



# GET HELP: A GUIDE FOR ANY STUDENT THAT HAS EXPERIENCED INTERPERSONAL VIOLENCE

Interpersonal Violence (IPV) includes Sexual Assault, Dating/Domestic Violence, and Stalking



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**Dear Survivor,**

We have created this guide to provide you with information and resources. Our goal is to create a safe space for you to find safety and support, in the way that works best for you. Please use this guide to navigate and choose the resources that best fit your situation. As you read through this information, please remember:

- **What happened to you is not your fault.**
- **You didn't do anything to deserve this.**
- **You didn't do anything wrong.**
- **Your feelings are valid.**
- **You are not alone.**
- **You get to choose what happens next.**

The Gators CARE Committee

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Call 911 for emergency response if it is safe for you to call. If you are on campus and feeling unsafe, you can contact Campus Safety 24 hours a day at 253-288-3350.

# INSIDE THIS GUIDE

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- WHAT IS INTERPERSONAL VIOLENCE pg. 4
- SAFETY PLANNING pg. 5
- SELF-CARE pg. 6
- EMOTIONAL SUPPORT PLAN pg. 7
- SUPPORT RESOURCES - AT GRC AND IN THE COMMUNITY pg. 9
- GRC DEFINITIONS pg. 12
- CONFIDENTIALITY AND PRIVILEGE pg. 14
- WHAT IS A PROTECTION ORDER pg. 15
- HOW TO MAKE A REPORT TO THE COLLEGE AND/OR LAW ENFORCEMENT pg. 17
- NOTES pg. 19

# What is IPV

Below is a list of some common experiences survivors have, but this is not a complete list. IPV is a very individual experience. If at any point you feel like someone else is trying to control what you do/say/where you go, you may be experiencing IPV.

- Have you consented to sexual activity, but at any point said you wanted to stop and the other person didn't stop?
- Has someone in your life made you feel afraid even if they have never physically hurt you?
- Does a current or former dating/sexual partner seem to know where you are even when you don't tell them?
- Are you kept from accessing shared financial resources?
- Does someone say they will hurt themselves if you decide to leave?
- Does a current or former dating/sexual partner try to keep you from talking to or spending time with your support community?
- Does a current or former dating/sexual partner belittle you, or make you feel deficient?
- Does a current or former dating/sexual partner threaten to tell people about an aspect of your identity you aren't ready to share unless you do what they want?
- Do you feel like everything you do is wrong, and that if you could just "do it right" your partner wouldn't get upset?

**If you feel like you are experiencing IPV, there are free resources available to help you.**



# Safety Planning

A safety plan can be a tool to help you remain safe while in a relationship, planning to leave, or after you leave. Having a plan for how you want to respond, where you want to go, and who you want to talk to when you are feeling unsafe helps to reduce feelings of panic because you have already thought about what you want to do.

Safety plans are unique to each person's situation, but here are some questions to ask yourself to help you develop your plan.

- Have you told a friend or someone in your family about your relationship?
- Is there a word you can use as a code in a call, text, or instant message to ask your family, friends, or neighbors to call for help without your partner knowing? Do you have at least one phone number memorized for a person you can call/text?
- If you are not comfortable being at home, where else could you go to stay safe? Do you know how to get there if you didn't have access to your phone?
- If you need to leave your home in an emergency, what is a safe public place where you could go? Some examples might be the college, a 24-Hour restaurant or store, or the police station.
- If you need to leave your home quickly, which items would you need to take with you? Consider some of the following: Identification, Cell Phone/Charger, Medication, Cash, ATM card, a change of clothes, Baby supplies, Copy of Protection/Restraining Order, Child's birth certificate, Health insurance card

For an interactive guide to safety planning visit the [National Domestic Violence Hotline](#) website.

# Self-Care

Emotional and physical self-care are for anyone, but especially people who have experienced trauma. Healing looks different for each person, and every individual's timeline for healing will look a little different. Try to be patient with yourself.

Take care of yourself emotionally:

- Talk to someone you trust
- Talk to an advocate or therapist
- Allow yourself to express what you are feeling
- Know that you have the right to feel the way you do
- Know that your reactions are a normal part of the healing process

Take care of yourself physically:

- Remember to eat and drink water
- Try to rest and get sleep
- Exercise, stretch, or be active in some way
- Listen to your body

Keep a list of activities you can do to relax, such as:

- Start a new hobby
- Go for a walk or ride your bike
- Write a letter, story, or poem
- Read a book, watch a movie, or listen to music
- Do a puzzle or check out a new podcast
- Take a bath
- Practice Yoga

# Emotional Support Plan

A safety plan to help when I'm feeling upset, depressed, or overwhelmed.

I feel the most triggered when:

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Things I do or say when I'm feeling triggered:

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If I feel upset, triggered or worried, I can:

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I can call or text these people for support:

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If I can't talk to anyone, I can support myself by:

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I feel stronger and in control when I:

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# Support Resources

## **Confidential GRC Support**

You are encouraged to seek support from anyone you feel comfortable talking with at GRC, but it is important to remember that many people at the college have a responsibility to make official reports to campus safety or college administration. There are two completely confidential resources available at GRC for any student that would like to access those services; the Campus Advocate, and Counseling Services.

**Campus Advocate** – The campus advocate is a community based advocate who serves GRC, but is not a Green River employee. All communication with the Campus Advocate is confidential. The Campus Advocate can help with safety planning, case management, legal advocacy, specialized mental health support, children’s advocacy/parenting support, and community referrals.

Phone: 253-333-6017

Email: [GRCadvocate@dawnrising.org](mailto:GRCadvocate@dawnrising.org)

Website: [www.dawnrising.org](http://www.dawnrising.org)

Office: SA 122

**Counseling Services** – Counselors provide free, short-term mental health counseling and self-care/wellness education to all currently enrolled Green River students.

Phone: 253-351-6670

Email: [cs@greenriver.edu](mailto:cs@greenriver.edu)

Website: [www.greenriver.edu/counseling](http://www.greenriver.edu/counseling)

Office: SA 227



# Support Resources Continued

## Free Confidential Community Resources

You can contact resources 24 hours a day to talk with a confidential advocate who can help you decide what next steps to take. You can give as much or as little information to the advocate as you feel comfortable. There is a list of culturally specific advocacy organizations on the Violence Prevention website under Get Help: [Get Help Link](#)

Some organizations specialize in supporting survivors who have experienced a particular type of IPV:

- Sexual Assault (SA)
  - King County Sexual Assault Resource Center: 1-888-998-6423
  - Rebuilding Hope! Sexual Assault Center for Pierce County: (253) 474-7273
  - Harborview Center for Sexual Assault & Traumatic Stress: (206) 744-1600
  - RAINN Mobile App: support for survivors and loved ones, self-care tools, and help to manage the effects of sexual violence
- Dating/Domestic Violence (DV)
  - DAWN: (425) 656-7867
  - YWCA of Pierce County: (253) 272-4181
- Advocacy over text message - Text: LOVEIS to 1-866-331-9474
- Accessible support for SA or DV survivors who are Deaf, DeafBlind or hard of hearing: Abused Deaf Women's Advocacy Services (ADWAS) use videophone to call 1-206-812-1001

For general social service resources including basic needs assistance, contact Crisis Connections (King County 211) via phone at 1-800-621-4636 between 8am and 6pm, or text 877.211.9724 between 10am and 4pm.

# Medical Services

Medical treatment for injuries and sexual assault forensic exams (sometimes called rape kits) are accessible at hospitals for adults and children.

Know when you go:

- You can consent to all or just part of a forensic exam — or choose just to treat your injuries without a forensic exam.
- You can have the forensic exam even if you haven't decided whether to report to police. The hospital must hold onto the evidence gathered from the exam in case you decide later to report your assault.
- Sexual assault exams and related medical care are provided at no cost to the victim of assault. State law requires that Crime Victims Compensation cover the cost of the initial medical exam.
- Evidence can be collected up to five days (120 hours) following an assault. You do not need to report your assault to law enforcement in order to have this exam.
- In the case of a person under 18, medical providers are required to report known or suspected sexual abuse to Child Protective Services or law enforcement.

