**juniata.edu/itsonus**

**It’s On Us**

Juniata College is fostering a culture of consent. As a campus partner with the national program It’s On Us (link to http://www.itsonus.org), we recognize that each person in our community must commit to creating a space that is free of violence, intimidation and coercion such that each is able to fully engage in the myriad of Juniata’s educational opportunities. This individual commitment requires that we be informed and aware of individual and community risks, and signs of distress in ourselves and our peers. Understanding that It’s On Us, means that we must strive for a campus community that reflects:

* Every individual has the capacity and agency to make safe and responsible choices that shows respect for self and others
* Our educational commitment extends to understanding the hallmarks of healthy relationships, and signs and symptoms that reflect unhealthy relationships
* Practical techniques for courageous intervention to prevent harm and disrupt cycles of abuse and violence are broadly understood and practiced
* Confidential resources and advocates on campus and within the local community available to support people who are victims and survivors of interpersonal violence and sexual misconduct
* Clear institutional policies related to sexual misconduct and interpersonal violence and transparent processes that provide respectful, humane interventions that investigate and resolve reports effectively and appropriately
* Options and opportunities for victims and survivors of sexual assault and sexual violence to report their stories and experiences to campus authorities committed to respecting autonomy and privacy, as well as to local authorities who can provide civil and criminal alternatives

Juniata College will not tolerate sexual assault or sexual violence of any kind. Sexual violence refers to physical sexual acts perpetrated against an individual will; or where an individual is incapable of giving consent due to the use of drugs or alcohol or because of intellectual or other disabilities.

To better understand students' experiences of sexual violence on campus, Juniata College conducts regular assessments of students attitudes and experiences, including the [HEDS Consortium Sexual Assault Campus Climate Survey](http://www.hedsconsortium.org/sexual-assault-survey/) in Spring 2015, aspects of the Diverse Learning Environments survey conducted in Spring 2016, and the American College Health Association assessment conducted in Fall 2016. Overviews and conclusions that followed from this collected data will be shared on an ongoing basis with members of the campus community at open forums, leadership gatherings and representative bodies. Change comes from understanding how the lived experiences of students on our campus differ from the community we intend to cultivate. Our hope is that the open sharing of this information will move us to engage in critical conversations that will further shift our campus culture to reflect the educational community free of violence and intimidation, and fully inclusive of all people, to which we aspire.

Incorporate the following videos on this page:

<https://www.youtube.com/watch?v=HcZqx1UiN9A>

https://www.youtube.com/watch?v=w0gkHAharo8

**Actions and Reporting**

What to do if you’re assaulted

Juniata College is very concerned about incidents of gender-based or sexual misconduct and acknowledges that while each person experiences and responds in differing ways, there are a variety of formal and informal options for support. Please review the information pertaining to your options for support, assistance, and reporting so that you can make an informed decision based on your personal needs. Your needs may change over time, so please also know that you may choose to utilize different forms of response at different times.

If you have experienced any act of sexual misconduct, our first concern is for your safety and well-being. Juniata offers on-campus resources to assist students who may have been affected by sexual violence or sexual misconduct. Additional services are available off-campus through the local community. Individuals are encouraged to utilize any and all on-campus and community resources that may be of assistance to them.

Deciding to get help is a personal decision that belongs to the survivor alone. A person who has been sexually assaulted has already endured a lot and often the thought of talking to someone or seeking medical attention can be overwhelming. It is important to keep in mind however, that there are some recommended actions a survivor can take that can be beneficial in the future:

