



**DOMESTIC VIOLENCE  
RESOURCE PACKET**



## **TABLE OF CONTENTS**

Rights of the Alleged Victim

Your Rights in a Relationship

Examining Your Relationship

Emotional Abuse

Mental Health

Risk Assessment

Power and Control Wheels

Obtaining a Victim Protective Order

After the Victim Protective Order

Oklahoma Victim Information and Notification Everyday (VINE)

Safety Planning Guidelines and Worksheet

Resources



# RIGHTS OF THE ALLEGED VICTIM

The right to report the incident to confidential reporting resources rather than to University employees who have mandatory reporting obligations. Examples of confidential resources include:

## Norman

### On - Campus

Goddard Health Center: 405.325.4441

University Counseling Center: 405.325.2911

OU Counseling and Psychology Clinic: 405.325.2914

### Off - Campus

Norman Rape Crisis Hotline: 405.325.5660

Norman Domestic Violence Hotline: 405.701.5540

## HSC

### On - Campus

Student Counseling: 405.271.7336

### Off - Campus

Rape Crisis Hotline: 405.943.7273

Domestic Violence Hotline: 405.917.9922

## Tulsa

### On - Campus

Student Counseling Services: 918.660.3109

### Off - Campus

Rape Crisis Hotline: 918.744.7273

Domestic Violence Hotline: 918.743.5763

The right to make an initial Jane/John Doe report to OU Advocates [Norman/HSC (405) 615-0013 answered 24/7; Tulsa (918) 660-3163, after hours (918) 743-5763] ; provided, however, if the report contains specific facts or name of the alleged perpetrator the advocates may be required to make a further report to the Title IX Coordinator, Bobby Mason (405) 325-2215, for campus safety reasons

The right to investigation and appropriate resolution of all credible complaints of sexual misconduct made in good faith to University administrators. See [notonourcampus.ou.edu](http://notonourcampus.ou.edu) and/or please contact the Sexual Misconduct Officer, Kathleen Smith, or the Title IX Coordinator, Bobby Mason (405) 325-2215 for more information about administrative investigations and remedies

The right of both accuser and accused to have the same opportunity to have others present (in support or advisory roles) during a campus disciplinary hearing

The right not to be discouraged by University officials from reporting an assault to both on-campus and off - campus authorities

The right to be informed of the outcome and sanction of any disciplinary hearing involving sexual misconduct.

The right to be informed by University officials of options to notify proper law enforcement authorities, including on-campus (Norman (405) 325-2864; Health Sciences Center (405) 271-4300; Tulsa (918) 660-3900), and local police (Norman (405) 321-1600; Oklahoma City (405) 231-2121; Tulsa (918) 596-9222), and the option to be assisted by campus authorities in notifying such authorities, if the student so chooses. This also includes the right not to report, if this is the victim's desire.

The right to be informed of the availability of orders of protection from the district court and the option to be assisted in seeking such an order by University law enforcement and/or an OU Advocate [Norman/HSC (405)615-0013 answered 24/7; Tulsa (918) 660-3163, after hours (918) 743-5763]

The right to be informed of administrative no contact orders through the University which require the parties to refrain from contacting one another regardless of whether a victim's protective order is sought and/or granted.

The right to be informed about the preservation of evidence (e.g. not to bathe, shower, douche, eat, drink, smoke, brush teeth, urinate, defecate, or change clothes before examinations, and recommendation that a forensic medical examination be conducted even if bathing has occurred; gather all evidence, bed sheets, linens, unlaundered clothing and secure them in a paper bag or clean sheet; retention of all documentation and text messages relating to incident)

The right to be notified of available counseling, mental health or student services for victims of sexual misconduct, both on campus and in the community (OU Advocates Norman and Health Sciences Center (405) 615-0013; OU Advocates Tulsa (918) 660-3163, after hours (918) 743-5763; Norman University Counseling Center (405) 325-2911, Student Counseling (405) 325-2911; Health Sciences Center Student Counseling (405) 271-7336; Tulsa Student Counseling (918) 660-3109; see also: <http://www.ou.edu/content/eoo.html>)

The right to engage a private attorney at victim's own expense for any phase of the proceedings, or the right to seek assistance free of charge through the University's student run SGA General Counsel's Office (405-325-5474) or the Legal Aid Clinic of the College of Law (405-325-3702)

The right to notification of and options for, and available assistance in, changing academic and living situations after an alleged sexual misconduct incident, if so requested by the victim and if such changes are reasonably available (no formal complaint, or investigation, campus or criminal, need occur before these options may be available).

Accommodations may include:

change of an on-campus student's housing to a different on-campus location

assistance from university support staff in completing the relocation

arranging to dissolve a housing contract and pro-rating a refund

exam (paper, assignment) rescheduling

taking an incomplete in a class

transferring class sections

temporary withdrawal

alternative course completion options

modification of on-campus employment duties or location

The right not to have irrelevant prior sexual history admitted as evidence in a campus hearing

The right not to have any complaint of sexual misconduct mediated (as opposed to adjudicated)

The right to seek informal resolutions rather than administrative judicial sanctions where the reporting party is reluctant to move forward with administrative sanctions or the transgression does not rise to the level of a policy violation but is serious enough to warrant some remediation

The right to know potential sanctions should a policy violation be found:

sexual assault or violent offenses: where the incident involved violence, e.g. dating/ domestic violence, or penetration, e.g. rape, the sanctions typically range from a period of suspension through to expulsion and/or possible immediate removal or termination of employment;

seriously threatening offenses: where the incident involved serious threats of violence such as certain forms of stalking or violations of victim's protective orders, the sanctions ranging from suspension through to expulsion and/or possible immediate removal or termination of employment;

other offenses or offenses noted above: where the incident does not include violence and/or serious threats, sanctions may range from censure, disciplinary probation, counseling, community service, reflection papers, warnings through to suspensions, expulsions, or dismissals or terminations.

