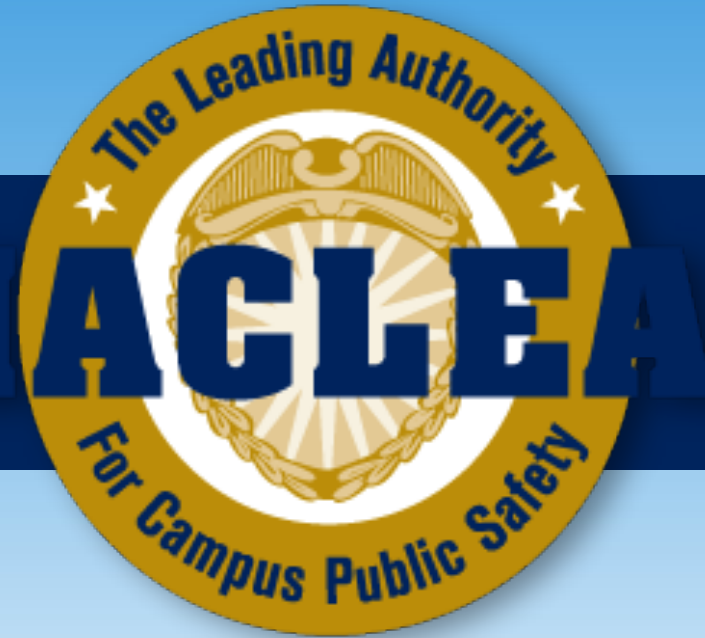
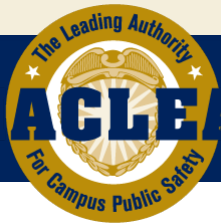


Dating/Domestic Violence and Stalking



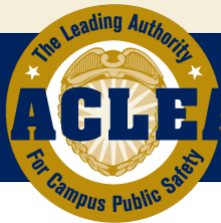


Intimate Partner Violence

Process of imbalanced power, maintained by a pattern of coercive & controlling tactics

Based in fear

Do not always include physical violence – usually present in a cycle with different types of abuse



WHAT IS RELATIONSHIP VIOLENCE?



SOURCES

FIFTH & PACIFIC COMPANIES, INC. (FORMERLY L&L CLARION, INC.), CONDUCTED BY KNOWLEDGE NETWORKS, (OCTOBER 2010). "COLLEGE DATING VIOLENCE AND ABUSE POLL."
NATIONAL INTIMATE PARTNER AND SEXUAL VIOLENCE SURVEY - 2010 SUMMARY REPORT, NATIONAL CENTER FOR INJURY AND CONTROL, CENTERS FOR DISEASE CONTROL AND PREVENTION



Types of Abuse

Physical Abuse:

- Hitting or slapping
- Shoving
- Choking
- Restraint
- Kidnapping
- Pinching

Abuse of Property:

- Abuse against pets
- Destruction of property
- Tampering with property

Emotional Abuse:

- Isolation from friends & family
- Intimidation
- Humiliation
- Manipulation
- Suicide threats
- Jealousy
- Possessiveness
- Stalking

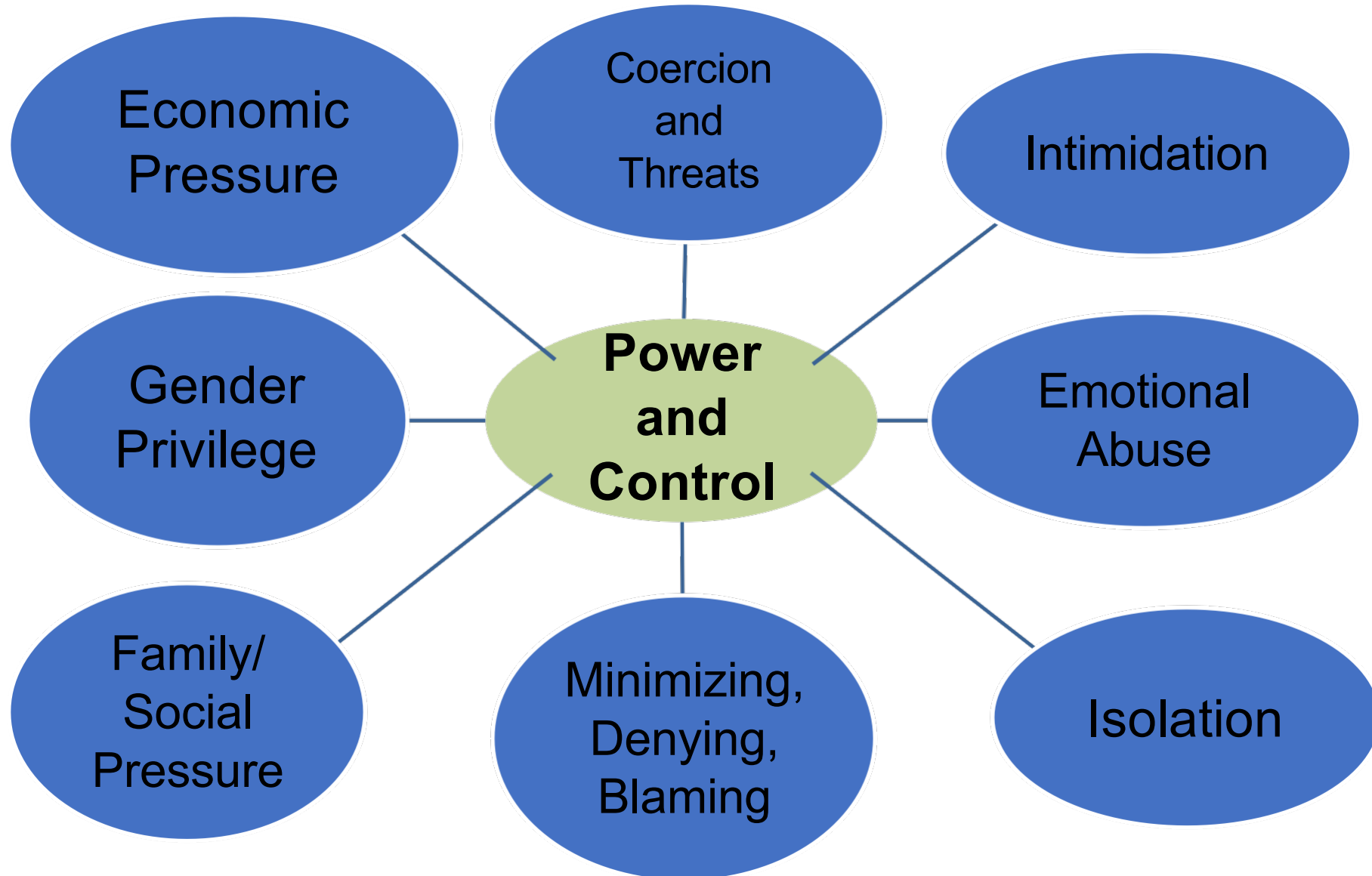
Sexual Abuse:

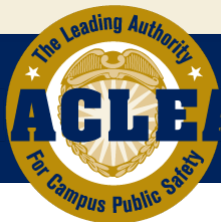
- Forced sexual activity & rape
- Forced viewing of pornography
- Sabotage of birth control
- Non-consensual touching

Verbal Abuse:

- Put-downs
- Name-calling
- Threats
- Spreading rumors
- Blaming
- Yelling

Power & Control Wheel





Cycle of Violence

- Maintained by a pattern of coercive and controlling tactics
- Stages may vary over time
- Violence often can become more frequent and severe each time the cycle is repeated





Honeymoon Phase

- Abuser is sorry and apologetic.
- Abuser makes promises.
- Idealized and romantic.
- This phase often disappears with time.