* **Believe in yourself**. Know that when you are forced to have any form of sexual contact without your consent, it is not your fault.
* **Find a safe environment—anywhere away from the attacker**. Contact someone immediately. Go to this person's house or have them go to where you are. Ask someone you trust to stay with you for support.
* **Seek medical attention immediately**. Do not change your clothes, bathe or brush your teeth. If possible, refrain from using the bathroom. This can help to preserve evidence if you choose to make a police report. Going to the hospital does not mean you have to notify the police. It is for your medical safety to be examined. Even with no visible physical injuries, it is important to determine if internal injuries were sustained (such as tearing or bruising), and to weigh the risks of sexually transmitted diseases and pregnancy. Preventative medication can be provided if the circumstances are appropriate.  
  In order to preserve any forensic evidence, ask the nurse, doctor and/or advocate to explain what the forensic rape kit is, how it is performed, what the process is once it is completed and the benefits of the procedure. If there was no penetration, you may still have the kit completed to obtain evidence elsewhere on your body.
* **If you suspect you may have been drugged**, report immediately to hospital staff. The window period to collect evidence of drugs (either through a urine sample or blood) is extremely short. The sample will be analyzed at a forensic lab.

[I would like a series of tabs to appear on the bottom of this page. See example and borrow the code here: <https://www.iwu.edu/notalone/actions-reporting.html>]

(Tab 1) **Reporting**

* If you are able to, write down all the details you can recall about the assault and the perpetrator. Or ask a friend you can confide in to record this information for you.
* Call the National Sexual Assault Hotline, operated by RAINN, for free, confidential counseling, 24 hours a day: 1-800-656-HOPE. When you call, you will be connected to your local rape crisis center. An advocate may be available to meet you at the hospital.
* Report the sexual assault to local law enforcement authorities, even if the assault occurred in another district. An advocate can provide the information you'll need to understand the criminal justice system process.
* Report the sexual assault to campus authorities understanding privacy limits for confidential or mandatory reporters.
* To make an online confidential or anonymous report of sexual or gender-based misconduct, click here (Maxient link to follow)

(Tab 2) **How to File a Report**

Specific policies, reporting procedures and processes have been developed to provide response and support when incidents of sexual misconduct occur. These procedures are detailed in the following policies:

**Sexual Assault and Sexual Misconduct Policy**: [(link to follow)](https://www.iwu.edu/judicial/SexualOffenses.html)

**Reporting at Juniata**

* Make a report to the Dean of Students Office: Founders Hall 2??, 814-641-????  
  (List Dan, Matthew, Ellen)
* Contact Juniata College Public Safety
* Share your experience with a member of the Residential Life Staff
* To make an online confidential or anonymous report of sexual or gender-based misconduct, click here (Maxient link to follow)

**Reporting in Huntingdon**

* Contact the Huntingdon Borough Police Department
* Consult The Abuse Network for advocacy and support

(Tab 3) **Confidentiality**

**Confidential vs Private**

All efforts will be made to preserve your privacy; this means that only people who need to know about the incident will be given your name and other limited information as necessary. This is different from confidentiality. Confidentiality means that no information can be disclosed and your support person cannot talk and work with others on your behalf.

**Confidential Reporters**

Professional counselors through Juniata Counseling Services, Campus Ministries and the Chaplain, when acting in an official capacity, and the Director of the Office for the Prevention of Interpersonal Violence are not considered to be campus security authorities and are not required to report crimes for inclusion into the annual disclosure of crime statistics.  As a matter of policy, these counselors are encouraged, if and when they deem it appropriate, to inform persons being counseled of the procedures to report crimes on a voluntary basis for inclusion into the annual crime statistics.

**Mandatory Reporters**

In accordance with Title IX requirements, all other College employees are considered  “mandatory reporters” for the purpose of reporting sexual assault and misconduct.  Furthermore, the Clery act allows for a designation of “Campus Security Advisors” which include residence life staff, security staff, coaching and other athletics staff, Dean of Students office staff, human resources staff and the three Title IX deputies.  All mandatory reports must report concerns to a Title IX officer who is also a “campus security advisor.”

**Recognize that healing from sexual assault or any trauma takes time**. Allow yourself the time you will need to recover emotionally, mentally and physically. There is no set time frame for your healing process.