The right to make a victim-impact statement at the campus conduct proceeding and to have that statement considered by the board in determining its sanction.

The right to a campus no contact order against another student who has engaged in or threatens to engage in stalking, threatening, harassing or other improper behavior that presents a danger to the welfare of the complaining student or others

The right to have complaints of sexual misconduct responded to quickly by campus law enforcement

The right to have an investigation conducted by unbiased investigators and to report any alleged bias to the Title IX Coordinator, Bobby Mason, (405) 325-2215

The right to request the Title IX Coordinator review any finding of lack of sufficient evidence by the Sexual Misconduct Officer

The right to request an appeal of the finding and sanction of the conduct body if the matter goes to a hearing, in accordance with the standards for appeal established by the University

The right to review all documentary evidence available regarding the complaint, subject to the privacy limitations imposed by state and federal law, at least 48 hours prior to the hearing

The right to be informed of the names of all witnesses who will be called to give testimony, within 48 hours of the hearing, except in cases where a witness' identity will not be revealed to the accused student for compelling safety reasons (this does not include the name of the alleged victim/complainant, which will always be revealed)

The right to preservation of privacy, to the extent possible and allowed by law

The right to a hearing closed to the public

The right to petition that any member of the conduct hearing panel be removed on the basis of demonstrated bias

The right to bring a victim advocate or adviser/attorney to all phases of the investigation and campus conduct proceeding; however, the reporting party must speak on his or her own behalf

The right to give testimony in a campus hearing by means other than being in the same room with the accused student

The right to ask the investigators to identify and question relevant witnesses, including expert witnesses

The right to be fully informed of campus conduct rules and procedures as well as the nature and extent of all alleged violations contained within the complaint

The right to have the University compel the presence or through other means (e.g. telephonically) of student, faculty and staff witnesses, and the opportunity (if desired) to ask questions, directly or indirectly, of witnesses, and the right to challenge documentary evidence

The right to question the accused student indirectly either through counsel where permitted or through questions posed to the Chair of the Hearing Panel

The accused student may question the reporting party indirectly through counsel where permitted or through questions posed to the Chair of the Hearing Panel

The right to be present for all testimony given and evidence presented before the conduct body

The right to have complaints heard by conduct and appeals officers who have received annual sexual misconduct training

The right to be free from retaliation by the accused student or other witnesses

The right to be informed in advance of any public release of information regarding the complaint

The right not to have released to the public any personally identifiable information about the complainant without his or her consent.

## **YOUR RIGHTS IN A RELATIONSHIP<sup>1</sup>**

What are your rights in a relationship?

To express your opinions and have them respected

To have your needs be as important as your partner's needs

To grow as an individual in your own way

To change your mind

To not take responsibility for your partner's behavior

To not be physically, emotionally, verbally, or sexually abused

To break up with or fall out of love with someone and not be threatened

To be intimate in a way that makes you both comfortable and happy

To be respected and treated as an equal.

To suggest activities or refuse activities

To have my own feelings and ideas and share them without worrying about how my dating partner will react.

To speak up when I think my dating partner's actions or language are unfair or hurtful

To have my limits and values respected

To refuse physical touch with anyone, at any time for any reason

To have friends and space aside from my dating partner

To have my privacy rights respected, including the rights to private conversations, phone calls, text messages, social networking activities, emails, etc.

To enjoy friends and activities apart from my romantic partner

To express myself honestly

To recognize my culture and identities

To determine my values and set limits

To decide what I share with whom

To feel safe in relationships

To feel comfortable being myself

To leave or stay in a relationship

## **EXAMINING YOUR RELATIONSHIP<sup>2</sup>**

The following is a list of warning signs for potentially abusive relationships. They are presented as guidelines and cues to pay attention to, not as a judgment on the worth of the other person.

### **Question relationships with partners who...**

Abuse alcohol or other drugs

Have a history of trouble with the law, get into fights, or break and destroy property

Don't work or go to school

Are always angry at someone or something

Always want things to be done their way

Experience extreme mood swings

Are physically rough with you (push, pull, yank, squeeze, restrain)

**Recognize verbally abusive relationships:**

Accuse you of flirting with or coming on to others, or accuse you of cheating on them

Check out or make lewd comments about others in your presence

Tell you to shut up or tell you you're dumb, stupid, fat, or call you some other name (directly or indirectly)

Compare you to former partners or excessively bad mouth former partners

**Recognize emotionally abusive behaviors:**

Don't listen to you or show interest in your opinions or feelings

Lie to you, don't show up for dates, maybe even disappear for days

Cheat on you

Ignore you, give you the silent treatment, or hang up on you

Blame all arguments and problems on you

**Watch out for controlling behaviors:**

Tell you how to dress or act

Threaten suicide if you break up with them

Take your money or take advantage of you in other ways

Try to isolate you and control who you see or where you go

Nag you or force you to be sexual when you don't want to

**Look for these behaviors toward others:**

Abuse siblings, other family members, children or pets

Put people down, including your family and friends, or call them names excessively

