

Take the Pledge-Online



RESPECT

CONVENTION, DEBATE, POLICY, OR LAWMAKING FOR THE COMMUNITY

"FROM THIS DAY FORWARD, I PROMISE NEVER TO COMMIT, CONDONE OR REMAIN SILENT ABOUT DOMESTIC VIOLENCE OR SEXUAL ASSAULT"

The pledge consists of three promises:

- NEVER TO COMMIT:** Violent and abusive behaviors are learned – and they can be unlearned. This pledge is a voluntary statement of a pledge not to be violent or abusive. It's also a commitment to promote healthy relationships and healthy communities where we do not have to live in silence or worry about our health.
- NEVER TO CONDONE:** Violence is a choice and a strategy for getting power and control. One tactic used by bullies and sex offenders is to silence the victim or otherwise distract from one's responsibility. It's critical that the people perpetrate accountability, challenge the myth, and encourage others about violence against women, sexual assault and domestic violence, and remain vocal about it.
- NEVER TO REMAIN SILENT:** Silence can be interpreted as approval. Silence makes it difficult to stop abuse. The anti-violence movement has learned to be vocal about all of our needs and concerns. It's time for the anti-violence community that must speak out against violence against women, sexual assault and domestic violence. It's also critical that we teach the values of all survivors and support them.

To help prevent domestic violence and sexual assault against all women and men regardless of race, ethnicity, nationality, religion, or ability!

The event was sponsored by the TAMU-CC 2014-2015 Student Government. The program, policies, and events were coordinated by the TAMU-CC Student Government. The event was held on the TAMU-CC campus in the TAMU-CC Student Government Building.

TAMU-CC

TEXAS A&M

COMMERCE

2014-2015

**Drawings held every week!
Sign Pledge & Enter to WIN
RESPECT T-shirt**



Dean Mangus Pledges RESPECT!!

Sexual Assault Awareness Month - April 2012

Project RESPECT is currently developing various activities and opportunities to win T-Shirts and other prizes for Awareness Week, April 16 - 20, 2012. TAMU-Commerce Lions will have the opportunity to speak out and stand up against sexual assault. Check out our calendar for the latest updates

Project RESPECT Speaks Out!

What Would You Do?

We asked our Facebook followers to consider the following scenario:

"You witness a couple furiously arguing. Judging by the posturing, language, and threats, the argument seems likely to become violent. Would you intervene? How? If not, what would you do instead?"

www.facebook.com/RESPECT.TAMUC



There are many possible solutions to this dilemma. The key is **SAFETY FIRST!!**

1. Distract one or both parties
2. Threaten to call the police to end the conflict
3. If there is apparent/immediate danger, **dial 9-1-1**
4. If a video phone is handy use it.



No matter who you are, as a bystander you have the power to intervene. Help keep your fellow students and community members safe by refusing to commit, condone, or remain silent in the face of sexual violence.

Do You Know Your Rights?

Do you know your rights as a student if you are the victim in a campus sexual assault?

1. T/F: You have the right to be protected from sexual harassment and assault.
2. T/F: You have the right to be notified of counseling and other support services from college or university and local resources.
3. T/F: You do **not** have the right to keep your name confidential.
4. T/F: In a disciplinary proceeding you have the right to have others present on your behalf.
5. T/F: You have the right to be safe from a hostile environment.
6. T/F: You have the option to pursue university charges, but not criminal charges.
7. T/F: You have the option to report assault but choose not to pursue charges.

Answers: 1. True 2. True 3. False 4. True 5. True 6. False 7. True



Know that as a student on the TAMU-Commerce Campus you have rights! The campus's sexual assault policy can be found in the student handbook. For more information visit us at www.facebook.com/RESPECT.TAMUC.

What Does a Healthy Relationship Look Like?

- Does your partner support and encourage you in achieving your goals? Or do they disregard or undermine you at every turn?
- Do you have an equal say in making decisions? Or does your partner have complete control?
- Does your partner show concern for your emotional and physical boundaries and desires or do they consistently and blatantly ignore them?
- Does your partner allow the freedom for you to express yourself and your own opinions? Or do they stifle your thoughts and try to curb them to fit their own?
- Does your partner accept responsibility for their wrongdoings? Or do they pass the blame onto you?
- Is your partner honest, or do they consistently lie? Do you feel comfortable to confront them in a lie, or do you fear an attack for questioning them?
- Are you able to come to a mutually beneficial compromise? Or is it their way or the highway?
- Do your partner make sure not to intentionally say or do things that will be verbally or physically harmful? Or do they intentionally try to abuse you verbally, physically, or emotionally?

Is your relationship healthy? Can you repair it? Or is the best thing you can do to remove yourself from it? In a healthy relationship there is mutual respect among the individuals. Take an inventory of yours today.

Adapted from the Respect Wheel “National Center on Domestic and Sexual Violence” (2009)

Bystander Intervention

The purpose of the bystander intervention is to combat sexual assault on campus, the most powerful tool is your conveying your concern. The best way bystanders can assist in creating an empowering climate free of interpersonal violence is to diffuse the problem behaviors before they escalate. In a situation potentially involving sexual assault, relationship violence, or stalking:

- **Approach everyone as a friend.** Do not be antagonistic and avoid using violence
- **Be honest and direct whenever possible**
- **Recruit help if necessary**
- **Keep yourself safe.** If things get out of hand or become too serious, contact the police
The College of William and Mary put together a playbook of advice for bystander intervention. These tips may be useful.
- **Defensive Split** - Step in and separate two people. Let them know your concerns and reasons for intervening. Be a friend and let them know you are acting in their best interest. Make sure each person makes it home safely
- **Pick and Roll** - Use a distraction to redirect the focus somewhere else: “Hey, I need to talk to you.” or “Hey, this party is lame. Let’s go somewhere else.”
- **The Option** - Evaluate the situation and people involved to determine your best move. You could directly intervene yourself, or alert friends of each person to come in and help. If the person reacts badly, try a different approach.
- **Full Court Press** - Recruit the help of friends of both people to step in as a group.
- **Fumblerooski** - Divert the attention of one person away from the other person. Have someone standing by to redirect the other person’s focus (see Pick and Roll). Commit a party foul (i.e. spilling your drink) if you need to.

Surviving Sexual Assault: One Victims Story

When she woke up, everything in her life had changed. Her best friend no longer existed. At least his status as her best friend was now gone. That changed instantly and forever when she found him on top of her, assaulting her.

The evening began as any other for Amanda -- not her real name. The Airman and her best friend were studying together, alone, at her place. Feeling tired, she decided to call it quits for the night, and asked him to leave. Later, when she awoke with him violating her, any residual feelings of sleepiness sharply shifted to horror and shock.

After he left, Amanda showered. "You're not supposed to, but no one can ever understand how disgusting and dirty it feels," she said. "I've never scrubbed so hard in my life. I just couldn't wash it away."

Less than an hour later, Amanda reported the assault to the authorities. "I was too scared to call. Until that morning, he was my best friend, and I was about to have him arrested," the 19-year-old said. "I was so torn."

Today victims can opt to use restrictive reporting if they immediately contact the base's sexual assault response and prevention coordinator. But when Amanda was assaulted, that option wasn't available. The authorities began a full investigation. After the phone call, she went directly to the hospital for a medical examination, while investigators examined her residence for evidence.

That single night forever altered her emotions, thoughts and focus in life. "It touches every aspect of your life, and it's not just something you can walk away from," she said.

"Before the assault, I was just worried about my career," Amanda said. "Afterwards, (I felt) humiliated, hurt, furious, terrified, disgusted, nauseous, dizzy -- you name it." Amanda's family, her dog and a few select people helped her start her recovery from the assault.

For Amanda, her attacker's brother-like status made the betrayal even worse. She still questions his motives. "I would ask him what in the hell was going through his mind that he felt he had the right to do that," she said. "I just hope he gets mental help."

To other victims, she would simply say, "I'm sorry. That's all you really can say."

She pleads with Airmen who know a sexual assault victim not to force them to talk about the incident, and not to be offended if the victim treats them differently -- the victim's perceptions may be altered. More importantly, she wants family, friends and coworkers to not victimize the person again, judging them or questioning their accounts.

"Can you imagine being too afraid to fall asleep for fear that you're going to wake up with someone on top of you? I hope not, but victims can," she said.

Sexual Assault Awareness Facts

- Acquaintance rape accounts for more than 80 percent of all rapes.
- Isolation is a common method used by sexual assault perpetrators.
- Restrictive reporting allows victims to receive medical care and counseling without an official investigation; to use restrictive reporting, victims must directly contact the sexual assault response and prevention coordinator.

Resources

Campus and Community Resources

University Police Department (903) 886-5868 or 911

Commerce Police 903-886-1139

Counseling Center 903-886-5145

Crisis Center of Northeast Texas
24-hour hotline 1-800-656-HOPE (4673)

Women in Need (Domestic Violence) (903) 455-4612

**Always call 911 in
an emergency!!!**

Domestic Violence and Sexual Assault Hotline Numbers and Shelters

Dallas	Dallas Area Rape Crisis Center 972-641-RAPE (7273) www.dallasrapecrisis.org/ Resource Center of Dallas (John Thomas Gay & Lesbian Community Center) (214) 528-0144
Mt. Pleasant	Shelter for Families in East Texas, Inc. (903) 572-0973 (903) 575-9999
Paris	Family Haven Crisis & Resource Ctr. (903) 784-6901 (800) 444-2836
Plano	The Turning Point (Rape Crisis Center) (800) 886-7273
Texarkana	Domestic Violence Prevention, Inc. (903) 794-4000 (800) 876-4808
Fort Worth	SafeHaven of Tarrant County (817) 535-6462

Other Resources

Texas Council on Family Violence
<http://www.tcfv.org>

Texas Association Against Sexual Assault
<http://www.taasa.org>

Rape Abuse Incest National Network (RAINN)
<http://www.rainn.org>

US Dept. of Justice Office on Violence against Women
<http://www.ovw.usdoj.gov>

New Programs

Safe Spaces

Safe Space/Safe Zone/Ally training is a nationwide effort across universities and businesses to create safe environments for all students, faculty, and staff, regardless of gender or sexual orientation. The Safe Spaces-Ally Program is geared towards making our campus and community a safe environment for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning (LGBTQ) students, staff, and faculty. Specialized trainers will be providing training to staff, faculty, and students across campus on providing safe spaces and becoming allies! Additional information regarding the Safe Spaces-Ally program can be gained by contacting Cyndi Matthews or Robin Reid at Safe_Spaces@tamu-commerce.edu

Be an Ally!

Looking for a few good men...

Men are a vital part in the prevention of sexual assault and domestic violence. It can start with you. If you are interested in joining our men's group contact us by e-mail!