Tension Building Phase

- Minor incidents of physical/emotional abuse.
- Victim feels growing tension.
- Victim tries to control situation to avoid violence.
- “Walking on eggshells.”
- The victim cannot control the abuser.

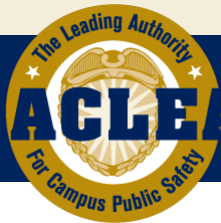
Crisis Phase

- The actual abuse:
- physical, emotional, sexual, verbal, financial



Signs of an Abusive Relationship

- Looking to partner to give answers
- Changes in dress
- Delaying treatment of injuries
- Signs of anxiety, depression, suicide
- Onset of alcohol or drug abuse
- Mood changes
- Missed appointments and work
- Difficulty making decisions
- Protecting abuser
- Withdrawal
- Isolation from friends and family



Why Don't They Leave?



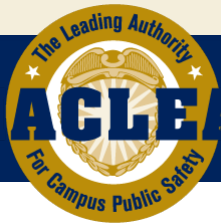
Loyalty

Hope that the partner will change

Isolation

Lack of support from family, friends, and social networks

Fear (danger increases when someone tries to end a relationship)



Unique Campus Challenges

First (serious) romantic relationships

Closed environment of campus

First time away from home/isolated personal support network

Small/limited social network on campus

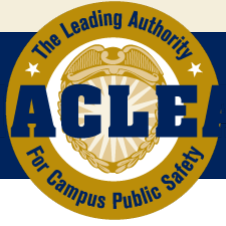
Shared spaces (class, dorms/apartments, & social groups)

Not perceived as relationship violence by student, peers, or administrators

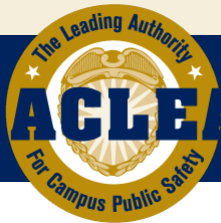
Campus specific social networking

Financial constraints

- Easier access for abusers to stalk survivors



What is Helpful for Family,
Friends, and Advocates?



Helpful Tips

Don't "name" it

■ We only see it when we are ready to.

Don't minimize emotional and verbal abuse

Don't blame the victim

■ For the abuse OR for the situation, e.g. "I wouldn't put up with that." or "I would leave."

■ The abuser is already blaming the victim

Make sure your friend knows that you care

■ "I'm worried about you..."

■ Keep checking in

Support your friend in making their own decisions



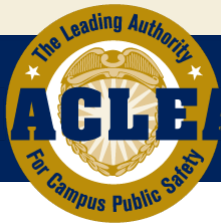
Helpful Tips

- Use specific information/examples to back up your concerns
 - “I noticed you’ve had a lot of injuries lately...”
 - “I’ve noticed that he/she gets angry every time you want to spend time with anyone else
- Be prepared for your friend to:
 - minimize the situation
 - Return to the abusive partner
- Counter the verbal and emotional abuse by making supportive and empowering statements
- Connect your friend to resources

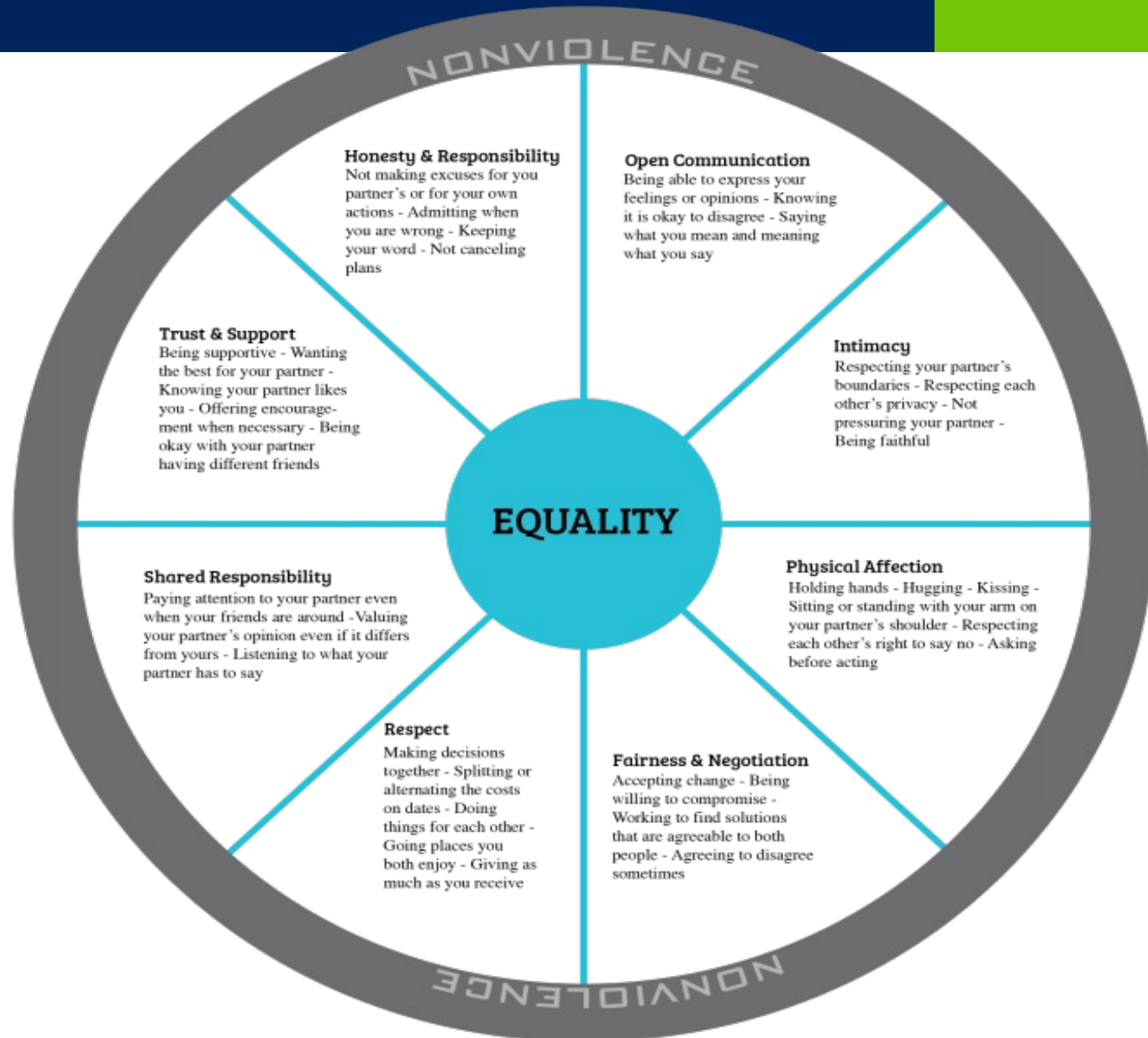


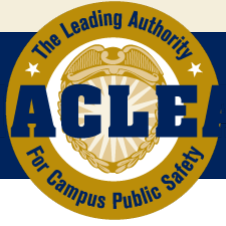
Safety Planning

- Whether the victim wants to stay in the relationship or leave the relationship, a Safety Plan is an important part of the victim's feelings of safety and comfort. The most dangerous point in any abusive relationship is when the victim chooses to leave the relationship. Leaving the relationship removes all power and control from the abusive party, and causes the abusive party to become destabilized and unpredictable. Every effort should be made to help the victim plan safe ways of getting through his or her days.
 - Safety plans will change over time.