**Recognize your own emotions regarding the relationship:**

You feel afraid to break up with them

You feel tied down or feel like you have to check-in

You feel afraid to make decisions or bring up certain subjects so that the other person won't get mad

You tell yourself that if you just try harder and love your partner enough that everything will be just fine

You find yourself crying a lot, being depressed or unhappy

You find yourself worrying and obsessing about how to please your partner and keep them happy

You find the physical and emotional abuse getting worse over time

## **EMOTIONAL ABUSE<sup>3</sup>**

While abusive behavior is commonly thought of as physical and sexual violence, it also includes emotional, psychological, and mental abuse. These kinds of abuse involve trauma to the victim caused by verbal abuse, acts, threats of acts, or coercive threats. Perpetrators use psychological abuse to control, terrorize, and denigrate their victims. It frequently occurs prior to or concurrently with physical or sexual abuse. Even if there is no physical or sexual violence, abusive language can be very damaging.

### **Common forms of emotional or psychological abuse are when your partner:**

Constantly criticizes you, your intelligence, your looks, your parenting abilities, etc.

Calls you names, telling you that you are crazy, that no one wants you, making fun of you in front of others, etc.

Damages your relationship with your children by getting the children to participate in the abuse (e.g., telling your children to refer to you by a nasty name), criticizing your children or forcing you to do so, telling the children that you are worthless, that they should not listen to you, etc.

Isolates you from friends, family, school, and work.

Causes you fear by intimidation, threatens to harm to himself/herself.

Abuses pets or destroys property.

### **Securing Emotional Support<sup>4</sup>**

A common hallmark of domestic violence is that the victim has become isolated from other people. This may have happened slowly and subtly, without your conscious awareness, or it may be clear that your abuser is trying to control who you see. Either way, it is important to recognize that everyone needs other people, and that if you are isolated, you need to take steps to bring

more people into your life. This may be by attending support groups, volunteering in places where you work with other people, or by reaching out to people who are already around you, like coworkers. Remember that while some people prefer to pretend domestic violence doesn't exist, 1 in 4 people have been in a situation similar to what you are experiencing. You are not alone, and you need others' input to help you stay safe and sane if you are living with an abusive partner or have just left one.

Domestic violence programs and LGBTQ anti-violence programs often have emotional support services at no cost. Ask about support groups that are open to any gender, therapists, social workers, or other supports that can connect you with others.

## Mental Health

This section is intended to help you understand and cope with some of the feelings that you may be experiencing after trauma.

### Emotional self-care<sup>5</sup>

Emotional self-care means different things to different people. The key to emotional self-care is being in tune with yourself. Think about a time when you felt balanced and grounded, and consider asking yourself the following questions:

What **fun or leisure** activities did you enjoy? Were there events or outings that you looked forward to?

Did you **write down your thoughts** in a journal or personal notebook?

Were **meditation or relaxation** activities a part of your regular schedule?

What **inspirational words** were you reading? Did you have a particular author or favorite website?

**Who did you spend time with?** Was there someone, or a group of people, that you felt safe and supported around?

**Where did you spend your time?** Was there a special place, maybe outdoors or at a friend's house, where you felt comfortable and grounded?

### Depression<sup>6</sup>

Depression is a mood disorder that occurs when feelings associated with sadness and hopelessness continue for long periods of time and interrupt regular thought patterns. It can affect your behavior and your relationship with other people. Depression doesn't discriminate—it can affect anyone of any age, gender, race, ethnicity, or religion. In 2012, an estimated 16 million adults experienced depression, according to the NIH.

It's normal for survivors of domestic violence to have feelings of sadness, unhappiness, and hopelessness. If these feelings persist for an extended period of time, it may be an indicator of depression. Depression is not a sign of weakness and it's not something you should be expected to "snap out of." It's a serious mental health condition and survivors can often benefit from the help of a professional. If you would like to receive therapy, University Counseling Center offers counseling services. If you're worried about your ability to pay for the sessions, reach out to your advocate to talk about payment options.

## **Flashbacks<sup>7</sup>**

### **What is a flashback?**

A flashback is when memories of a past trauma feel as if they are taking place in the current moment. That means it's possible to feel like the abuse is happening all over again. During a flashback it can be difficult to connect with reality. It may even feel like the perpetrator is physically present.

Flashbacks may seem random at first. They can be triggered by fairly ordinary experiences connected with the senses, like the smell of someone's odor or a particular tone of voice. It's a normal response to this kind of trauma, and there are steps you can take to help manage the stress of a flashback.

### **What helps during a flashback?**

If you realize that you are in the middle of a flashback, consider the following tips:

**Tell yourself that you are having a flashback.** Remind yourself that the actual event is over and that you survived.

**Breathe.** Take slow, deep breaths by placing your hand on your stomach and taking deep breaths. You should see your hand move out with the inhalations, and watch it fall in with the exhalations. When we panic, our body begins to take short, shallow breaths, and the decrease in oxygen can make you feel more panicked. Deep breathing is important because it increases the oxygen in your system and helps you move out of your anxious state faster.

