

## National Domestic Violence Hotline

The National Domestic Violence Hotline provides a free and confidential resource to those who are abused or to friends and family who are concerned that a loved one is being abused. Hotline services include:

- Crisis intervention.
- Safety planning.
- Information about domestic violence and referrals to local service providers.
- Direct connection to domestic violence resources available in the caller's area provided by a Hotline advocate.
- Assistance in more than 140 different languages.

## Where Can I Report on Campus?

- Police
- Public Safety Department
- Human Resources
- Crime Victim Advocate\*  
John Cake
- Title IX Coordinator  
John Cake
- Vice President of Student Life  
Dr. Ralph Johnson
- Dean of Men  
Timothy Nelson
- Dean of Women  
Ashlee Chambers
- Office of Ministry\*
- Counseling Center\*

\*Confidential resources on campus

## On Campus Resources

Crime Victim Advocate  
Department of Public Safety  
John Cake  
Phone: 301-891-4019  
E-mail: [jcake@wau.edu](mailto:jcake@wau.edu)  
[dsscva@wau.edu](mailto:dsscva@wau.edu)

Title IX Coordinator  
Department of Pubic Safety  
John Cake  
Phone: 301-891-4019  
E-mail: [titleixcoordinator@wau.edu](mailto:titleixcoordinator@wau.edu)

## Off Campus Resources

National Domestic Violence Hotline  
1-800-799-SAFE (7233)  
[www.ndvh.org](http://www.ndvh.org)

Maryland Network Against Domestic  
Violence (MNADV)  
[www.mnadv.org](http://www.mnadv.org)

Abused Persons Program  
1301 Piccard Drive, 1st Fl, Ste. 1400  
Rockville, MD 20850  
Hotline: 240-777-4000  
Office: 240-777-4195

Created by:  
Washington Adventist University  
Department of Public Safety  
Updated: August 23, 2022



**Survivors**

**of**

**Dating**

**Violence**

**LOVE  
IS NOT  
ABUSE**

## What is Dating Violence?

Dating Violence is aggressive, controlling, and/or abusive behavior (in a dating relationship) that can include verbal, emotional, or physical abuse. Anyone can experience dating violence. People of any gender identity can abuse their partners, and dating violence can happen in relationships involving partners of any orientation.



## What you need to know:

One out of every three high school and college students has experienced sexual, physical, verbal, or emotional violence in dating relationships. Dating violence is against the law, and abusive behavior is not part of a health relationship. No one deserves to be hit, slapped, controlled, cursed at, or groped, or verbally or emotionally abused. Just because a person isn't physically hurting you doesn't mean they aren't abusing you. Dating violence or violence in any relationship is not about loving or caring; it's about one person trying to control another person.

## Signs to look for while dating

You may be involved with a violent person if you are dating someone who:

- Has an explosive temper
- Gets jealous easily
- Must be in control of your life
- Blames others for their problems
- Will not take "no" for an answer
- Forbids you to talk to your friends
- Threatens to hurt you if you break up
- Makes all the decisions
- Dismisses your opinions
- Calls you insulting and embarrassing names
- Hits you, even if they promise it won't happen again
- Criticizes what you wear, say, and how you act
- Becomes depressed and doesn't want to talk about their feelings
- Destroys your personal belongings

## What are your rights?

You have the right to:

- Say no
- Change your mind
- Express your feelings
- Have control over your own body and life
- Set your own limits and have those limits respected
- Be friends with anyone you choose
- Break up or fall out of love with someone and not feel afraid for your safety

## Obstacles facing college students

College students face a variety of obstacles in accessing services that may assist them in escaping an abusive relationship:

- Sometimes college students feel trapped by social networks and/or the closed environments of many campuses.
- Students may feel isolated from their personal support networks and resources for help because students are away from home.
- Students may fear their parents finding out and taking them out of school.
- Some students may not define their experience as abusive.
- Many students fear the abuser.

These are all valid obstacles, however they should not get in the way of asking for help.

## How to stay safe

If you are in a violent relationship, your first priority is to get yourself to safety. Statistics show that the most dangerous time for those being abused is when the victim tries to leave the relationship. You may need to find housing somewhere that the abuser can't find you—a home of a friend that the abuser doesn't know, a hotel, or a shelter. Don't go to your parents' house, your best friend's house, or anywhere the abuser is likely to look for you.