(Tab 4) **Helping a Friend**

**How to help a friend**

A survivor of sexual violence will have a wide range of emotions following an incident. It is important to utilize available resources or refer someone you know who has been assaulted to receive necessary care and begin to process the events.  Going to a hospital immediately following the incident provides survivors with urgent care as well as an opportunity for valuable evidence collection

* **Say something. Lend a listening ear**. Show that you care and are willing to listen. Do not force the issue but allow the individual to confide in you at his/her own pace. Never blame the person for what is happening or underestimate his/her fear of potential danger. Focus on supporting the individual's right to make his/her own decisions.
* **Guide survivors to campus and community resources**. Let him/her know they are not alone and people are available to help. Encourage him/her to seek sexual violence advocates and assure them that information will be kept confidential in most cases.
* **Do not ever judge survivors**. Tell the person you are sorry they have been hurt. No matter his/her behavior prior to the assault, they are not responsible--the perpetrator is. No one deserves to be assaulted.
* **Remind survivors that their feelings are normal**. They may feel "crazy". Assure survivors they are not "crazy" and any feeling or reaction is normal.
* **Validate survivors in their feelings**. Continue to do so even if they feel everything is terrible and even if you feel frustrated with their recovery.
* **Focus on his/her/their strengths**. The individual has probably continually been told by the abusive person that they are a bad person, a bad student, or a bad friend. They may believe they cannot do anything right and that there really is something wrong with them.
* **Give emotional support and help in recognizing personal strengths and skills**. Emphasize that he/she/they deserves a life that is free from violence.
* **Find your own support**. You cannot support someone else if you are not supported. However, do not try to receive that support from the survivor.

**Awareness and Programming**

One of the goals of creating a culture of consent is to continually provide opportunities for community members to come together and create awareness, skills and techniques that lead to a campus free of interpersonal violence. Some recent experiences and conversations are highlighted below:

Green Dot Bystander Train the Trainer

Silhouette Program

It’s On Us Kickoff Event and The Clothesline Project

Daily announcements

Development of The Spot

OIVP Trainings with RAs, Athletic Teams and other student leaders

Campus Climate studies

HEDS Survey Fall 2015

DLE Assessment Spring 2016

ACHA Survey Fall 2016

**Men’s Outreach**

The unfortunate reality is that 1 in 33 men will leave college survivors of sexual assault, and 1 in 5 women will experience the same trauma.  And in almost every one of these cases, the perpetrator of the sexual assault is a man.  Cultural, media and social influences shape men and men's expectations about their sexual attitudes, roles and experiences.  While many or most men find sexual assault abhorrent and unacceptable, still too many don't understand rape as rape, decline or neglect to show respect through the practice of consent, and ultimately engage in behavior that is consistent with sexual assault.  It has to stop, and it will take outreach by men of good conscience to their peers in all aspects of college life – the classroom, living units, athletic fields, the dining table, etc. – for this critical change to take place.

Juniata has assembled an advisory committee of men charged with thinking about and making progress around Men's Outreach.  Charged with helping to shape and change our campus culture and attitudes about sexual assault, and ultimately reduce incidents of sexual violence, the group is taking steps to:

* provide educational programming
* initiate dialogue
* give space and support to the voices and experiences of survivors
* and implement best practices for engagement of men by other men

Resources 1: **Sexual Violence Resources**

(Tab 1) **Campus**

* Juniata College Public Safety (link to http://www.juniata.edu/offices/security/)
* Health and Wellness (link to <http://www.juniata.edu/offices/health/>)
* Counseling Services (link to <http://www.juniata.edu/offices/health/counseling/>)
* Campus Ministry (link to <http://legacy.juniata.edu/services/ministry/>)
* Dean of Students (link to http://legacy.juniata.edu/services/dean/)
* **Title IX Coordinator** The Title IX coordinator is responsible for coordinating the College’s compliance with Title IX. The Title IX Coordinator's responsibilities include overseeing all Title IX reports of sexual harassment and identifying and addressing any patterns or systemic problems that arise during the review of such reports. The College has designated the following individual as its Title IX Coordinator:

Dan Cook-Huffman

Associate Dean of Students, Title IX Coordinator

Dean of Students Office, Founders Hall

Phone: 814-641-

Email: [cookhud@juniata.edu](mailto:cookhud@juniata.edu)