**Return to the present by using the five senses.**

Look around you. Make a list of the items in the room; count the colors or pieces of furniture around you. **What do you see?**

Breathe in a comforting scent, or focus on the smells around you. **What do you smell?**

Listen to the noises around you, or turn on music. **What do you hear?**

Eat or drink something you enjoy. Focus on the flavor. **What do you taste?**

Hold something cold, like a piece of ice, or hot, like a mug of tea. **What does it feel like?**

**Recognize what would make you feel safer.** Wrap yourself in a blanket, or go into a room by yourself and close the door. Do whatever it takes for you to feel secure.

### **How do I prevent flashbacks?**

You may be able to take steps to prevent future flashbacks by identifying warning signs and triggers:

#### **Be aware of the warning signs.**

Flashbacks sometimes feel as though they come out of nowhere, but there are often early physical or emotional warning signs. These signs could include a change in mood, feeling pressure in your chest, or suddenly sweating. Becoming aware of the early signs of flashbacks may help you manage or prevent them.

#### **Identify what experiences trigger your flashbacks.**

Flashbacks can be triggered by a sensory feeling, an emotional memory, a reminder of the event, or even an unrelated stressful experience. Identify the experiences that trigger your flashbacks. If possible, make a plan on how to avoid these triggers or how to cope if you encounter the trigger.

### **Where can I get help?**

There is a relief that comes with the end of a flashback, but that doesn't mean it's a one-time occurrence. Flashbacks can worsen over time if you don't address them. They can also be an indicator of PTSD. Managing flashbacks isn't easy work for anyone. Many survivors have found success working with a professional to identify triggers and develop tools to help them through flashbacks when they do occur.

### **PTSD<sup>8</sup>**

It's normal for survivors of domestic violence to experience feelings of anxiety, stress, or fear. If these feelings become severe, last more than a few weeks, or interrupt your day-to-day life, it might be a condition known as post-traumatic stress disorder (PTSD).

### **What is PTSD?**

Post-traumatic stress disorder is an anxiety disorder that can result from a traumatic event. You may have heard the term used in relation to the military, but it can apply to survivors of any type of trauma, including domestic and sexual violence. Survivors might experience uncharacteristic feelings of stress, fear, anxiety, and nervousness—and this is a common response. With PTSD, these feelings are extreme, and can cause you to feel constantly in danger, and make it difficult to function in everyday life.

While all survivors react differently, there are three main symptoms of PTSD:

**Re-experiencing:** feeling like you are reliving the event through flashbacks, dreams, or intrusive thoughts

**Avoidance:** intentionally or subconsciously changing your behavior to avoid scenarios associated with the event or losing interest in activities you used to enjoy

**Hyper-arousal:** feeling “on edge” all of the time, having difficulty sleeping, being easily startled, or prone to sudden outbursts

### **Where can I get help and more information?**

Living with PTSD can be challenging, but learning more about the condition can encourage you to ask questions and find the help you need. You can learn more about PTSD at the National Institute of Mental Health (NIMH) or Mayo Clinic. If you think you may be struggling with PTSD, it may be helpful to obtain professional help. University Counseling Center does offer counseling and psychiatric services for people living with PTSD.

## **RISK ASSESSMENT<sup>9</sup>**

Look over the following questions. Think about how you are being treated, and how you treat your partner. Remember, when one person scares, hurts, or continually puts down the other person, it's abuse.

These questions may be difficult to consider and think about. If you need to take a break, please do so.

### **Does your partner...**

Embarrass or make fun of you in front of your friends or family?

Put down your accomplishments or goals?

Make you feel like you are unable to make decisions?

Use intimidation or threats to gain compliance?

Tell you that you are nothing without them?

Treat you roughly—grab, push, pinch, shove, or hit you non-consensually?

Call you several times a night or show up to make sure that you are where you said you would be?

Use drugs or alcohol as an excuse for saying hurtful things or abusing you?

Blame you for how they feel or act?

Pressure you sexually for things that you don't want or aren't ready for?

Make you feel like there is no way out of the relationship?

Prevent you from doing things you want—like spending time with your friends or family?

Try to keep you from leaving after a fight or leave you somewhere after a fight to “teach you a lesson”?

**Do you...**

Sometimes feel scared of how your partner will act?

Constantly make excuses to other people for your partner’s behavior?

Believe that you can help your partner change if only you changed something about yourself?

Try not to do anything that would cause conflict or make your partner angry?

Always do what your partner wants you to do, instead of what you want?

Stay with your partner because you are afraid of what your partner would do if you broke up?