Equity Wheel of Healthy Relationships





Strangulation



Definition

- Strangulation is a form of asphyxia characterized by closure of the blood vessels and/or air passages of the neck as a result of external pressure on the neck

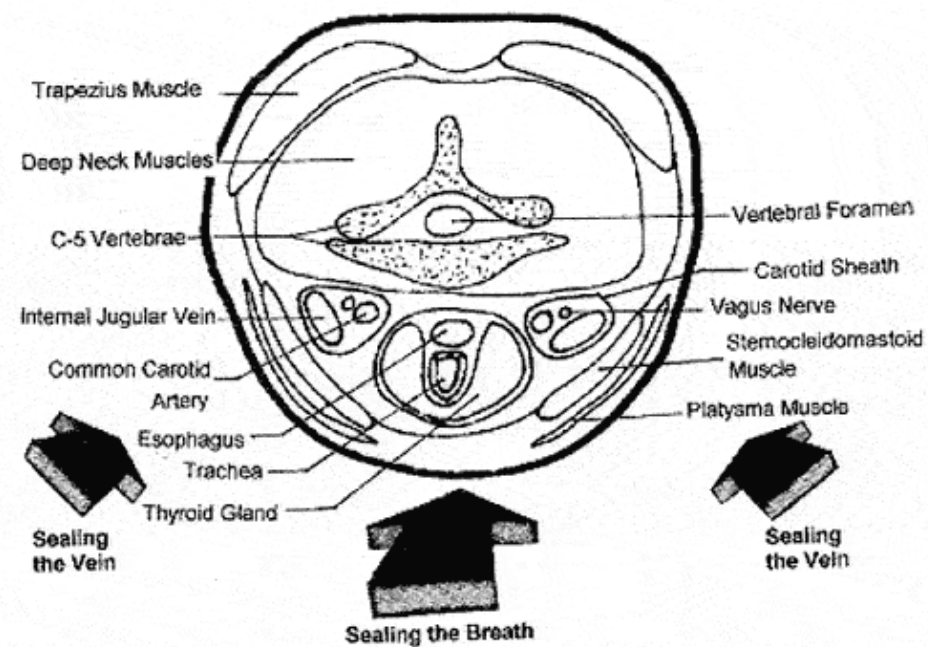


Strangulation Facts from the Strangulation Institute

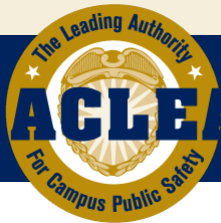
- In approx. 50% of strangulation cases, there are no visible injuries
- Only 3% of victims seek medical care
- 87% of victims are threatened with death
- 88% of victims are victims of other types of abuse
- 70% of victims thought they were going to die
- 99% of the suspects were male
- 97% of victims were manually strangled

Common Pathways to Unconsciousness and Death

- Lack of oxygen to brain:
 - Occlusion of blood flow:
 - carotid arteries (direct)
 - jugular veins (venous backup/congestion)
 - Occlusion of airway: trachea



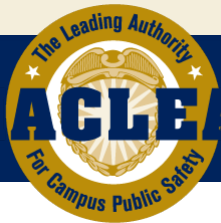
Note the correct angles for sealing the breath (choke hold) and sealing the vein (sleeper hold).



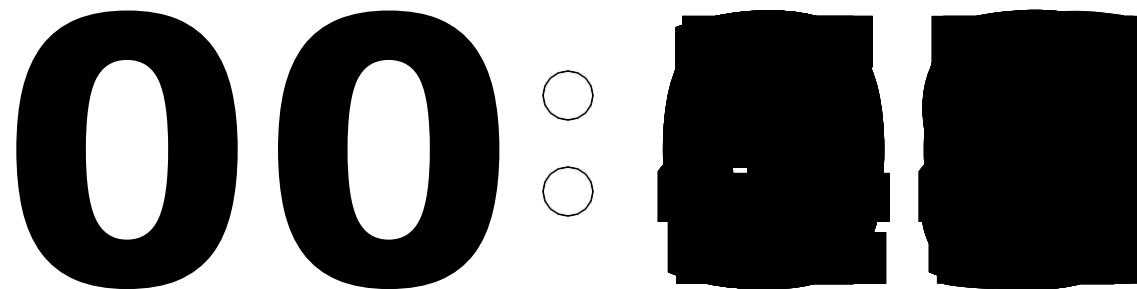
Examples of Applied Pressure

- Handgun trigger pull: 6 psi
- Opening of soda can: 20 psi
- Adult male hand shake: 80-100 psi
- Maximum adult male hand shake: 160-180 psi
- **Approx. 4.4 PSI to completely obstruct your vein**
- Source: Dr. Bill Smock, Louisville
- Metro Police Department





How Long is Too Long?

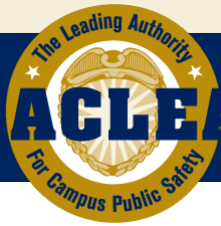


- 6.8 seconds – unconscious (brain cells begin to die)
- Anoxic seizure (lasts 2-8 seconds)
- 15+ seconds – loss of bladder control
- 30+ seconds – loss of bowel control
- ?? seconds – point of no return: “brain dead”/coma
- 1 - 2.5 Minutes – death (no controlled human studies but videos of deaths)



Signs and Symptoms

- Redness to neck
- Scratch marks
- Rope burns
- Thumb print bruising
- Red eyes
- Spasm
- Urination & defecation
- Pain to neck/throat
- Coughing
- Raspy voice
- Nausea or vomiting
- Unconsciousness
- Ears ringing
- Head rush
- Miscarriage



NEUROLOGICAL

- Loss of memory
- Loss of consciousness
- Behavioral changes
- Loss of sensation
- Extremity weakness
- Difficulty speaking
- Fainting
- Urination
- Defecation
- Vomiting
- Dizziness
- Headaches

SCALP

- Petechiae
- Bald spots (*from hair being pulled*)
- Bump to the head (*from blunt force trauma or falling to the ground*)

EYES & EYELIDS

- Petechiae to eyeball
- Petechiae to eyelid
- Bloody red eyeball(s)
- Vision changes
- Droopy eyelid