To assist the Title IX Coordinator the College has designated the following individuals as Title IX Deputy Coordinators, all of whom report directly to the Title IX Coordinator:

For reports by staff:

Gail Ulrich

Director of Human Resources

Human Resources

Phone: 814-641-3194

Email: ulrichg@juniata.edu

For reports by students:

Matthew Damschroder

Vice President for Student Life and Dean of Students

Dean of Students Office, Founders Hall

Phone: 814-641-

Email: [damschm@juniata.edu](mailto:damschm@juniata.edu)

Dan Cook-Huffman

Associate Dean of Students, Title IX Coordinator

Dean of Students Office, Founders Hall

Phone: 814-641-

Email: [cookhud@juniata.edu](mailto:cookhud@juniata.edu)

Ellen Campbell

Assistant Dean of Students

Dean of Students Office, Founders Hall

Phone: 814-641-

Email: campbee@juniata.edu

For reports by faculty:

Gerald Kruse

John & Irene Dale Professorship in It, Comp. Sci, and Math

Assistant Provost

BAC C205A

Phone: 814-641-

Email: kruse@juniata.edu

Sexual Harassment and Sexual Violence Policies: (link to follow)

(Tab 2) **Local**

The Abuse Network (814) 506-8237 (link to www.abusenetwork.org/)

The mission of The Abuse Network, Inc., is to assist and educate victims and community members about violence and abusive behaviors to promote a more peaceful, violence-free community.

Our Services

* Free & Confidential Services
* 24-Hour Hotline
* Shelter Service
* Advocacy
* Accompaniment
* Support Groups
* Empowerment & Options Counseling
* Community Education/Training/Involvement
* Information & Referral

Huntingdon House Emergency Hotline 1-855-366-8448| 814-643-1190 (link to <http://www.huntingdonhouse.org>)

It is the mission of huntingdon house to empower victims and survivors of sexual assault or domestic violence, and to work toward the elimination of such violence through crisis intervention, services, education, and advocacy.

Our Services

* 24/7 Hotline
* Shelter / Transitional Housing
* Domestic Violence Counseling
* Legal Advocacy
* Prevention Education

JC Blair Hospital

[Address](https://www.google.com/search?client=safari&rls=en&biw=1413&bih=812&q=j.c.+blair+memorial+hospital+address&stick=H4sIAAAAAAAAAOPgE-LWT9c3LEmpNCiLT9aSzU620s_JT04syczPgzOsElNSilKLiwFRsSlILgAAAA&sa=X&ved=0ahUKEwixzp6-pMrQAhVG-mMKHdQ-CKQQ6BMIgQEwEg): 1225 Warm Springs Ave, Huntingdon, PA 16652

[Phone](https://www.google.com/search?client=safari&rls=en&biw=1413&bih=812&q=j.c.+blair+memorial+hospital+phone&stick=H4sIAAAAAAAAAOPgE-LWT9c3LEmpNCiLT9bSz0620k_Oz8lJTS7JzM_Tz87LL89JTUlPjS9IzEvNKdbPSCyOL8jIz0u1ApMAsDjTU0AAAAA&sa=X&ved=0ahUKEwixzp6-pMrQAhVG-mMKHdQ-CKQQ6BMIhAEwEw): (814) 643-2290

Health Department

Huntingdon Borough Police Department

Local police are available for the reporting of crimes, including sexual violence, whether or not the assailant is known to the survivor.

530 Washington Street, Huntingdon, PA 16652

Non-Emergency 814-643-3960

Emergency 9-1-1

(Tab 3) **State and National**

**Additional State and National Resources**

Pennsylvania Coalition Against Rape (link to <http://www.pcar.org>)

NCAA: Addressing Sexual Assault and Interpersonal Violence (pdf) (link to https://www.ncaa.org/sites/default/files/Sexual-Violence-Prevention.pdf)

Pennsylvania Office of Victims Services (link to http://pcv.pccd.pa.gov/Pages/default.aspx)

**Additional Web Resource**

[Not Alone](http://www.notalone.gov/)

[Rape, Abuse & Incest National Network](http://www.rainn.org/)   800.656.4673

[National Domestic Violence Hotline](http://www.ndvh.org/)   800.799.7233

[National Teen Dating Abuse Helpline](http://www.loveisrespect.org/)   866.331.9474

[National Child Abuse Hotline](http://www.childhelp.org/)   800.422.4453

[National Suicide Prevention Lifeline](http://www.suicidepreventionlifeline.org/)   800.273.8255

(Tab 4) **Sexual Assault Reporting Guide**

If a student, faculty or staff member shares that she/he/they has been sexually assaulted, always make a referral to the Title IX Coordinator (faculty/staff), Counseling Services (confidential/students), or the Dean of Students; additionally, you may:

**Mandatory reporter**: Remind them that you are a mandatory reporter and are required to report information that is shared to the Title IX coordinator or deputies and/or the Dean of Students office. They will still maintain control of this information and can choose to proceed with any of the following options:

* No response to outreach (choose to ignore queries);
* Meet to get support resource information only (it is not necessary to share the incident);
* Meet to share the incident/request confidentiality/access accommodations (allows us to use the information for trend alerts and crime reporting, but limits investigation; however, may result in judicial or employment action if there’s a pattern of behavior);
* Meet to file a campus incident report resulting in investigation/judicial response and accommodation.
* File a police report for criminal investigation.

**Medical/health needs**: Refer to Health and Wellness (students), the SPoT, or JC Blair Memorial Hospital – all are confidential sources.

**Emotional/counseling needs**: Refer to Counseling Services (students), Campus Ministry, The Abuse Network or EAP (all are confidential sources). Offer to walk them to campus resources.

**Be empathetic and listen** – let them talk as much as they want.

**Believe them** – you should not try to take sides or investigate; simply affirm what you’re being told (it is their reality).

**Avoid questions** – any questions can be interpreted as “blaming” (were you drinking? Did you have sex with them before? Did you say “no”? Why did you let them in your room?) – these may be investigative questions that have no relevance for being a good, empathetic listener.

**Avoid “shoulds”** like “you should report to the police” or “you should do a rape kit” – focus on options and let the choice be hers/his, without pressure. Regaining personal control is important.

**Ask who is supporting them**? Make sure they have a network of support.

**Judicial options**: The victim has three levels of judicial intervention: campus judicial or employment process, civil courts system, and criminal court system. To file a campus complaint, victims should report to the Dean of Students Office (students) or the Title IX Coordinator or deputies (faculty, staff). To file a criminal complaint, victims should report to Huntingdon Boro Police. To file a civil case, victims should contact an attorney.

**What accommodations can be offered**? The College (Dean of Students Office and Title IX Coordinator) can assist students by making accommodations for a late class withdrawal, reviewing class schedules for overlapping courses, reviewing residency and facilitating a room change if needed, assisting with appeals regarding financial aid or other deadlines, issuing a campus no contact order, and adjudicating the case – just to name a few examples of possible resources for students. Employment accommodations may also be explored through the Title IX Coordinator and Deputies.

**Make a report**: To make a report, contact Dan Cook-Huffman (Title IX Coordinator) or other Deans in the Dean of Students Office, Gail Ulrich (Director of Human Resources) or Jerry Kruse (Assistant Provost). A written report is preferable. Please include the information that has been shared about the incident (name of student, faculty or staff), the alleged assailant’s name, where the incident occurred, any other details about the incident, planned next steps for the survivor).

Resources 2: **Stalking**

Juniata College is determined to provide a campus environment free of violence for all members of our community. For this reason Juniata does not tolerate stalking, and will pursue disciplinary action following such acts to the fullest extent possible. Juniata is also committed to supporting victims of stalking through the appropriate provision of safety and support services. This policy applies to all students of the Juniata community.

Stalking incidents are occurring at an alarming rate on college campuses. It is a crime that happens to both men and women of all races/ethnicities, religions, ages, abilities, sexual orientations, and sexual identities. It is a crime that can affect every aspect of a victim’s life. Stalking often begins with phone calls, emails, social networking posts and/or letters, and can sometimes escalate to violence.