# POWER AND CONTROL WHEEL

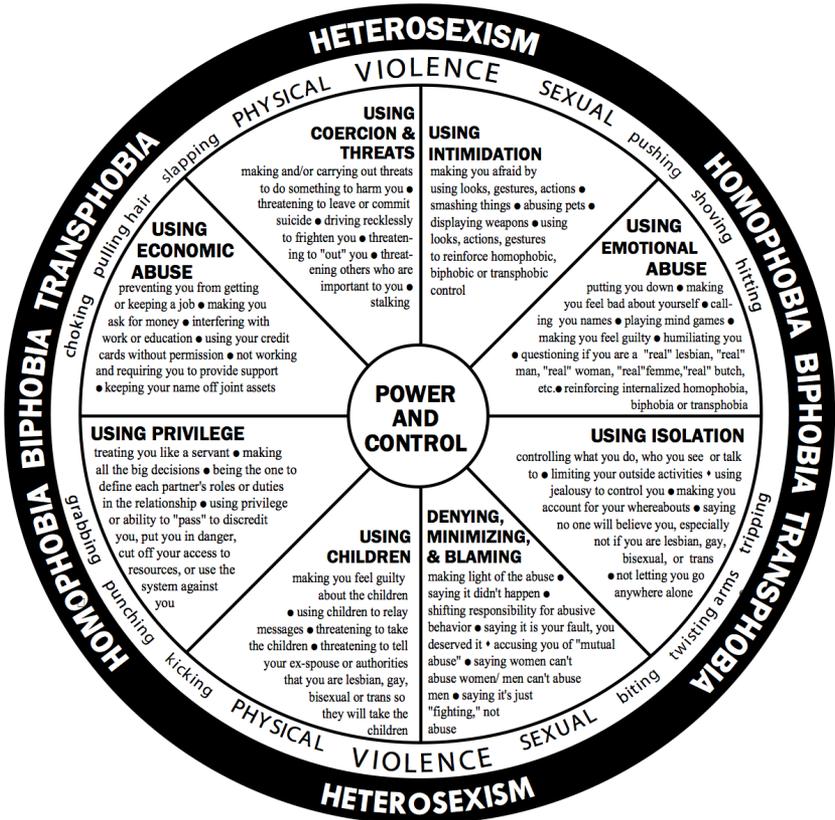
This graphic demonstrates the ways in which abusers maintain power and control through tactics that exploit their own social advantages and isolate their victims from support networks. This graphic uses she/her/hers pronouns for the victim and discusses some tactics that are employed primarily by male abusers, but the majority of the wheel will apply to people of all identities.



**DOMESTIC ABUSE INTERVENTION PROJECT**

202 East Superior Street  
 Duluth, Minnesota 55802  
 218-722-2781  
[www.duluth-model.org](http://www.duluth-model.org)

This graphic illustrates the ways in which abusers with partners in the LGBTQ community maintain power and control in abusive relationships via heterosexism. The wheel can help you recognize these abusive behaviors in your partner, and understand how these tactics are used by your abuser to retain dominance within the relationship.



## **OBTAINING A VICTIM'S PROTECTIVE ORDER (VPO)<sup>10</sup>**

A protective order is an order of the court on behalf of a victim of domestic abuse, sexual assault, stalking, or harassment, for the abuser to stop hurting, threatening, and harassing the victim. In some cases, it may also order the abuser to move out of a home that is shared. There are four scenarios in which a VPO may be issued, including: domestic violence, sexual assault, stalking, and harassment.

Please note that it may be difficult to read through what may qualify you for a Victim's Protective Order, as this section discusses domestic abuse, sexual assault, stalking, and harassment in detail.

### **Domestic Abuse**

Under Oklahoma law, domestic abuse means any act of physical harm, including sexual assault and other forms of physical violence, or the threat of imminent physical harm committed by a family member or person in a dating relationship. Oklahoma has interpreted a dating relationship to mean a courtship or engagement. An engagement is relatively easy to recognize. It's when you are trying to prove that you and the abuser were in a courtship that problems arise. To be in a dating relationship you and the abuser must focus on one another in some way. There must be a series of repeated events that signifies the two of you were in a monogamous, exclusive relationship.

In order for you to successfully obtain a VPO for domestic abuse you must be a victim of actual physical harm or be able to show that the defendant threatened imminent physical harm to you. Without physical harm or a threat of imminent physical harm, a VPO cannot be issued for domestic abuse.

### **Sexual Assault**

A VPO can also be issued to victims of rape, as rape is defined under Oklahoma law. Oklahoma law defines rape as vaginal or anal penetration that occurred under eight particular circumstances, if the alleged perpetrator is not your spouse.

A few of those circumstances are listed below:

Where force or violence is used or threatened

Where the perpetrator administers a narcotic or anesthetic agent to coerce the victim

Where the victim is asleep or unconscious

Where the victim is incapable through mental illness or any other unsoundness of mind, whether temporary or permanent, of giving legal consent

That definition is substantially narrower than the definition of sexual assault under the OU Sexual Misconduct Policy, which may make obtaining a VPO difficult. A no-contact order may work for you if you are primarily worried about running into your abuser on campus, and can be arranged through the Title IX Office.

You do not need to press charges or even file a police report in order to obtain a VPO. In fact, when filing the VPO, it may be useful to put down as little information as required. If you choose to file charges at a later date, it's helpful if the VPO includes less information, so that you don't have to recount the event multiple times to authorities.

## **Stalking**

The third way a VPO can protect you is when you are a victim of stalking. In order for you to successfully obtain a VPO against a person for stalking the person doing the stalking must be doing it willfully, maliciously, and repeatedly. That is, the stalking cannot be an isolated event. The stalking must also be in a manner that would cause a reasonable person to feel frightened, intimidated, threatened, harassed, or molested and the stalking must actually cause you to have one of those feelings. For example, suppose a person willfully and repeatedly follows you on your morning walks, if a reasonable person would feel frightened, intimidated, threatened, harassed, or molested then you may be a victim of stalking. However, in order for you to successfully obtain a VPO against that person for stalking you must actually have suffered from one of those feelings. If you have not suffered from one, or more, of the feelings mentioned, then you cannot obtain a VPO.

