

It's Time to End Violence at Loyola

Violence is a serious problem on college campuses across the country. Three forms of violence in particular are common on almost every college campus: sexual assault, stalking, and dating/domestic violence. These three crimes affect hundreds of thousands of college students each year. In fact:

- 1 in 4 women will be sexually assaulted during college*.
- 1 in 5 women will experience dating violence during college**.
- 1 in 4 women will be stalked during college***.
- Men are also affected by these crimes.

Everyone can play a part in stopping violence. At Loyola, we are committed to preventing and educating students about sexual and gender violence.

10 Ways You Can Make a Difference

1. Take violence seriously and ask those who joke about it to take it seriously too.
2. Educate yourself about violence and know the signs of a healthy relationship. You can learn more about all three types of violence at www.luc.edu/ccrt.
3. If a friend tells you they are a survivor of violence, listen to and believe her or him. False reports of sexual assault, dating violence and stalking are extremely rare.
4. Start dialogues with your friends, your partners, and your family about what violence means and how they can help stop it.
5. Talk to someone you know who makes sexist, racist, homophobic or otherwise bigoted remarks. Explain why you think the behavior is inappropriate.
6. Invite an educator to speak to your class or student organization about violence, or become a peer educator with the Wellness Center to lead these discussions.
7. Get involved and do your part to end violence. There are many things you can do on and off campus to help, including attending events, requesting or organizing events, and volunteering your time. Many student groups on campus work to raise awareness of violence-related issues and you can join one of these groups. Men can join the Men's Project to discuss issues of masculinity and violence in our culture: www.luc.edu/diversity/men%27s_project.shtml
8. Be critical of the media you consume. Only support musical artists, television shows, and movies that treat women with respect and portray violence accurately. If you don't like what you see or hear, turn it off.
9. Know where the resources are on and off campus to talk about violence and get help if you need it. Go to www.luc.edu/ccrt to find these resources.
10. If you see violence happening, step in and help a friend. Be an active bystander and help those who are being victimized. For example, if you notice a friend is being abused by their partner, talk to your friend and offer to help them seek assistance at the Wellness Center. Another idea: Don't let intoxicated friends leave parties with just anybody; walk them home yourself to make sure they get there safely. There are many ways you can step in and help.

* Fisher, Bonnie S., Francis T. Cullen, Michael C. Turner. (2000). *The Sexual Victimization of College Women*. Washington, D.C.: Bureau of Justice Statistics.

**Schwartz, Jonathan P., Linda D. Griffin, Melani M. Russell, and Sarannette Frontaura-Duck. (2006). Prevention of Dating Violence on College Campuses: An Innovative Program. *Journal of College Counseling*, 90-96.

*** National Stalking Resource Center, 1997