**National data on stalking indicate:**

* Persons aged 18-24 experience the highest rate of stalking.
* One in 6 women and one in 19 men in the United States have experienced stalking during their lifetime.
* 13 percent of college women were stalking during one six to nine month period.
* About 43 percent of victims stated that police were contacted at least once regarding the stalking.
* Male and female stalking victimizations were equally likely to be reported to the police.
* Approximately one in four stalking victims reported some form of cyber-stalking such as email or instant messaging. Electronic monitoring was used to stalk one in 13 victims (i.e. GPS monitoring, bugs, phone tapping, or video).
* 66.2% of female victims of stalking were stalked by a current or former intimate partner.
* 31 percent of the women who are stalked by an intimate partner are sexually assaulted by that partner.
* 80 percent of campus stalking victims knew their stalker.

Stalking is a Pathfinder violation. Students committing such acts of violence will be subject to disciplinary action through the Dean of Students Office. Additionally, stalking is a crime in Pennsylvania and is subject to criminal prosecution. Because stalking incidents may violate both College policy and State law, consequences may include campus adjudication and sanctioning under the Pathfinder and/or criminal prosecution.

**Definition of Stalking**

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. Course of conduct is defined as “a pattern of actions composed of more than one act over a period of time, however short, evidencing a continuity of conduct.”

**Stalking Behaviors**

Stalking includes any behaviors or activities occurring on more than one occasion that collectively instill fear in a victim, and/or threaten his/her safety, mental health, or physical health. Such behaviors and activities may include, but are not limited to, the following:

• Non-consensual communication, including face-to-face communication, telephone calls, voice messages, e-mails, written letters, gifts, or any other communications that are undesired and place another person in fear.

•Use of online, electronic, or digital technologies, including:

* Posting of pictures or information in chat rooms or on Web sites
* Sending unwanted/unsolicited pictures or phots, email or talk requests
* Posting private or public messages on Internet sites, social networking sites, and/or school bulletin boards
* Installing spyware on a victim’s computer
* Using Global Positioning Systems (GPS) to monitor a victim
* Pursuing, following, waiting, or showing up uninvited at or near a residence, workplace, classroom, or other places frequented by the victim
* Surveillance or other types of observation, including staring or “peeping”

•Trespassing

•Vandalism

•Non-consensual touching

•Direct verbal or physical threats

•Gathering information about an individual from friends, family, and/or co-workers

•Threats to harm self or others

•Defamation – lying to others about the victim

**Reporting Stalking**

**On-Campus Reporting**

Juniata encourages reporting of all incidents of stalking to the Dean of Students Office.  Depending on the nature of the complaint, an administrative or formal hearing may result.  In certain instances, the college may need to report an incident to law enforcement authorities such circumstances that warrant the undertaking of additional safety and security measures for the protection of the victim and the campus community or other situations in which there is clear and imminent danger, and when a weapon may be involved.

Juniata is committed to supporting victims of stalking by providing the necessary safety and support services. Student victims of stalking are entitled to reasonable accommodations. Due to the complex nature of this problem, the student victim may request one or more of the following:

•Campus No-contact order

•Change in an academic schedule

•Provision of alternative housing opportunities

•The imposition of an interim suspension on the accused

•The provision of resources for medical and/or psychological support

•Other remedies as appropriate

For assistance obtaining these safety accommodations, please contact the Dean of Students Office. If safety is an immediate concern, the victim is encouraged to contact Juniata College Public Safety or local law enforcement for assistance

**Off-Campus Reporting**

The College also supports the reporting of stalking behavior to law enforcement authorities, and respects that the decision whether to report or not is one that the victim needs to make for her/himself. Support is available to inform victims of reporting procedures and to offer appropriate off-campus referrals. Victims of stalking choosing to pursue the reporting to local law enforcement agencies may request assistance from Juniata College Public Safety.