You can be a victim of stalking even if you are not being followed by a person. Under Oklahoma law, you can be a victim of stalking when a person (a) follows you or appears within your sight, (b) approaches or confronts you in a public place or on private property, (c) appears at your house or workplace, (d) enters onto or remains on property you own, lease, or occupy, (e) contacts you by telephone, (f) sends you mail or electronically communicates with you, or (g) places an object on, or delivers an object to, property you own, lease, or occupy. This is not a complete list of ways you can be stalked. The list merely shows that there are more ways to being stalked than simply being followed.

It is also very important to remember that filing a petition for stalking against a person who is neither a family or household member nor a person who you have been in a dating relationship with, without having first filed a complaint with a law enforcement agency, constitutes a frivolous filing. This means your petition for a VPO will automatically be dismissed and you can be charged court costs and attorney's fees.

## **Harassment**

Another instance when a VPO may be issued to protect you and your family is when you are a victim of harassment. Oklahoma law defines harassment as a knowing and willful course of conduct by a family or household member or an individual who is or has been involved in a dating relationship with the person. In other words, if you believe you are a victim of harassment and seek to obtain a VPO against the person harassing you, the person you seek the VPO against must either be a family member or a person living in your residence, or you must currently or previously have been in a dating relationship with that person.

In order for you to successfully obtain a VPO for harassment the harassing behavior must have also been specifically directed at you and the behavior must seriously alarm or annoy you. You must personally be the target of the harassing behavior and the behavior must seriously bother

you. The harassing behavior must also serve no legitimate purpose. In order to be a victim of harassment, the harassing behavior must be the type of behavior that would cause a reasonable person to suffer substantial emotional distress, and the behavior must actually cause substantial distress to you. For example, if you believe you are a victim of harassment, the harassing behavior must be the type of behavior that an average person would consider harassing. Although an average person may consider the behavior to be harassing, if you do not personally suffer any emotional distress from that harassing behavior then you cannot obtain a VPO for harassment.

### **Protections, Enforcement, and Costs**

If you are granted a VPO the order may do one, or more, things to protect you and your loved ones. A VPO may order an abuser to: (a) stop abusing you, (b) stop threatening you, (c) not contact you, (d) not stalk or harass you, (e) not visit your children, (f) leave the home that they share with you, (g) pay your attorney's fees, (h) suspend the abusers right to bear arms, and/or (i) attend counseling programs. A court can order a VPO to remain in force for up to 5 years. In common practice, judges in Oklahoma County regularly use the 5 year legal maximum.

The first time a person violates a VPO, under Oklahoma law, that person, upon conviction, will be guilty of a misdemeanor and may be fined up to \$1000 or placed in jail for up to 1 year. If a person has previously violated a VPO, and is convicted of a subsequent violation, that person shall be guilty of a felony and will be placed in jail for at least 1 year but possibly up to 3 years, or the person may be fined up to \$2,000.

In Oklahoma, if a person is convicted of violating a VPO by causing physical injury that person will be found guilty of a misdemeanor and placed in prison from 20 days to 1 year, the person may also be fined up to \$5,000. A person who is convicted of violating a VPO by causing physical injury for a second time will be found guilty of a felony and punished by being placed in prison anywhere from 1 to 5 years, or fined anywhere from \$3,000 to \$10,000, or may be fined and placed in jail.

Under Oklahoma law, there are no filing fees, service of process fees, defendant's attorney fees or any other fees or costs charged to you, the victim, at any time for filing for a VPO whether the order is granted or not. The court may assess costs to the abuser, and order them to pay your attorney's fees, if a protective order is granted. However, it is important to keep in mind that although there are no costs or fees associated with filing for a VPO, if your filing is found to be frivolous, the court may impose attorney fees and court costs on you. If you or someone you know is a victim of domestic abuse, harassment, or stalking, please seek professional legal counsel or law enforcement immediately. Please protect yourself and be safe.

## **AFTER THE VICTIM'S PROTECTIVE ORDER<sup>11</sup>**

### **If the VPO was granted:**

Make multiple copies of your VPO

Keep the original in a safe location (i.e. your house)

Keep one in your purse, car, at work, parent's house, friend's house or any other

place your abuser may try to contact you

If you have a child that the abuser is in contact with, see if you can keep a copy of your VPO on file at your child's school or daycare as well.

Provide a copy to OUPD and the Title IX office.

If the abuser contacts you in ANY WAY after the Emergency or Final VPO has been granted:

Call the police and file a report immediately. The abuser will face a new charge.

Have evidence on hand or witnesses ready when filing the VPO contact report.

Examples of evidence include, but are not limited to:

Texts

Phone calls

Pictures

Third party contact (they contact you by having someone else deliver their message, such as having a child or family member say something to you at their request)

Written notes or cards

If you are thinking about dropping the VPO:

Contact your Advocate; they can go over the pros and cons of this decision and how it can affect you in the future.

If you do drop the VPO, understand that any contact, harassment, stalking, etc. from the abuser in the future will NOT result in a VPO violation felony charge. You will have to go through the ENTIRE court process again and petition for a new VPO.

### **If a VPO was not granted:**

Keep a log of the abuser's harassing behavior and/or stalking. There could still be potential for another crime to be reported. Follow up with the Domestic Violence Assistant District Attorney in order for them to determine if a charge can be filed.

### **No Contact Bail Bonds:**

Whether or not you have a VPO currently in place, if the judge establishes a no contact bond for your abuser, they are not to contact you while they are out on bail.