EARS

- Ringing in ears
- Petechiae on earlobe(s)
- Bruising behind the ear
- Bleeding in the ear

FACE

- Petechiae (*tiny red spots- slightly red or florid*)
- Scratch marks
- Facial drooping
- Swelling

MOUTH

- Bruising
- Swollen tongue
- Swollen lips
- Cuts/abrasions
- Internal Petechiae

CHEST

- Chest pain
- Redness
- Scratch marks
- Bruising
- Abrasions

NECK

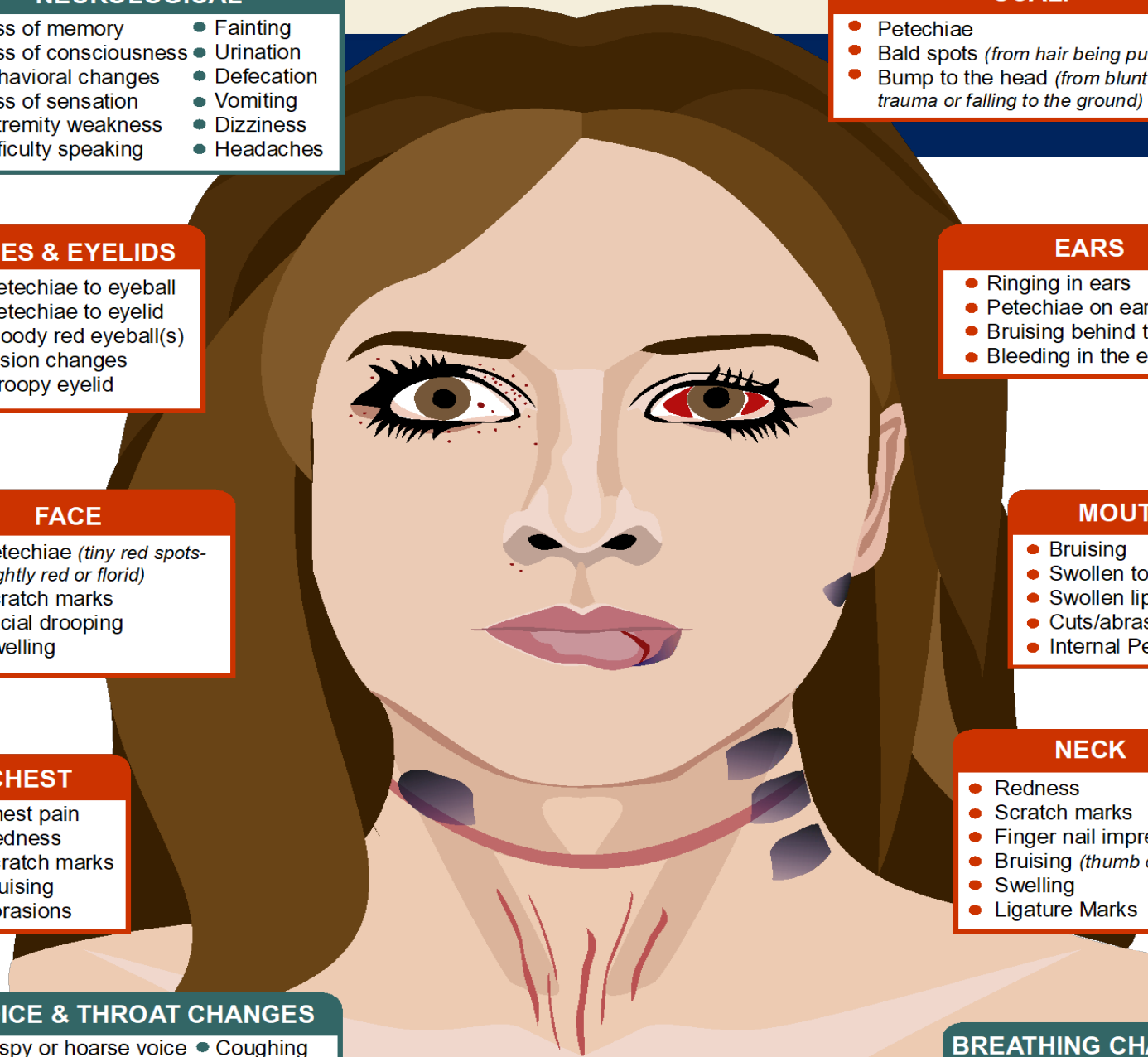
- Redness
- Scratch marks
- Finger nail impressions
- Bruising (*thumb or fingers*)
- Swelling
- Ligature Marks

VOICE & THROAT CHANGES

- Raspy or hoarse voice
- Unable to speak
- Trouble swallowing
- Painful to swallow
- Clearing the throat
- Coughing
- Nausea
- Drooling
- Sore throat
- Stridor

BREATHING CHANGES

- Difficulty breathing
- Respiratory distress
- Unable to breathe



Was it one hand?





Was it two hands?



From the front or behind?

- Front



- Back

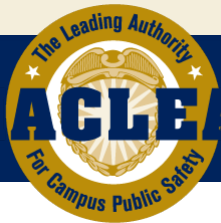


One arm?



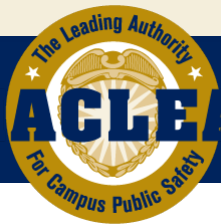
Was it a neck restraint of some type?





Was a ligature used?





Do Not Apply Pressure to the Victim's Neck to Recreate the Method

- Ask victim to demonstrate how they were strangled & look for injuries at those pressure points.
 - Take photos of injuries or lack of injuries



STRANGULATION ASSESSMENT CARD

SIGNS

- Red eyes or spots (Petechiae)
- Neck swelling
- Nausea or vomiting
- Unsteady
- Loss or lapse of memory
- Urinated
- Defecated
- Possible loss of consciousness
- Ptosis – droopy eyelid
- Droopy face
- Seizure
- Tongue injury
- Lip injury
- Mental status changes
- Voice changes

SYMPTOMS

- Neck pain
- Jaw pain
- Scalp pain (from hair pulling)
- Sore throat
- Difficulty breathing
- Difficulty swallowing
- Vision changes (spots, tunnel vision, flashing lights)
- Hearing changes
- Light headedness
- Headache
- Weakness or numbness to arms or legs
- Voice changes

CHECKLIST

- S Scene & Safety.** Take in the scene. Make sure you and the victim are safe.
- T Trauma.** The victim is traumatized. Be kind. Ask: what do you remember? See? Feel? Hear? Think?
- R Reassure & Resources.** Reassure the victim that help is available and provide resources.
- A Assess.** Assess the victim for signs and symptoms of strangulation and TBI.
- N Notes.** Document your observations. Put victim statements in quotes.
- G Give.** Give the victim an advisal about delayed consequences.
- L Loss of Consciousness.** Victims may not remember. Lapse of memory? Change in location? Urination? Defecation?
- E Encourage.** Encourage medical attention or transport if life-threatening injuries exist.