Juniata offers services to victims whether or not they choose to report incidents to law enforcement authorities. The College provides counseling services and other assistance, for victims in a safe, supportive, and confidential setting. In some circumstances, a victim may wish to seek an order of protection from a court of appropriate jurisdiction against the alleged perpetrator. Victims may also seek restriction of access to campus by non-students or non-employees in certain circumstances.

Resources 3: **Dating Violence**

It is during their college years that young adults begin to form serious romantic relationships and/or continue to grow the romantic relationships they may have started in their teenage years. Yet with a limited understanding of healthy and unhealthy behaviors in dating relationships, college students are susceptible to becoming targets of dating abuse. Consider this:

* Nearly 1 in 3 (32%) college students report dating violence by a previous partner, and 21% report violence by a current partner. (1)
* More than half (60%) of acquaintance rapes on college campuses occur in casual or steady dating relationships. (2)
* Ninety percent of college women who are victims of rape or attempted rape know their assailant. (3)
* The attacker is usually a classmate, friend, boyfriend, ex-boyfriend or other acquaintance (in that order) (4)

Use image



[link to http://www.loveisrespect.org]

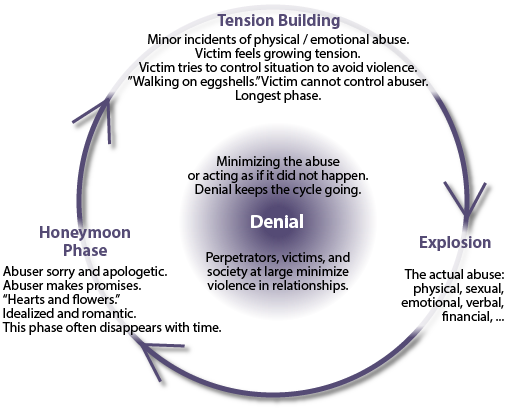
**Warning Signs**

Dating abuse is a pattern of destructive behaviors used to exert power and control over a dating partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time.

Because relationships exist on a spectrum, it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. Use these warning signs of abuse to see if your relationship is going in the wrong direction:

* Checking your cell phone or email without permission
* Constantly putting you down
* Extreme jealousy or insecurity
* Explosive temper
* Isolating you from family or friends
* Making false accusations
* Mood swings
* Physically hurting you in any way
* Possessiveness
* Telling you what to do
* Pressuring or forcing you to have sex

**Cycle of Abuse**



**References**

(1) C. Sellers and M. Bromley, “Violent Behavior in College Student Dating Relationships,” Journal of Contemporary Justice, (1996).

(2) I. Johnson and R. Sigler, “Forced Sexual Intercourse on Campus,” Journal of Contemporary Criminal Justice, (1996).

(3) Fisher, B., F. Cullen and M. Turner (2000). The Sexual Victimization of College Women. Washington, D.C.: U.S. Department of Justice, National Institute of Justice and Bureau of Justice Statistics.

(4) Fisher, B., F. Cullen and M. Turner (2000). The Sexual Victimization of College Women. Washington, D.C.: U.S. Department of Justice, National Institute of Justice and Bureau of Justice Statistics.

**Partners**

Juniata College is a proud partner with It’s On Us (<http://itsonus.org>) in creating change that will lead to a campus and world free of sexual violence and sexual misconduct.

Juniata College was selected as the recipient of a $30,000 It’s On Us PA grant awarded for resources, programming and support in 2016-17. The It’s On Us PA Grant is awarded through the Governor’s Office of the state of Pennsylvania.

The Department of Justice chose Juniata College to receive a $300,000 grant over three years in 2015. These funds support the development of The Spot in Ellis Hall, the staff and development of the Office for the Prevention of Interpersonal Violence helmed by Director Jody Althouse, and programming and policy development in support of violence prevention. (link to https://www.juniata.edu/about/news/archive.php?action=SHOWARTICLE&id=6231)

Incorporate the following media on this page:

Utilize the Juniata It’s On Us logo

<https://www.youtube.com/watch?v=wNMZo31LziM>