If your abuser does make contact with you when a no contact bond has been established, you need to contact the office of the District Attorney to report a violation.

Office of the District Attorney's Phone Number: (405) 321-8268

Be ready to have evidence to give to the District Attorney's office in order to make changes to the bond, such as pictures of texts the abuser sent, a phone log showing that he's called, third party messages or any other sort of communication and possible witnesses of any interaction that the abuser tries to make with you.

A no contact bond violation can result in having the bond revoked or enhanced, possibly resulting in the abuser having to stay in jail until their hearing.

### **If you have been granted a VPO and you have a No Contact Bond:**

Keep both of them; they are both legal tools for your protection and you can have them concurrently.

A No Contact Bond only lasts as long as the case is in court, whereas a VPO can last up to 5 years, not including petitions to have the VPO extended in the future.

Do not drop a VPO because someone suggested the No Contact bond will be enough.

When the case is finished in court and there is no VPO in place, your abuser can contact you without facing the same repercussions they would face if there were a VPO.

## **OKLAHOMA VICTIM INFORMATION & NOTIFICATION EVERYDAY<sup>12</sup>**

OK VINE is Oklahoma's criminal tracking and victim notification system. OK VINE is a free, 24-hour, confidential, computer-assisted service that provides Victim Information and Notification Everyday. OK VINE was created with victims' safety in mind. However, OK VINE is available to anyone who needs custody information about an offender.

To request OK VINE notification, call 1-877-654-8463 using a touch-tone phone. Enter the offender's name or identifying number using the telephone keypad. Once the system locates the offender, it will give you a current offender status report, as well as the option to register for future notification about changes in the offender's status. You can register online at [www.vinelink.com](http://www.vinelink.com) where you can also sign up to receive email notification.

## **SAFETY PLANNING GUIDELINES<sup>13</sup>**

### **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.

### **What Is A Safety Plan?**

A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. 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 residence halls and other places that you go on a daily basis.

### **How Do I Make A Safety Plan?**

Take some time for yourself to go through each section of this safety plan. You can complete these pages 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**

### **Staying Safe on Campus:**

The safest way for me to get to class is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The safest way for me to get to work is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

There are places on campus where I often run into my abuser: \_\_\_\_\_

\_\_\_\_\_ and \_\_\_\_\_

I will try and avoid those palces as much as possible or try to go when they 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 \_\_\_\_\_

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

OU Advocates: 405.615.0013

Title IX Office: 405.325.2215

Campus Police: 405.325.1717 (non emergency)  
405.325.1911 (emergency)

Resident Advisor

Dean of Students: 405.325.3161

Gender + Equality Center: 405.325.4929

University Counseling Center: 405.325.2911

Other: \_\_\_\_\_

**Staying Safe in my Living Space**

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 my living space in an emergency is: \_\_\_\_\_

\_\_\_\_\_

If I have to leave my living space 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 that I can alert my family, friends, roommates, and/or hall mates for help without my abuser knowing about it. My code word is: \_\_\_\_\_

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

Change of clothes

Medications

Special photos or other valuable items

If I have children — anything they may need (important papers, formula, diapers)

**Staying Safe Emotionally**

My abuser often makes me feel bad by saying this: \_\_\_\_\_

\_\_\_\_\_

When they do this, I will think of these reasons why I know my abuser is wrong: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will do things I enjoy, like: \_\_\_\_\_

\_\_\_\_\_

I will join clubs or organizations that interest me, like: \_\_\_\_\_

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

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

### **Getting Help in Your Community**

For emergencies: 911

National Dating Abuse Helpline: 1.866.331.9474

Campus Police Station

Phone#: 405.325.2864

Location: 2775 Monitor Ave, 73072

Goddard Health Services

Phone#: 405.325.4611

Location: 620 Elm Ave, 73019

University Counseling Center

Phone#: 405.325.2911

Location: 620 Elm Ave, 73019

Gender + Equality Center

Phone#: 405.325.4929

Location: Oklahoma Memorial Union, Suite 247

OU Advocates

Phone#: 405.615.0013

Location: Oklahoma Memorial Union, Suite 247

Student Legal Services

Phone#: 405.325.2911

Location: Walker Tower, Suite 235 West

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

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

**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 residence hall staff or campus police 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 their 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 abuser 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 abuser.

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.

## **RESOURCES**

These resources are here for any issues that are not addressed in this packet. They include information about support groups, hotlines, counseling, and contact information for all of the organizations mentioned in this packet.

### **NORMAN**

#### **Women's Resource Center<sup>14</sup>**

The Women's Resource Center is a grassroots organization that works to meet the needs of men and women who have been victimized by sexual assault, domestic violence, and stalking. The organization is home to Norman's Rape Crisis Center, which provides sexual assault and domestic violence exams to document abuse and provide medical care at no cost to the victim.

## **Goddard Health Center**

Goddard Health Center can assist with any health concerns that you might have, including STD testing, treating any physical injuries, and counseling.

To make an appointment, you can call 405.325.4611, or simply walk in. If you want to reach their counseling center, you can call 405.325.2911. However, we encourage you to make an appointment through OU Advocates.

## **Title IX Office**

If you want to file a report with the Sexual Misconduct Office, you can do so online. The form can be found on the homepage of the Institutional Equity Office, on the left-hand side. The web address for their website is [ou.edu/eoo](http://ou.edu/eoo). You can also report in-person by making an appointment via phone or email.