TRANSPORT

If the victim is **Pregnant** or has life-threatening injuries which include:

- Difficulty breathing
- Difficulty swallowing
- Petechial hemorrhage
- Vision changes
- Loss of consciousness
- Urinated
- Defecated

DELAYED CONSEQUENCES

Victims may look fine and say they are fine, but just underneath the skin there would be internal injury and/or delayed complications. Internal injury may take a few hours to be appreciated. The victim may develop delayed swelling, hematomas, vocal cord immobility, displaced laryngeal fractures, fractured thyroid bone, airway obstruction, stroke or even delayed death from a carotid dissection, bloodclot, respiratory complications, or anoxic brain damage.

Taliaferro, E., Hawley, D., McClane, G.E. & Strack, G. (2009), Strangulation in Intimate Partner Violence. *Intimate Partner Violence: A Health-Based Perspective*. Oxford University Press, Inc.

This project is supported all or in part by Grant No. 2014-TA-AX-K008 awarded by the Office on Violence Against Women, U.S. Dept. of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

“Choking” vs. “Strangulation”

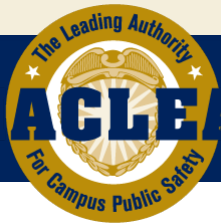




How did you feel?

- “fuzzy,” “dizzy”
- “head rush”
- “I saw stars.”
- “I saw black and white.”
- “I couldn’t breathe”
- “I passed out”
- “I vomited several times”
- “I had trouble swallowing”
- “I felt like my head was going to explode”
- “I felt a rush of blood to my head”

- The victim said: “No, he didn't choke me. He only covered my mouth to keep me from screaming.”



Any swelling or lumps to neck?

- Look for neck swelling or lumps especially if victim reported multiple attacks or prior strangulation assaults.
- Ask victim to look in the mirror.
- Ask victim if her neck looks swollen?
- Ask victim to gently feel her neck and if there are any lumps that were not there before?
- If so, call paramedics immediately and insist on medical attention immediately. Do not ask.



Image 1. This first image represents a raw photograph showing little to no signs of harm.

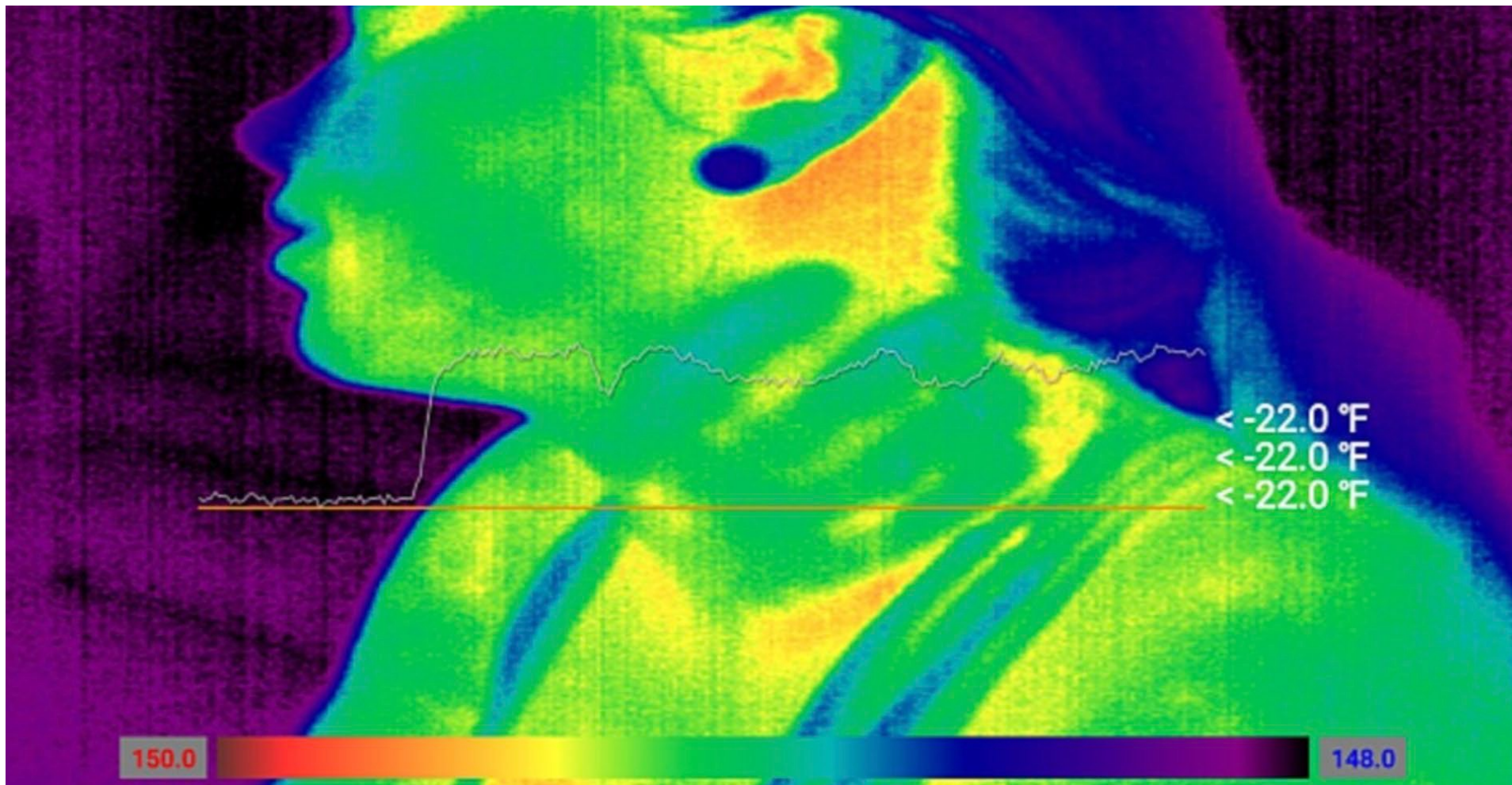


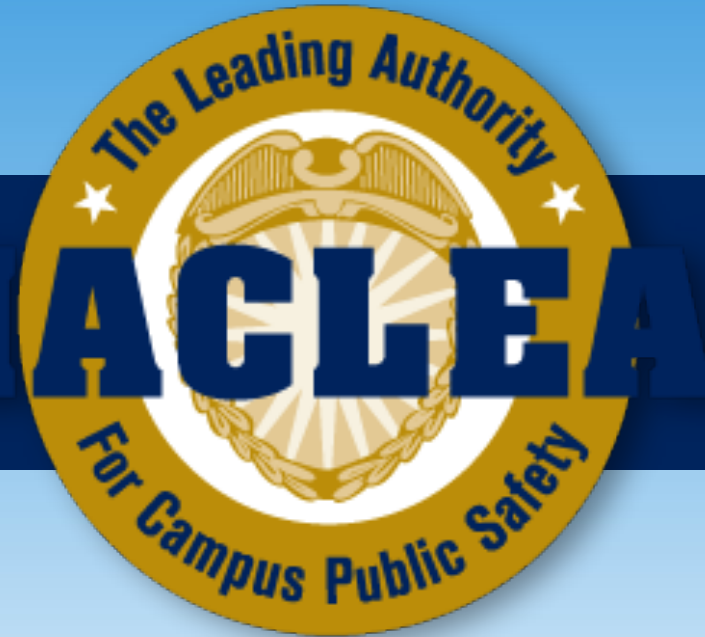
Image 2 was taken with an i3 Thermal Expert, showing clear signs of hand print heat signatures on the victim's neck.



