

## WHAT ARE MY OPTIONS?

If you think that you or a friend has experienced or are experiencing some form of IPV, there are several options available to you. Some things you can think about doing are:

- Seeking support from The Phoenix Center at Auraria (free and confidential);
- Making an appointment at a counseling center (confidential);
- Seeking support from a trusted friend or family member;
- Reporting the abuser to the police and/or reporting the abuser to campus officials if the abuser is an Auraria student, faculty or staff member.

This last option can feel very scary, especially if you don't know the processes involved. The staff of The Phoenix Center at Auraria can support you and offer information on all these options. Next steps are your choice, whatever you decide we will support you. **Remember: you are not to blame for what has happened, and whether or not you report to the police is absolutely YOUR choice.**

If you are considering reporting to the police or campus officials here are some things to remember regarding confidentiality on the Auraria Campus:

- The Phoenix Center, the UCD and Metro State Counseling Center's staff are confidential resources;
- If you choose to tell another Auraria Campus staff member, he/she cannot guarantee confidentiality *where a threat of substantial injury or harm to any member of the community is present*. Please know every effort will be made to keep the identity of the survivor, or person reporting the abuse confidential.

**The Phoenix Center staff are here to support you in any way that feels comfortable for you.**

## CAMPUS AND DENVER RESOURCES

### AURARIA CAMPUS RESOURCES:

#### The Phoenix Center at Auraria

**Aneesha Bharwani** (Victim Services):

Aneesha.Bharwani@ucdenver.edu

**Lisa Ingarfield** (Prevention, Education, Policy):

Lisa.Ingarfield@ucdenver.edu

#### UC-Denver Counseling Center:

..... (303) 556-4372

#### Metro State College Counseling Center:

..... (303) 556-3132

#### Community College of Denver Dean:

.....(303) 556-3926

#### Auraria Campus Health Center:

..... (303) 556-2525

#### Auraria Police Department:

..... (303) 556-5000

#### Center on Domestic Violence:

..... (303) 315-2489

### DENVER COMMUNITY RESOURCES

**Emergency:** ..... 911

#### Denver Police Non-Emergency:

..... (720) 913-2000

#### Denver Police Victim Assistance Unit:

..... (720) 913-6035

#### Rape Assistance and Awareness Program

**(RAAP):** ..... (303) 322-7273 (24/7)

**SafeHouse Denver:** ..... (303) 318-9989 (24/7)

#### Colorado Anti Violence Program

**(LGBT resource):** ..... (303) 852-5094 (24/7)

#### Servicios De La Raza, Inc. (Español/English):

..... (303) 458-5851

#### Asian Pacific Development Center:

..... (303) 393-0304 (24/7)

#### DV Initiative for Women with Disabilities:

..... (303) 839-5510 V/TDD

#### DOVE (resources for deaf abused women):

..... (303) 831-7874 (24/7, TTY)

#### Denver Indian Family Health Services:

..... (303) 781-4050

#### Muslim Family Services of Colorado:

..... (303) 755-5228

#### Project Safeguard (legal assistance):

..... (303) 863-7233 or 1-888-723-3473

# THE PHOENIX CENTER

*At Auraria*

Information, Support, and Awareness for Sexual Assault, Relationship Violence, and Stalking



*Serving students, staff, and faculty on the Auraria Campus*

COMMUNITY COLLEGE OF DENVER



University of Colorado Denver  
Anschutz Medical Campus - Downtown Campus



## WHO ARE WE?

The **Phoenix Center at Auraria** can provide response and support services, education and training, and resource referral. It serves the University of Colorado Denver, Metropolitan State College of Denver, the Community College of Denver and the Auraria Higher Education Center. Its mission is:

- To provide **24/7** safe and confidential resources and assistance to survivors of interpersonal violence (IPV), and their friends and families;
- To provide a seamless campus wide response to interpersonal violence (IPV) through the development and implementation of campus policies, protocols and services;
- To provide training and education for the campus community on IPV and its effects;
- To provide primary prevention initiatives;
- To strengthen security and investigative strategies to prevent and prosecute violent crimes on campus.

**The Phoenix Center at Auraria's services are free and confidential.**

*The Phoenix Center at Auraria provides services to all who need them regardless of race, color, national origin, age, religion, ability, sexual orientation, gender, gender identity, marital status, and veteran status.*

## WHAT IS INTERPERSONAL VIOLENCE?

### **So what is Interpersonal Violence (IPV)?**

Generally, it is defined as sexual assault, stalking, dating violence, and domestic violence. In all instances, the survivor of the abuse is never to blame.

**Sexual Assault:** this is an umbrella term that refers to any sexual activity where one person has not gained permission (consent) from the other person for the sexual activity.

**Domestic and Dating Violence:** this is a pattern of abuse that occurs in a relationship, whether you are (or have been) in a committed partnership, married, or dating. Abuse can be physical (e.g: hitting, pushing etc), emotional (e.g: making someone feel they are worthless or stupid), verbal (e.g: name calling, put downs), financial (e.g: withholding money).

**Stalking:** is a purposeful course of action, directed at a specific person that causes that person to be afraid, fearful, or intimidated. Stalking can occur during a relationship, after a relationship, or in the absence of a relationship.

## HOW DO I KNOW IF I HAVE EXPERIENCED IPV?

It can be really confusing if you or a friend are not sure if you have experienced interpersonal violence (IPV). Sometimes you may not even know what to look for. Below are some common behaviors that may help you determine what's going on:

1. Sometimes we let things go when we love someone; here are some questions to ask yourself that may indicate your partner is not treating you properly. Does your partner get jealous easily or get upset if you hang out with your friends? Does your partner blame you for his/her temper, anger, or violence? Does your partner call you names or pout and sulk for hours or days when he/she does not get his/her way?
2. Sexual assault often happens between people who know each other and so that makes it hard to identify because it doesn't fit with what we often think is sexual assault. Ask yourself whether you have had an intimate sexual experience that you didn't really want, or maybe you had been drinking and don't remember much. Also, maybe you told your partner that you didn't want to do anything or tried to make an excuse so your partner would stop and he or she didn't stop.
3. Often we joke about stalking, but don't know what it looks like when it is happening to us. Ask yourself these questions: has someone appeared at your class or house without invitation, or do they call and text you all the time? Have they or do they send you gifts even if you've asked them to stop or maybe they've been following you around campus?

If any of these behaviors sound familiar and you would like to talk safely with someone about next steps, consider contacting Aneesha or Lisa with The Phoenix Center (contact information on back).