Local Hospitals:

- [Auburn Medial Center](#) - Auburn
- [Covington Emergency Department](#) - Covington
- [Good Samaritan Hospital](#) - Puyallup
- [St. Elizabeth Hospital](#) - Enumclaw
- [St. Francis Hospital](#) - Federal Way

Information from King County Sexual Assault Resource Center

[KCSARC Get Help Site](#)

# Definitions

The following definitions are from the Green River College Policy GA-11 Sex Discrimination Grievance Procedure. The policy can be found on the Green River College Policies website: [Policy Website Link](#)

## Consent

Knowing, voluntary, and clear permission by word or action, to engage in mutually agreed upon sexual activity. Each party has the responsibility to make certain that the other has consented before engaging in the activity. For consent to be valid, there must be at the time of the act of sexual intercourse or sexual contact actual words or conduct indicating freely given agreement to have sexual intercourse or sexual contact.

## Domestic Violence

Physical violence, bodily injury, assault, the infliction of fear of imminent physical harm, sexual assault, or stalking committed by a person with whom the victim shares a child in common, by a person who is cohabitating with or has cohabitated with the victim as a spouse, by a person similarly situated to a spouse of the victim under the domestic or family violence laws of the State of Washington, or by any other person against an adult or youth victim who is protected from that person's acts under the domestic or family violence laws of the State of Washington, RCW 26.50.010.

# Definitions Continued

## Dating Violence

Physical violence, bodily injury, assault, the infliction of fear of imminent physical harm, sexual assault, or stalking committed by a person (i) who is or has been in a social relationship of a romantic or intimate nature with the victim; and (ii) where the existence of such a relationship shall be determined based on a consideration of the following factors: the length of the relationship, the type of relationship; and the frequency of interaction between the persons involved in the relationship.

## Stalking

Engaging in a course of conduct directed at a specific person that would cause a reasonable person to (i) fear for their safety or the safety of others; or (ii) suffer substantial emotional distress.

Note: Stalking can occur in person or over virtual platforms.

## Sexual Assault

Any actual or attempted sexual touching, however slight, with any body part or object, by a person upon another person that is without Consent and/or by force. Sexual touching includes any bodily contact with the breasts, groin, mouth, or other bodily orifice of another individual, or any other bodily contact in a sexual manner.

# Confidentiality and Privilege

## **Confidentiality**

Confidentiality is the legal and ethical duty of medical professionals, advocates, counselors, and therapists to keep any information you share with them private. They also cannot tell anyone whether or not you are their client/patient.

Most staff and faculty on campus are not confidential and are required by law to report violence to the Title IX Coordinator. The college is required to create a report for state and federal governments disclosing violence affecting students. This report does not include any identifiable information. In certain situations, the college may also need to issue a warning to everyone on campus of a potential threat. The survivor's identity will be protected.

## **Exceptions to Confidentiality**

All confidential resources have some limits on their confidentiality. They are legally required to make a report to the proper authorities if you tell them about a child or vulnerable person who is being harmed, or if you make specific, serious threats to yourself or others.

## **Privileged Communication**

In addition to being confidential, your conversations with some of these professionals may also be considered "privileged communication". This means that they cannot be forced to disclose information about you or what you discussed, even by a judge. Conversations with advocates, medical professionals, and licensed mental health providers are considered privileged.



# What is a Protection Order?

Protection orders can be a tool to help provide safety for people that have experienced IPV. These orders are free to file and there are advocates at both the King County Courthouse (Seattle) and King County Maleng Regional Justice Center (Kent) that can help file the necessary paperwork. Because these are civil orders, you can file this type of order even if the police have never been called or there has never been a criminal conviction. For more information about a Protection Orders go to: <http://protectionorder.org/>. If you have already obtained a Protection Order, you can bring it to Campus Safety so that they can maximize your safety on campus.