Key Takeaways

- May or may not be injuries
- Does not take much to strangle someone
- Extremely lethal
- Documentation and listening are very important

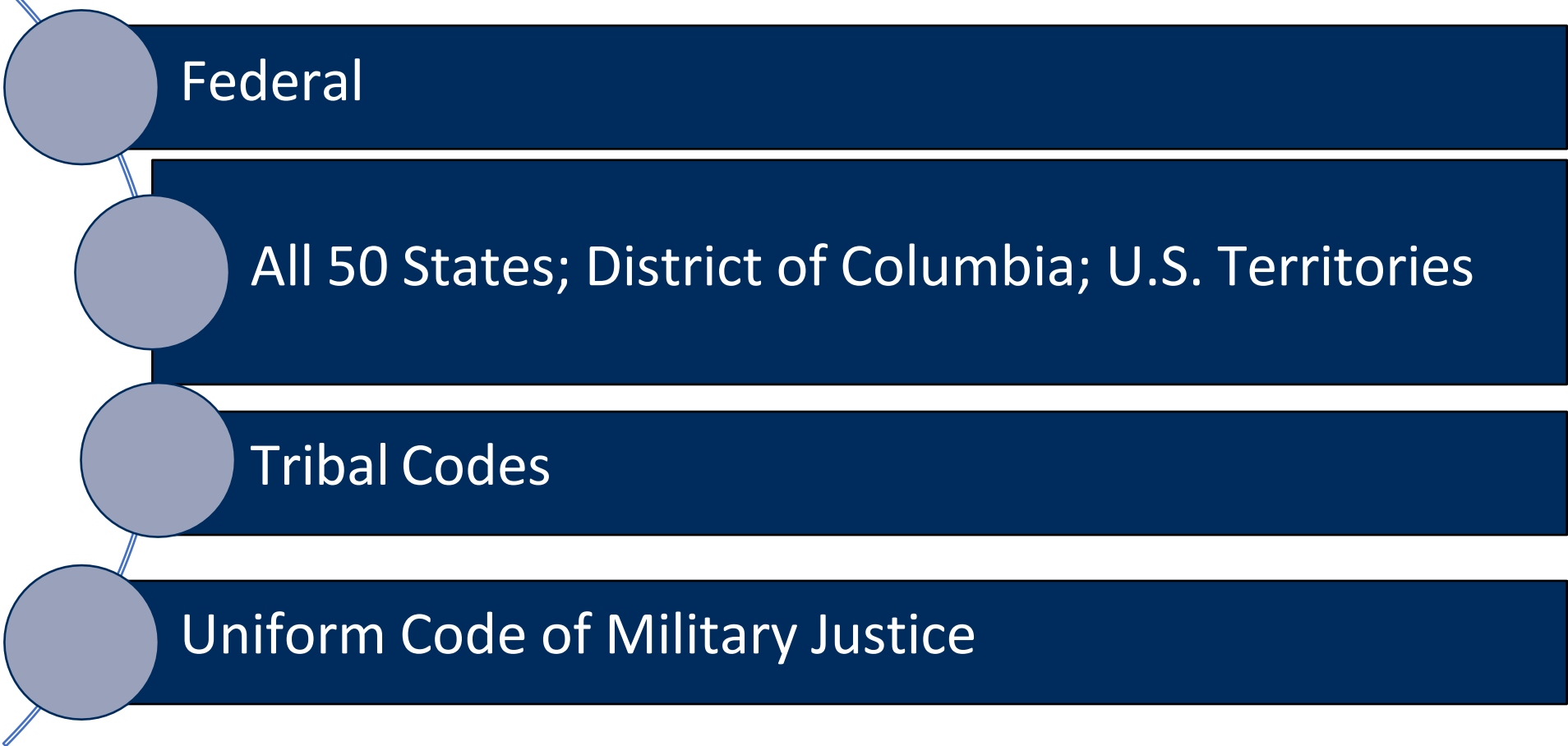
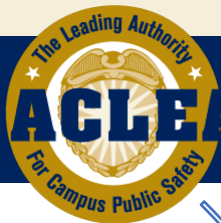
Investigating Stalking on Campus



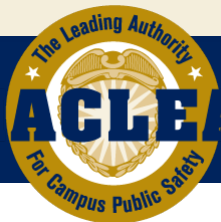


What is stalking?

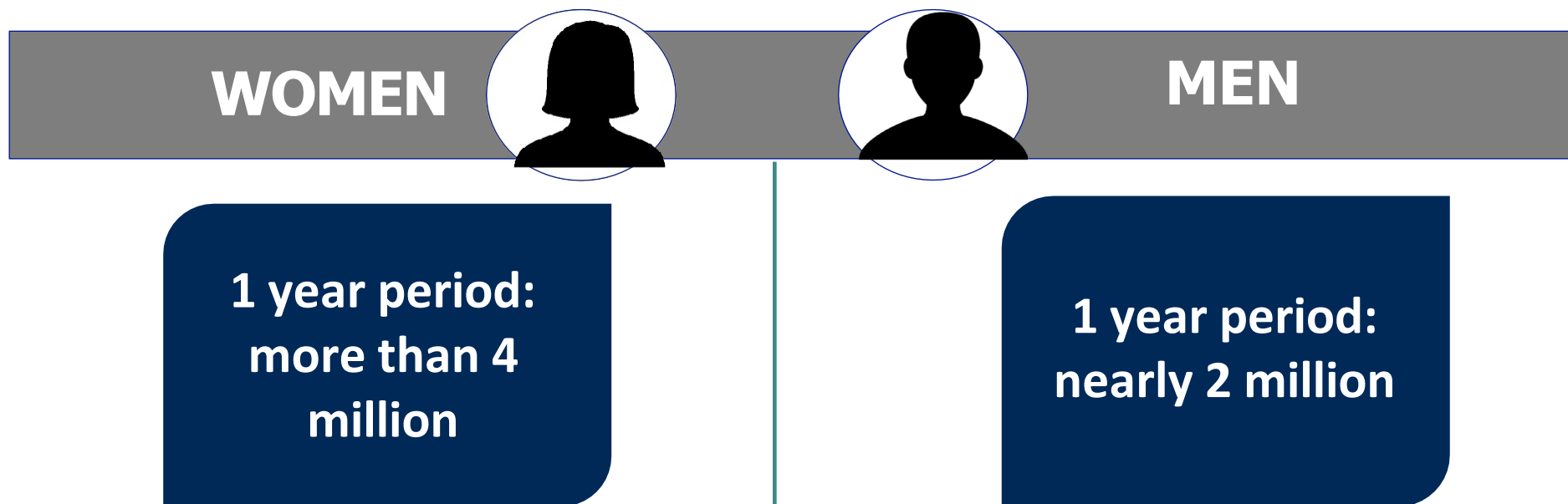
- A course of conduct directed at a specific person that would cause a reasonable person to feel fear. (generally accepted definition)
- Clery Definition:
- Engaging in a course of conduct directed at a specific person that would cause a reasonable person to—
 - Fear for the person’s safety or the safety of others
 - Suffer substantial emotional distress.
- For the purposes of this definition—
 - *Course of conduct* means two or more acts, including, but not limited to, acts in which the stalker directly, indirectly, or through third parties, by an action, method, device, or means, follows, monitors, observes, surveils, threatens, or communicates to or about, a person, or interferes with a person’s property.
 - *Substantial emotional distress* means significant mental suffering or anguish that may but does not necessarily, require medical or other professional treatment or counseling.
 - *Reasonable person* means a reasonable person under similar circumstances and with similar identities to the victim.



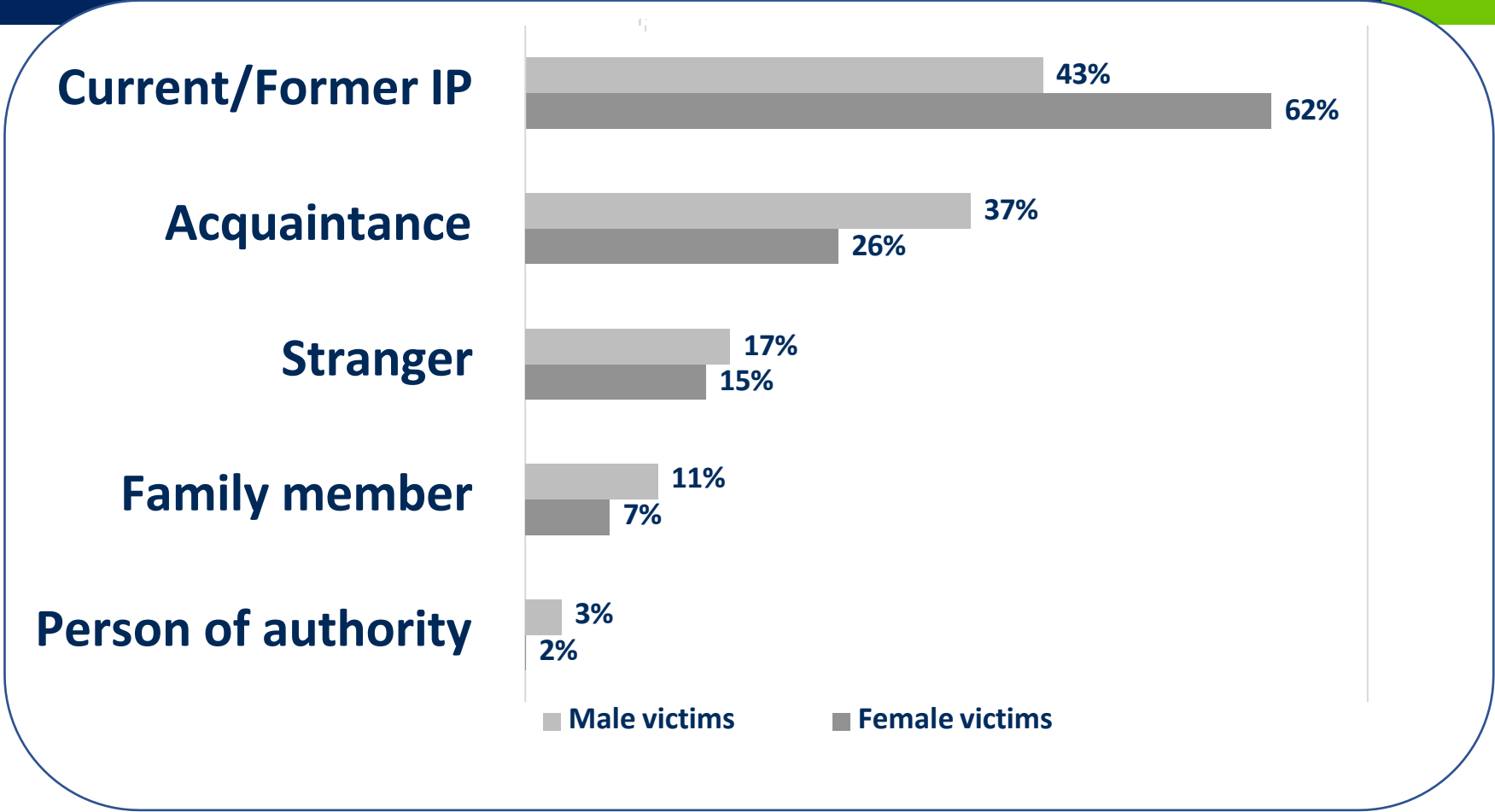
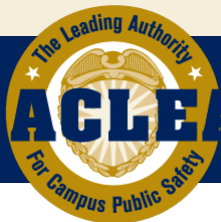
Stalking is a Crime



Prevalence of Stalking

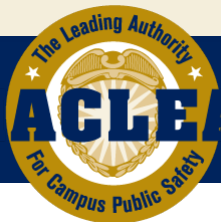


6- 7.5 million people are stalked in a one year period in the United States.

