


























**Advocating for Students Affected by
Sexual Violence, Relationship Violence
and Stalking**

**Reference and Resource
Materials**



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Introduction

Dating violence, domestic violence, sexual assault, and stalking are common forms of power-based interpersonal violence. They are as serious a problem on college campuses, as they are in the larger community. Victims on college and university campuses, unlike their counterparts in the larger community, often face additional challenges in a “closed” campus environment. A victim may continue to live in danger if the perpetrator resides in the same dormitory or attends the same classes. On smaller campuses, a victim may wish to remain anonymous, but may find this to be virtually impossible in such an insular environment. Similarly, stalking victims may find it difficult to escape their tormentors because the stalker may have a seemingly “legitimate” reason for remaining in contact with or in proximity to the victim (e.g., studying in the library). In other cases, a victim may be harassed by classmates or by a perpetrator’s friends who claim that the victim “asked for it” or “provoked” the crime. Even changing class schedules or living arrangements may not eliminate the threat of encountering the perpetrator on campus. Victims from racial, ethnic, or religious minority groups may fear discrimination when they attempt to obtain services.

Note on terms:

Gender – Anyone can be a victim or perpetrator of sexual assault, relationship violence, and stalking. However, statistics indicate that most of these crimes are committed by men against women. For this reason, when a specific pronoun is used, this booklet uses a female pronoun to identify the victim/survivor and a male pronoun to identify the perpetrator.

Victim/survivor – These related terms are often used in different ways in different settings. The American Heritage College Dictionary (2004) defines victim as “one harmed by or made to suffer from an act, circumstance, agency, or condition.” (p. 1528) It defines survivor as someone who “cope[s] with (trauma or setback); persevere[s] after.” (p. 1390) Both terms are important when discussing people who have been assaulted and/or abused. Identifying someone as a victim acknowledges s/he experienced a trauma through no fault of her/his own – that the perpetrator is responsible. Identifying someone as a survivor acknowledges that s/he is persevering and functioning despite the trauma. Even though this booklet does not use the terms consistently, ***people who have been assaulted and/or abused are both victims and survivors.***

Guidance for Adult Helpers

"Let us not underestimate how hard it is to listen and to be compassionate. Compassion is hard because it requires the inner disposition to go with others to the place where they are weak, vulnerable, lonely and broken. But ... our spontaneous response ... is to do away with suffering by fleeing from it or finding a quick cure for it. As busy, active, relevant people we want to [make] a real contribution. This means first and foremost doing something to show that our presence makes a difference. And so we ignore our greatest gift, which is our ability to be there, to listen and to enter into solidarity with those who suffer."

-Henri Nouwen

Sexual Violence

- Sexual assault refers to any non-consensual sexual act which is forced by one or more persons upon another. This involves **any** act of sexual violence including forced or coerced vaginal or anal penetration, forced or coerced oral assault, and/or unwanted touching.
- It is a violent crime, motivated by power and control, not sexual gratification. The perpetrator intends to humiliate, intimidate, and/or control the victim.
- It has been defined as the "sexual expression of aggression, not an aggressive expression of sexual needs". (Groth & Birnbaum, 2001, p. 2)
- