE STUDENT'S **GUIDE TO SAFETY PLANNING**

If you have questions about dating in general or a specific relationship, or if you are in an unhealthy or abusive relationship, you deserve support and resources to help you with your situation. You are not alone; our peer advocates are here for you 24/7.

Loveisrespect advocates are trained on issues related to dating abuse and healthy relationships, as well as crisis intervention. This means that when you contact a loveisrespect advocate, they will listen to your situation, assess how you're feeling in the moment, and help you figure out the next best steps for you. You might brainstorm a safety plan together, or the advocate may be able to find some local resources for you, whether it's a counselor, support group, legal service or whatever you might need.



CALL

1-866-331-9474

(1-866-331-8453 TTY for Deaf/hard of hearing individuals)



CHAT

Start a live chat by visiting loveisrespect.org



TEXT

Text* "loveis" to 22522

Message & Data Rates apply on text for help services.



love is respect **Org**



This project described was supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services.

WHAT IS A SAFETY PLAN?

A safety plan is a practical guide that helps lower your risk of being hurt by your abusive partner. It includes information specific to you and your life that will help keep you safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible on campus, in the dorms and other places that you go on a daily basis.



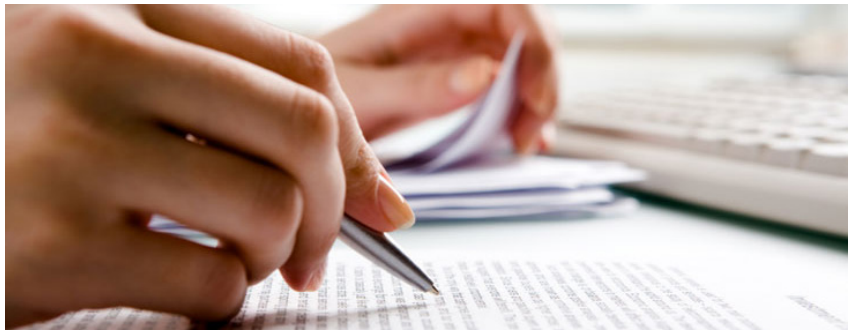
WHY DO I NEED A SAFETY PLAN?

Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you can take action to keep yourself as safe as possible.



HOW DO I MAKE A SAFETY PLAN?

Take some time for yourself to go through each section of this safety plan. You can complete this guide on your own, or you can work through it with someone else that you trust.



Keep in Mind

In order for this safety plan to work for you, you'll need to fill in personalized answers, so you can use the information when you most need it.

Once you complete your safety plan, be sure to keep it in an accessible but secure location. You might also consider giving a copy of your safety plan to someone that you trust.

Getting support from someone who has experience working with college students in abusive relationships can be very useful.

MY SAFETY PLAN

I could talk to the following people if I need to rearrange my schedule or transfer dorms in order to avoid my abuser; or if I need help staying safe on campus:

- Campus Police
- Resident Advisor
- Professors:

- DORM SECURITY
- DEAN OF STUDENTS
- SEXUAL ASSAULT CENTER
- WOMEN'S CENTER LGBTQ CENTER
- COUNSELOR
- OTHER:

If I live with or near my abuser, I will have a bag ready with these important items in case I need to leave quickly (check all that apply):

- CELL PHONE & CHARGER
- SPARE MONEY
- KEYS
- DRIVER'S LICENSE OR OTHER FORM OF ID
- COPY OF RESTRAINING ORDER
- BIRTH CERTIFICATE, SOCIAL SECURITY CARD, IMMIGRATION PAPERS AND OTHER IMPORTANT DOCUMENTS
- MEDICATIONS
- CHANGE OF CLOTHES
- SPECIAL PHOTOS OR OTHER VALUABLE ITEMS
- IF I HAVE CHILDREN— ANYTHING THEY MAY NEED (important papers, formula, diapers)

Staying Safe on Campus:

The safest way for me to get to class is: _____ .

These are places on campus where I often run into my abuser: _____ , and _____. I will try and avoid those places as much as possible or try to go when s/he won't be there.

There may be places on campus where it is impossible to avoid my abuser. If I need to go to one of those places I can make sure a friend can go with me. I will ask _____ , _____ and/or _____ .

If I feel threatened or unsafe when I am on campus, I can go to these public areas where I feel safe (dining hall, quad, etc.): _____ and/or _____ .

Staying Safe in the Dorms

I can tell these people (hall mates, roommates or RA's) about what is going on in my relationship: _____ , _____ and _____ .

There will be times when my roommate is gone. If I feel unsafe during those times, I can have people stay with me. I will ask: _____ .

The safest way for me to leave the dorms in an emergency is: _____ .

If I have to leave the dorms in an emergency, I should try to go to a place that is public, safe and unknown by my abuser. I could go here: _____ and/or here: _____ .

I will use a code word so I can alert my family, friends, roommates and/or hall mates to call for help without my abuser knowing about it. My code word is: _____ .



love is respect .org

WE ARE HERE TO HELP

CHAT: 24/7/365

CALL: 1.866.331.9474

TEXT: LOVEIS TO 22522

MY SAFETY PLAN

Staying Safe Emotionally:

My abuser often makes me feel bad by saying this: _____
 _____ .

When he/she does this, I will think of these reasons why I know my abuser is wrong:
 _____ ,
 _____ and
 _____ .

I will do things I enjoy, like:
 _____ ,
 _____ and
 _____ .

I will join clubs or organizations that interest me, like:
 _____ or _____ .

Getting Help in Your Community:

For emergencies: 911

loveisrespect: 1-866-331-9474

Campus police station:
 Phone #: _____
 Location: _____

Campus Health Center:
 Phone #: _____
 Location: _____

Campus Women's or LGBTQ Center:
 Phone #: _____
 Location: _____

Local Free Legal Assistance:
 Phone #: _____
 Address: _____

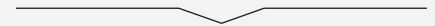
If I feel confused, depressed or scared, I can call the following friends or family members:

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____



During an emergency, I can call the following friends, family members or residential life staff at any time of day or night:

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____

Name: _____
Phone #: _____



MY SAFETY PLAN

These are things I can do to help keep myself safe everyday:

- I will carry my cell phone and important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am or what I am doing.
- I will stay out of isolated places and try to never walk around alone.
- If possible, I will alert dorm or campus security about what is happening in my relationship so that my abuser is not allowed in my building.
- I will avoid places where my abuser or his/her friends and family are likely to be. I will keep the doors and windows locked where I live, especially if I am alone.
- I will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- I will call 911 if I feel my safety is at risk.
- I can look into getting a protective order so that I'll have legal support in keeping my abuser away. I can see if there are any self-defense classes available at my college or university.
- I will remember that the abuse is not my fault and that I deserve a safe and healthy relationship.

These are things I can do to help keep myself safe in my social life:

- I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- If possible, I will go to different malls, bars, banks, parties, grocery stores, movie theaters, dining halls, etc. than the ones my abusive partner goes to or knows about.
- I will avoid going out alone, especially at night.
- No matter where I go, I will be aware of how to leave safely in case of an emergency. I will leave if I feel uncomfortable in a situation, no matter what my friends are doing.
- If I plan on drinking, I will be sure to have a sober driver who is not my abusive partner.
- I will spend time with people who make me feel safe, supported and good about myself.

These are things I can do to stay safe online and with my cell phone:

- I will not say or do anything online that I wouldn't in person.
- I will set all my online profiles to be as private as they can be.
- I will save and keep track of any abusive, threatening or harassing comments, posts, or texts. I will never give my password to anyone.
- If the abuse and harassment does not stop, I will change my usernames, email addresses, and/or cell phone number.
- I will not answer calls from unknown, blocked or private numbers.
- I can see if my phone company can block my abuser's phone number from calling my phone.
- I will not communicate with my abuser using any type of technology if unnecessary, since any form of communication can be recorded and possibly used against me in the future.

Do the people you are intimate with...

- ✓ Ask what you want when it comes to sex and respect your boundaries? Most sexual assaults are committed by someone the survivor knows. *No one should pressure or force you into doing anything sexual or harm you physically.*
- ✓ Support your independence and interests? *No one should keep you from your social life, work, or educational goals.*

Sex should feel good for all partners and healthy relationships are ones that are supportive.

But what about when our boundaries are not respected?

You are not alone

Sexual assault and dating violence are not OK, but they are common. If you or someone you know has experienced an assault or abuse, support is available.

- ▶ **Connect with an advocate:** For confidential counseling, safety planning, support groups, reporting options, and legal advocacy.
- ▶ **Visit your campus health center or local health provider:** For mental health support, STI/HIV testing and treatment (including PrEP/PEP), info on emergency contraception (the morning after pill/Plan B) to prevent pregnancy, and more.
- ▶ **Know your Title IX office:** If you decide to report, this office investigates sexual violence and sexual harassment. Be aware that some school staff, professors, RAs, coaches, etc. may be required to notify the Title IX office if they hear about an incident.

No matter who caused the harm - a friend, date, partner, classmate, or someone at a party - survivors are often made to feel like what happened was their fault or not a big deal. **It is never a survivor's fault** and their experiences are valid.

*Talking to someone you trust can be a first step in healing.
You don't have to go through this alone.*

Your health and wellness

- ✓ Do you often feel depressed or anxious?
- ✓ Are you drinking, smoking, or using drugs more to cope?
- ✓ Have you noticed changes in your appetite or sleep habits?
- ✓ Has getting to class, finishing school work, or participating in other activities been more difficult than usual?
- ✓ Do you ever think about hurting yourself?

Reactions like these are common for people who have experienced sexual/dating violence. It could be helpful to talk to a health provider or an advocate about what is going on.

Helping a friend

Listen and don't judge. Sexual assault and dating violence can make a survivor feel powerless and alone.

“You are not alone and nothing you did or didn't do caused this to happen. I am here for you - what can I do to help?”

Don't pressure them to take steps they aren't ready for or don't want to do. Call the hotlines on this card or seek out a confidential resource on campus for more tips on how to support a friend.

Culture of consent

How can everyone on campus promote a culture of consent, support survivors, and hold those who use violence or coercion accountable?

Consent is an active, voluntary agreement that can be revoked at any time.

- ✓ Even if you have had sex with someone before, it's still important to ask for consent every time. *Over half of sexual assaults occur within ongoing relationships.*
- ✓ If a person is drunk, high, asleep, or too afraid to say no, they can't give consent.

Take action!

- ✓ **Lead by example:** "Can I kiss you?" Always ask for consent before kissing or touching. Ask them how they feel and respect their answer, even if it means you might not get what you want.
- ✓ **Be an active bystander:** When you see something that doesn't seem right, **speak up!** It can be as simple as calling out rape jokes/harassment, or stepping in if someone looks like they're trying to hook up with someone who is too drunk to give consent.
- ✓ **Get involved:** Advocate with your administration and student government for survivor-centered policies and prevention programs.
- ✓ **Challenge gender norms:** Harmful gender norms -- like assuming men always want sex, thinking LGBTQ people don't experience abuse, believing women are "asking for it," or ignoring trans and gender non-binary identities -- contribute to sexual/dating violence.

Information on changing campus culture:

Know Your IX
knowyourix.org

End Rape on Campus
endrapeoncampus.org

Confidential hotlines can connect you to local resources and provide support via phone, text, and chat:

National Sexual Assault Hotline
24/7 | 1-800-656-4673 | rainn.org

National Domestic Violence Hotline
24/7 | 1-800-799-7233 | thehotline.org

LGBT National Talkline
M-F 1-9pm PT, Sat 9am-2pm PT
1-800-246-7743 | glbthotline.org

To find out where to get emergency contraception:
bedsider.org/clinics/ec

Info on HIV prevention:
pleaseprepme.org

©2018 Futures Without Violence. All rights reserved.
Funded by the U.S. Department of Health and Human Services' Administration on Children, Youth and Families (Grant #90EV0414).

FUTURES
WITHOUT VIOLENCE®
futureswithoutviolence.org

sex, relationships,
and respect on
campus





Are you a survivor of domestic violence?

Ask yourself...

Am I physically, sexually, financially, or emotionally abused and controlled by a person with whom I currently have, or formerly had, an intimate or dating relationship?

Is my partner very jealous, possessive, critical, controlling of my behavior and choice of friends?

Am I verbally abused, harassed, or physically harmed (slapped, kicked, shoved, punched, choked, shaken, burned, stabbed)?

Has my partner ever threatened to kill me or our children, or to kill himself/herself?

If you answered YES to ANY of these questions you may be a victim of domestic violence. Safety planning can save your life. If you feel you are in danger and decide to leave your home, it is critical that you have a plan to do that safely.

To discuss your safety and/or to design a safety plan to meet your needs, please call Women's Center & Shelter's 24-Hour Hotline 412-687-8005.

RU Safe

Connecting to a domestic violence program is the single greatest factor in reducing domestic violence injury, re-assault, and homicide. WC&S developed the RUSafe App to help users identify if they are in a potentially dangerous relationship and connect them to a domestic violence hotline in their area.

Learn more at:
www.rusafe.net



Women's Center & Shelter
of Greater Pittsburgh

24-Hour Hotline
412-687-8005

Administration
412-687-8017

Legal Advocacy
412-355-7400 x5

info@wcpittsburgh.org
WCSCanHelp.org

P.O. Box 9024 • Pittsburgh, PA 15224



United Way Contributor Choice #110

Women's Center & Shelter of Greater Pittsburgh is a 501 (c) (3) nonprofit organization — donations to which are tax-deductible to the fullest extent permitted by law. The official registration and financial information of Women's Center & Shelter of Greater Pittsburgh may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Understanding Your Options



Domestic violence is a crime. And a victim of abuse has the right to call the police for help, seek assistance from the courts, and obtain information on where to find safe shelter and services.

Here's how to start.



Women's Center & Shelter
of Greater Pittsburgh



Understanding your legal, medical, and financial options

Medical Attention

If you need medical attention, call 911 or your local paramedic service or police, or go to the nearest hospital Emergency Room. It is important to tell medical personnel about your abuse so that it becomes part of your medical history. This information can be used later for any legal action you may choose to take.

Protection From Abuse Order

Whether or not the police bring criminal charges against the abuser, you may be able to obtain immediate court-mandated protection through a civil Protection From Abuse (PFA) Order.

The order is issued by the Allegheny County Court of Common Pleas, Family Division, 440 Ross Street, Room 3030, Pittsburgh, PA 15219. A PFA can:

- order your abuser to stop the violent behavior and refrain from harassing, contacting, or stalking you;
- remove weapons from your abuser;
- exclude your abuser from your residence;
- grant temporary custody of your minor children to you;
- grant other helpful relief.

To obtain a PFA order, go to the Family Division between 8:30 a.m. - 11:00 a.m., Mon. - Fri. (Best to go as early as possible.) You will see the judge that day to request the order. The court's PFA Unit and domestic violence advocates will be available to assist you there. Upon obtaining a Temporary PFA Order, you can briefly stay at the Family Division and apply for free legal representation from programs such as Neighborhood Legal Services Association (NLSA), who may be able to provide an attorney to represent you at the Final PFA hearing. The Final PFA Hearing will be scheduled within ten business days of the Temporary PFA Hearing.

When Family Division is not available on weekday afternoons/nights, weekends, or Court holidays, an Emergency PFA is available through Allegheny County's Arraignment Court at Pittsburgh Municipal Court, 660 First Avenue, downtown Pittsburgh (next to the Allegheny County Jail). You can also get one from your local Magisterial District Judge on weekday afternoons. For more information, please call **412-350-3240**, and press the option for arraignment court.

Arrest

If you have been physically abused or threatened, the police may be able to arrest and charge your abuser. They can do so without waiting to obtain a warrant if you or another witness give information about the incident and if the officer observes recent physical injury to you or other supportive evidence.

Private Criminal Complaint

If the police do not arrest your abuser, you can file a private criminal complaint with the area prosecutor at the court of the Magisterial District Judge serving the address where the incident occurred. Call the District Judge's office to find out the day and time the area prosecutor will be present in the court. If you live in the City of Pittsburgh, you can go to Pittsburgh Municipal Court on Fridays between 8:30 am and 11:00 am, or 1:00 pm and 3:00 pm. You can also find your local Magisterial District Judge's contact information here: alleghenycourts.us/district_judges/offices.aspx

Custody Order

Without a custody order, both parents generally have equal rights of their child(ren). A custody order establishes the rights and responsibilities of each parent and determines with whom the child(ren) will live. Custody rights are separate and distinct issues from support obligations. It is always best if you speak with an attorney about your custody rights. Custody relief can be obtained at Family Division.

Divorce

If you no longer wish to remain in a marriage, you can seek a divorce. It is helpful to use an attorney to obtain a divorce. Programs exist which give legal referrals and assistance to low-income individuals.

Child Support

You may be entitled to court-ordered child support when your children live with you and the other parent is no longer in the home. You may also be eligible for spousal support if you cannot independently support yourself. You may apply for support on your own through the Family Division. For information on how to apply for support and what to bring with you, call **412-350-5600** or visit humanservices.state.pa.us/cswws.

If you are trying to get help at the Family Division, it would be best to have an attorney to represent you. Contact a Women's Center & Shelter Legal Advocate (**412-355-7400**) for referrals to local legal services and attorneys. Also, the Family Division has a Self-Help Center for those individuals without attorneys (open weekdays 8:00 a.m. - 2:00 p.m. on the first floor of the Family Division.)

Public Assistance

If you have no means of financial support, you may be eligible for aid from the Pennsylvania Public Assistance Program, which can provide a cash grant, medical assistance, and food stamps. Call **412-565-2146** for application information.

● WC&S Primary Service Area

- The City of Pittsburgh & Allegheny County 24-Hour Hotline **412-687-8005**
- Legal Advocacy **412-355-7400 x5**
- WCSCanHelp.org

● WC&S Core Programs & Services

- 24-Hour Hotline
- Emergency Shelter (including Pet Suite)
- Legal Advocacy
- Empowerment Center (on-site & off-site individual and group support)
- Children's Program
- Children/Youth Counseling
- Medical Advocacy

● Specialty Services

- Refugees, Immigrants, & Limited-English speakers (RIL)
- Immediate Needs Coordination (INC)
- Victims Compensation
- Families involved with Children, Youth, & Families (CYF)
- LGBTQ Advocacy
- Civil Legal Representation
- MENS Battering Intervention Program

● Prevention

- Education in schools & the community
- STANDING FIRM: The Business Case to End Partner Violence

The mission of Women's Center & Shelter is to advance the safety and wellbeing of victims of intimate partner violence and prevent and respond to intimate partner violence through social change.



COMMON QUESTIONS

Who comes to Men's Group?

Most of our participants have been court-mandated or required by probation to complete a batterers' intervention program. Other men have contacted us themselves in order to gain a better understanding of how to not choose abusive behaviors.

What will I learn in Men's Group?

Our participants learn a great deal more than "abuse is bad." We'll help you deal with your feelings and emotions. We all have our good days and bad days. We all experience stress in our daily lives. But we can help you learn to manage that stress and improve your relationships. Most importantly, we'll help you recognize that abuse is a choice – not a sickness. You, and only you, are responsible for your behavior.

What won't I learn in Men's Group?

You won't learn that there are justifications for abuse. While there are certainly justifications for anger, there is no justification for choosing to act abusively. You also won't learn how to save your relationship. While we do teach skills to help you build respect, trust, and support within your relationships, our sole focus is on stopping abusive behaviors and keeping you and your partner safe.

Are you trying to change me as a man?

Absolutely not. We're not trying to change who you are. We're trying to help you learn from the times you've chosen abusive behaviors. If you can identify those thoughts and feelings just before you've chosen to act out abusive behaviors, you are better equipped to make safer choices next time.



AWARD FOR EXCELLENCE

United Way Contributor's Choice Code #110
Combined Federal Campaign Code #81018

M·E·N·S
G·R·O·U·P

Men Embracing Non-Violence & Safety

THE MEN'S GROUP

Abuse is a choice.
So is changing your behavior.
We can help.

Women's Center & Shelter of Greater Pittsburgh is a 501(c)(3) nonprofit organization – donations to which are tax deductible to the fullest extent permitted by law. The official registration and financial information of the Women's Center & Shelter of Greater Pittsburgh may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



Women's Center
& Shelter
of Greater Pittsburgh

P.O. Box 9024
Pittsburgh, PA 15224

24-Hour Hotline: 412.687.8005
Administration: 412.687.8017
info@wcpittsburgh.org
www.WCSCanHelp.org



Women's Center & Shelter
of Greater Pittsburgh



This program is just a first step. It requires personal motivation and the desire to change. The men who participate in our program are committed to recognizing violence and abusive behaviors. So they choose a different path.

The Men's Group supports you in reconsidering:

- How your thoughts and attitudes put you at risk for choosing abusive behaviors.
- How choosing controlling behaviors can create conflict within your relationships.
- How responsible decision-making can lessen your stress.
- How your personal growth can impact others around you.

The Men's Group Structure

Size: 5-15 men

Format: Structured lessons and open discussion

Class Length: 2 hr/sessions for 24 sessions

Cost: \$15 for each intake due at time of intake appt.

\$5-50/weekly session (income-based)

To enroll, call (412) 687-8017 ext. 340.

Leave a message saying that you would like to be enrolled, and the coordinator will return your call to schedule your intake.

If you have been court-ordered, you must call within 10 days of your order.

Expectations

Confidentiality. All personal stories heard within group stay in the group. If someone is found to have broken confidentiality, he will be asked to leave the group.

A safe space. No verbal or physical threats will be tolerated. Anyone making such threats will be discharged from the program.

Above all, respect. Respect your group members and facilitators in what you say and what you do. Please be on time for your meetings and appointments. If you have to cancel, do so 24 hours in advance.

Procedure

Call The Men's Group at (412) 687-8017 ext. 340. Leave a message to speak with the coordinator about your interest.

The coordinator will return your call to tell you more about the program and set up an intake session to learn more about you.

Please be on time to your intake session. The session will last 45-60 minutes. If you are more than 15 minutes late, you may need to reschedule your session. Bring copies of any court documents, proof of income and intake fee to your intake session. If you're accepted, you're cleared to begin The Men's Group.



Abuse is a Choice.

The choice to accept responsibility and be accountable for your behavior is yours alone. The process is likely to be long and difficult. And may be without rewards or support from your partner.

You will, however, have support from the men and the facilitators in this program as you navigate through your journey. You will learn the skills and tools to reconsider your thoughts and your chosen behavior.

Completing this program is no guarantee of making safer choices. The Men's Group program helps men better understand how their thoughts, actions and behaviors affect the things that they care about. We can provide the information. But the work must be done by you. Our desire is to keep everyone – you, your partner and your children – safe throughout this journey.

Change is possible. The choice is yours.

The mission of Women's Center & Shelter is to advance the safety and wellbeing of victims of intimate partner violence and prevent and respond to intimate partner violence through social change.

WC&S Primary Service Area

The City of Pittsburgh & Allegheny County

24-Hour Hotline (412) 687-8005

Legal Advocacy (412) 355-7400

www.wcpspittsburgh.org

WC&S Services

24-Hour Hotline

Legal Advocacy Civil Law Project

Emergency Shelter

Children's Program

Medical Advocacy

Empowerment Center

Education

Men's Group



Women's Center & Shelter
of Greater Pittsburgh

Help us change the lives of victims of Intimate Partner Violence.

\$1,000 \$500 \$250 \$100 \$40

Other _____

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Make checks payable to:

Women's Center & Shelter of Greater Pittsburgh
P.O. Box 9024
Pittsburgh, PA 15224

Donate by card:

Visa Master Card American Express

Card Number: _____

Expiration Date: _____ Security Code: _____

Please check here if you would like your gift to remain anonymous.

All gifts are tax deductible. Make a donation online by visiting www.WCSCanHelp.org/Donate



Women's Center & Shelter
of Greater Pittsburgh



United Way Contributor's Choice Code #110
Combined Federal Campaign Code #81018

RU Safe?

Connecting to a domestic violence program is the single greatest factor in reducing domestic violence injury, re-assault and homicide. WC&S developed the RUSafe App to help users identify if they are in a potentially dangerous relationship and connect them to a domestic violence hotline in their area.

Learn more at www.rusafe.net



Women's Center
& Shelter
of Greater Pittsburgh

P.O. Box 9024
Pittsburgh, PA 15224

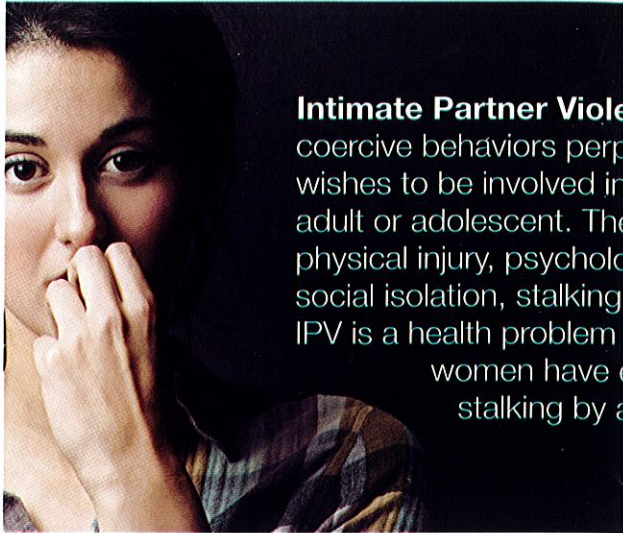
24-Hour Hotline: 412.687.8005
Administration: 412.687.8017
info@wcpittsburgh.org
www.WCSCanHelp.org

Women's Center & Shelter of Greater Pittsburgh is a 501(c)(3) nonprofit organization – donations to which are tax deductible to the fullest extent permitted by law. The official registration and financial information of the Women's Center & Shelter of Greater Pittsburgh may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Saving lives, one person at a time.



Women's Center & Shelter
of Greater Pittsburgh



Intimate Partner Violence (IPV) is a pattern of assaultive and coercive behaviors perpetrated by someone who is, was, or wishes to be involved in an intimate or dating relationship with an adult or adolescent. These behaviors may include inflicted physical injury, psychological abuse, sexual assault, progressive social isolation, stalking, deprivation, intimidation, and threats. IPV is a health problem of enormous proportions. More than 1 in 3 women have experienced rape, physical violence and/or stalking by an intimate partner in the US.

It is estimated that between 20 and 30% of women and 7.5% of men in the United States have been physically and/or sexually abused by an intimate partner at some point in their adult lives.

The mission of Women's Center & Shelter of Greater Pittsburgh (WC&S) is to advance the safety and wellbeing of victims of intimate partner violence and prevent and respond to intimate partner violence through social change.

One woman and one child at a time, you are helping to save lives. With your support, Women's Center & Shelter has been providing hope to victims of intimate partner violence.

“ Without WC&S and the support group, I would still be in the cycle of abuse. I have seen so many women, including myself, transform and regain confidence due to the support of WC&S. ”

“ You feel like you have someone on your side and someone in your corner. ”

Today, Women's Center & Shelter provides high quality, confidential and free programs offered in an environment where cultural competency, justice, autonomy, restoration and safety are priorities.

Current programs include:

- 24-Hour Emergency Shelter
- 24-Hour Hotline
- Children's Program
- Empowerment Center (Support Groups)
- Legal Advocacy
- Medical Advocacy
- Civil Law Project
- Education
- Men's Group

Each year, WC&S serves nearly 7,000 individuals through our programs and services.

PROGRAMS AND SERVICES:

24-Hour Hotline: An integral program of WC&S since 1974, Hotline is staffed 24-Hours a day, seven days a week by highly trained Hotline Advocates.

Emergency Shelter: WC&S' Emergency Shelter is for women (and their children) who are in immediate, lethal danger.

Children's Program: The goal of WC&S' Children's Program is to provide a safe, nurturing, culturally responsive environment where mothers can leave their children in the care of competent, caring and trained Children's Advocates.

Medical Advocacy: WC&S' Medical Advocacy Supervisor provides training for professionals within the healthcare system in an effort to enhance the healthcare system's response to domestic violence.

Legal Advocacy: WC&S' Legal Department provides free and confidential court accompaniment, support, information, and advocacy as victims progress through the legal system.

Civil Law Project: The goal of Civil Law Project is to fill existing gaps in free legal services available for domestic violence victims and to offer specialized domestic violence legal expertise.

Education: WC&S' Education Director provides training to students, clergy, and other professionals in intimate partner violence awareness and prevention.

Empowerment Center: Various support groups are offered at WC&S for residents and non-residents interested in learning about domestic violence and connecting with other women to work toward healing.

Men's Group: The primary service is the group intervention of adult men who abuse (defined as physical, emotional, verbal, sexual and/or economic) their intimate partners. Men's Group requires a paid fee.

All programs and services provided by WC&S to victims are confidential and free.

Men's Group requires a paid fee.

“ At WC&S, I felt safe and at peace. ”

WHY

uSafeUS

for sexual assault, dating violence, and stalking prevention and response



uSafeUS "lives" where students are looking — on their smartphones.

It provides *both* prevention and response resources and tools.

Prevention Tools

- Send yourself a fake call or text to provide a reason to leave an uncomfortable situation.
- Let friends know to check on you when travelling alone.
- Sound an alarm if you are threatened.
- Get help from bar staff, discretely.



Response Tools

- Find local hospitals, clinics, crisis centers, counselors, security, police and more.
- Learn about sexual assault, dating violence, and stalking — and how to help yourself or a friend recover.
- Explore options and next steps, including reporting.

uSafeUS is easily customized.

Campuses can monitor usage.

Campus Administrator Capabilities



- Ensure campus contacts and key elements of your prevention program are on student phones when needed.
- Campuses can tailor information to reflect school resources.
- Send prevention messages to student phones.
- Monitor campus usage via anonymous analytics.
- Access a wide range of implementation, promotion, and student engagement materials.

uSafeUS is built on more than a decade of research.

It's endorsed by the NH Attorney General.



Research-Informed, Reviewed, and Endorsed

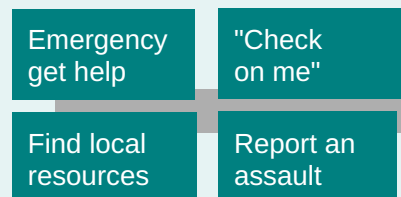
- uSafeUS is built on more than a decade of research into preventing and effectively responding to sexual assault, dating violence and stalking, much of it conducted by the UNH Prevention Innovations Research Center.
- Feedback was incorporated from 106 college administrators, more than 400 students, and dozens of SA response team members, crisis center counselors, and law enforcement and health professionals.
- uSafeUS is endorsed by the New Hampshire Attorney General and New Hampshire Liquor Commission.
- Currently in use at colleges across the Northeast U.S.

Unparalleled depth and breadth of Sexual Violence Prevention & Response.



No Comparable Solution

Other apps typically focus on only one of these capabilities



uSafeUS provides these and more:

- Sexual violence prevention tools
- Research-informed guidance for victims and their loved ones
- Campus customization of local resources and information
- Data about app use on campus
- Extensive implementation support
- More info <https://campus.usafeus.org>

Sexual violence can affect anyone. If you are the victim of rape, sexual assault, sex trafficking, or want to help someone who is, Pittsburgh Action Against Rape (PAAR) is here to help. Our experienced advocates and counselors provide in-person, confidential services.

PAAR SERVICES

- 24-hour helpline for survivors of sexual assault, child sexual abuse and sex trafficking
- In-person support at the emergency department
- Counseling for adults – available in Spanish
- Counseling for children & their families – available in Spanish
- Information and accompaniment through the legal process
- Prevention services

For more information, visit PAAR.net

1-866-END-RAPE

24-HOUR HELPLINE

You may find it difficult to think clearly if you or someone you know has been the victim of sexual violence or abuse. While these feelings are normal, you may feel alone. Working with PAAR can make sure you never feel alone and always feel supported.

PAAR can help if you are experiencing any of the following:

- I feel like I am reliving the violence and abuse
- I avoid reminders of the violence and abuse
- I find it hard to trust people and am always on guard
- I feel numb
- I have trouble sleeping



1-866-END-RAPE

24-HOUR HELPLINE