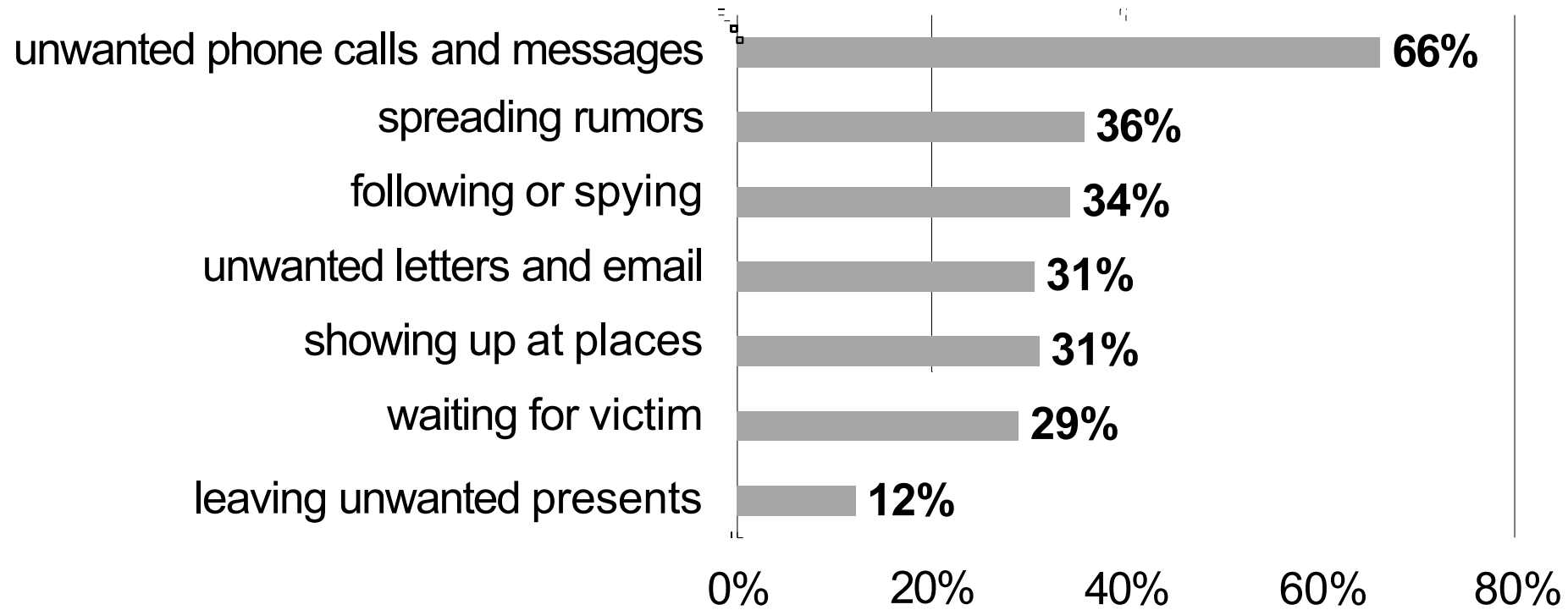


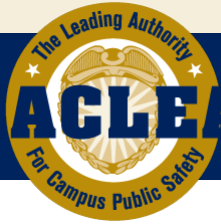
Victim & Offender Relationship

The National Intimate Partner and Sexual Violence Survey, 2010 – 2012 State Report, CENTERS FOR DISEASE CONTROL AND PREVENTION (2017)



Stalking Behaviors





Intersection with Physical & Sexual Violence

3/4 of women who experienced stalking-related behaviors experienced other forms of victimization (sexual, physical, or both)

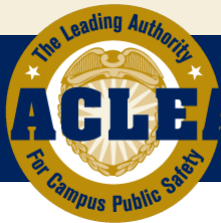
- ❑ Stalking and physical assault 8%
- ❑ Stalking and rape/sexual assault 26%
- ❑ Stalking, physical and rape/sexual assault 11%

- Stalking acknowledgement and reporting among college women experiencing intrusive behaviors (2007)



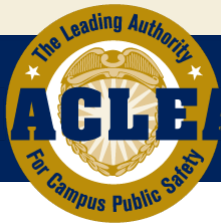
What makes stalking cases challenging?





Challenges with Stalking Cases

- Contextual crime
- Individual acts may not be criminal
- Victim may not identify what they are experiencing as stalking
- Evidence
- Long, resource intensive responses required
- Mental health
- Additional challenges for campus communities
 - Higher prevalence rate
 - Offender access to victim
 - Access to victim services
 - Jurisdictional issues



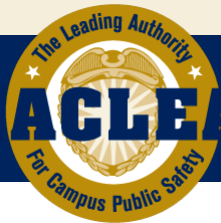
Recognizing Stalking – Context

Something may be frightening for the victim but not to you

Stalking behaviors often have specific meaning that is only understood between offender & victim

Stalking criminalizes otherwise non-criminal behavior

Easy to miss the stalking if it intersects with intimate partner or sexual violence



Intrusive Contact

- Calling/texting (repeatedly, at inappropriate times, hanging up)
- Stopping by residence
- Refusing to leave residence
- Creating disturbance at residence
- Leaving note on door/window
- Driving by residence
- Watching residence
- Waiting to meet other outside residence, class, work
- Following friends
- Appearing at restaurants, clubs, bars
- Threatening physical harm
- Threatening to say negative things about other



Victim Narrative

- Be prepared for a confusing recounting of incidents
 - out of order
 - mixed details
- The victim has most likely been experiencing a lot of anxiety and stress and will tell you events in the order that she/he thinks of them based on the emotion or stress each event triggers



Demonstrating Distress or Fear

Verbalize/communicate

- "I am afraid"
- "They are creeping me out"
- "I can't sleep/eat/concentrate"

Change in behavior

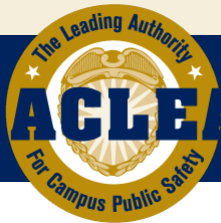
- Changes routes to/from class
- Changed sections
- Skipping class
- Staying at a friend's

If they are reporting it...



Victim – Suspect History

- Is there a prior relationship between the suspect and victim?
 - Dating/intimate/sexual relationship
 - Friends, classmates, co-workers, neighbors, etc.
- What was typical contact?
 - Medium
 - Frequency
- Is the suspect aware that their actions are unwanted?
 - REMEMBER: Any contact by victim could increase their risk
 - A person who is autistic may need to be told to stay away from the victim multiple times, and from multiple locations



Victim Interviews

- Has the suspect repeatedly tried to make contact with you?
- Has the suspect followed you to/from class/work? Other places (parties, bars, etc.)?
- Has the suspect showed up uninvited at places you were?
- Has the suspect ever threatened you?
- How does the suspect's behavior make you feel?
- Have you changed anything because of the suspect's behavior?



Victim Interviews

Questions about the *contact*

- Describe the contact.
- Please provide timeline or history of contact
- How did you receive the contact (email, social media, text, etc.)?
- How did you identify the sender if it was electronic?
- How did the contact make you feel?
- Did you communicate at all with the suspect?
- Did you communicate that the contact was unwanted? If so, how?
- Has the contact increased, decreased, ceased?



Fear & Emotional Distress

- How did the contact make you feel?
(Describe in your own words your response when you received the contact.)
- Explain in your own words how the contact frightened you?
- Did every contact frighten you or at what point did you become frightened?
- What do you think may happen to you as a result of the contact?



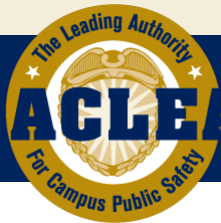
Fear & Emotional Distress

- Has this had an impact on your daily life? If so, how?
- Did you change your routines or patterns as a result of what has occurred?
- What has been the impact on your academics and/or job?
- What have you done differently as a result of this situation?
- Have you gotten new phone numbers, email accounts, online screen name and not told the person contacting you?
- Tell me more about...



Suspect Interviews

- Stalkers may want to talk about their victims and explain away what they are doing to convince others they are “right” in their behaviors.
- ***“Do you understand how you are impacting _____?”***



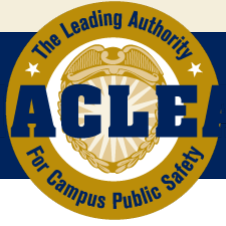
Suspect Interviews

- Describe the contact
- Timeline of contact
- How was contact sent?
- Did you receive a response? What was it?
- What was the purpose of the contact?
- Why did you continue to contact (either after asked to cease or when responses ceased or when no response was received)?



Investigation: Things to Remember

- **Do not** blame or ask why questions.
- Remember co-occurring offenses.
- Disclosure is a process and can take an extended period of time.
- You may not be able to prove stalking, but what about harassment or another offense?
- Evidence
 - Video cameras in the area?



Questions?