Contact information for the Sexual Misconduct Office is below.

Four Partners Place  
301 David L. Boren Blvd., Suite 1000  
Norman, OK 73019  
Office: (405) 325-2215  
Email: [smo@ou.edu](mailto:smo@ou.edu)

They also have a satellite office on the second floor of Walker Center, room 218 West.

## **University of Oklahoma Police Department—Norman Campus**

The OU Police Department investigates reports of crimes on the OU campus or those involving members of the OU community.

In order to file a report with the police department, you must call them. They do not accept emailed or typed reports.

## **Norman Police Department**

The Norman Police Department investigates reports of crimes that were committed off-campus. Their non-emergency number is 405-321-1600.

## **NATION WIDE**

### **Domestic Violence Hotline**

The National Domestic Violence Hotline has been the vital link to safety for women, men, children, and families affected by domestic violence. With the help of dedicated advocates and staff, they respond to calls 24/7, 365 days a year.

They provide confidential, one-on-one support to each caller offering crisis intervention, options for next steps and direct connection to sources for immediate safety. Their database holds over 5,000 agencies and resources in communities all across the country. Bilingual advocates are

on hand to speak with callers, and their Language Line offers translations in 170+ different languages.

You can call 1-800-799-7233 to access their services, or 1-800-787-3224 for the deaf and hard of hearing.

**Contact Information:**

24/7 Hotline: 405.701.5540

**After Silence<sup>15</sup>**

After Silence is an organization designed to help victims become survivors, and communicate in the recovery of domestic violence. Their mission is to support, empower, validate, and educate survivors, as well as their families and supporters. The core of their organization is a support group, message board, and chat room where victims and survivors come together online in a mutually supportive and safe environment.

If you'd like to participate in their chat rooms and connect with other survivors, visit: [aftersilence.org/forums](http://aftersilence.org/forums).

**Rape, Abuse, & Incest National Network (RAINN)<sup>16</sup>**

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, [online.rainn.org](http://online.rainn.org) y [online.rainn.org/es](http://online.rainn.org/es)) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN carries out programs to prevent sexual violence, help victims, and ensure that perpetrators are brought to justice. Their website contains information about safety planning and intimate partner violence.

**Forge Forward**

FORGE is a national transgender anti-violence organization, founded in 1994. Their role as a technical assistance provider has allowed us to directly see key continued and emerging challenges many agencies are experiencing in serving sexual assault survivors of all genders.

Their work is rooted in two foundational principles: Being trauma-informed and empowerment-focused in all the work they do both with survivors and with victim service professionals. They are also guided by research and evidence-based strategies, but are highly aware that when working with marginalized populations sometimes the most successful solutions are charting new territory and creating new best practices.

Their website, [forge-forward.org](http://forge-forward.org), contains copious information for trans and gender-nonconforming survivors.

## ENDNOTES

**1** Adapted from the article "Examining Your Relationship," produced by The Red Flag Campaign for their Campus Planning Guide. The full article can be found here: <https://static1.squarespace.com/static/54da632be4b0c3a7f3a8a90d/t/5568931de4b004ca4ce11ff4/1432916765951/Examining+Your+Relationship.pdf>

**2** Adapted from the article "Red Flags," produced by the Domestic Abuse Project. The full article can be found here: <http://www.domesticabuseproject.com/get-educated/red-flags/>

**3** The following information was adapted from the article "Emotional Abuse" from Women's Law. The full article can be found here: [http://www.womenslaw.org/simple.php?sitemap\\_id=188](http://www.womenslaw.org/simple.php?sitemap_id=188)

**4** The following information was adapted from the article "Safety Planning: A Guide for Transgender and Gender Non-Conforming Individuals Who Are Experiencing Intimate Partner Violence"

**5** The following information was obtained from the article "Self-Care After Trauma," published by RAINN. The full article can be found at <https://www.rainn.org/articles/self-care-after-trauma>

**6** The following information was obtained from the article "Depression," published by RAINN. The full article can be found at <https://www.rainn.org/articles/depression>.

**7** The following information was obtained from the article "Flashbacks," published by RAINN. The article can be found at <https://www.rainn.org/articles/flashbacks>.

**8** The following information was obtained from the article "Post-Traumatic Stress Disorder," published by RAINN. The full article can be found at <https://www.rainn.org/articles/posttraumatic-stress-disorder>

**9** The following assessment was provided by the National Coalition Against Domestic Violence.

**10** Adapted from the article, "Victim Protective Orders in Oklahoma," written by Jason Sansone for Avvo. The full article can be found at <https://www.avvo.com/legal-guides/ugc/victim-protective-orders-vpo-in-oklahoma>

**11** This information was adapted from a document that the Norman Women's Resource Center produces.

**12** This information was adapted from the article "OK VINE, Criminal Tracking and Victim Notification," which was published by Oklahoma County. The full article can be found here: <https://www.oklahomacounty.org/departments/districtattorney/documents/vine.pdf>

**13** The following information was adapted from the article "A College Student's Guide to Safety

Planning," published by Love is Respect.

**14** The following information was obtained from the Women's Resource Center website, which can be found here: <http://wrcnormanok.org>

**15** The following information was obtained from the homepage of After Silence, which can be found at [aftersilence.org](http://aftersilence.org)

**16** The following information was obtained from the mission statement on RAINN's website. The full article can be found at <https://about-rainn>