## Types of Orders

### **Domestic Violence Protection Order (DVPO)**

A DVPO is for anyone that is being harmed by a current or former intimate partner, family, or household member. It can stop someone from contacting you themselves or through a third party, exclude someone from your residence even if it is shared (can include school, business, or place of employment), restrain someone from cyberstalking or keeping you under physical or electronic surveillance, award temporary custody of minor children, and order someone to participate in treatment or counseling. If someone is sexually assaulted or stalked by a current or former intimate partner, family or household member, they would petition for a DVPO.

# Types of Orders Continued

## **Sexual Assault Protection Order (SAPO)**

A SAPO is for anyone who has been sexually assaulted by someone other than a current or former intimate partner, family or household member. It can prohibit someone from contacting you themselves or through a third party, exclude someone from your residence even if it is shared (can include school, business, or place of employment), restrain someone from cyberstalking or keeping you under physical or electronic surveillance.

## **Stalking Protection Order (SPO)**

A SPO is for anyone who believes they are being stalked by someone other than a current or former intimate partner, family or household member. It can prohibit someone from contacting you themselves or through a third party, exclude someone from your residence even if it is shared (can include school, business, or place of employment), restrain someone from cyberstalking or keeping you under physical or electronic surveillance.

## **Other Civil and Criminal Orders**

- **Anti-harassment Order (AHO)** – Can restrain someone from contacting you, keeping you under surveillance, and staying a certain distance away from your home or workplace. An AHO does not require a police report, and costs \$93 to file.
- **No Contact Order (NCO)** – Criminal Order that can only be put in place or revoked by court order once an arrest has been made and charges have been filed. You can have a Protection Order and a NCO at the same time.
- **Restraining Order (RO)** – An RO is a Civil order and is only filed as a part of another family law matter (dissolution of marriage, child custody, etc.).

# Reporting Options

It is your decision if you would like to report your experience of IPV now or in the future. If you have decided to make a report, you might feel overwhelmed or confused by the different places you can report. At any point if you would like help deciding how to report you can contact the Center for Transformational Wellness for help in SA 227 or by calling/texting 235-281-2984.

## Reporting to the College

You may want to report to the college if you would like to pursue disciplinary actions because the person(s) who harmed you is a student or employee at Green River College.

To make a report to the college you need to contact the appropriate Title IX Coordinator or contact Campus Safety:

- Students, Employees and Visitors

Dr. Eric Greer, Title IX Coordinator

Student Affairs and Success Center 206C

Phone: 253-833-9111, ext. 6445

Email: [eric.greer@greenriver.edu](mailto:eric.greer@greenriver.edu)

- Campus Safety

Derek Ronnfeldt, Director of Campus Safety & Transportation

Safety Requests: [safetydispatch@greenriver.edu](mailto:safetydispatch@greenriver.edu)

Student Affairs and Success Center 156

Phone: (253) 288-3350

# Reporting Options Continued

## Reporting to Law Enforcement

You may want to report to Law Enforcement if you would like the city/county to pursue criminal charges against the person(s) that harmed you. If the person(s) that harmed you are charged with a crime, a No Contact Order may be issued even if you do not request one.

**The non-emergency phone number for the Auburn Police Department is: 253-288-2121**

There are Domestic Violence Victim Advocates in the criminal justice system who work within a prosecutor's office or the police department to support and inform people that have been harmed by a current/former intimate partner, family member, or household member. The advocate can provide information about the current criminal case, safety options, referrals to community resources, and provide input to the prosecutor regarding safety concerns. These are not confidential advocates, but can help navigate the criminal justice system.

## Preserving Evidence

If you have just been sexually assaulted, are being stalked, or are currently being hurt by a partner/ex-partner/roommate/someone you have hooked up with, you may want to consider preserving evidence. Taking this step now provides you the option to pursue legal action at a later time. Preserving evidence does not require making a report to anyone. Evidence may include, but is not limited to the following:

- Photographs of physical markings, bruising, scratches, cuts, etc
- DNA collection (best collected by a Sexual Assault Examination or Law Enforcement)
- Clothing
- Screen Shots of conversations and or attempts to communicate
- Written documentation of a timeline of events







Center for  
Transformational Wellness

**VIOLENCE  
PREVENTION  
& SUPPORT**

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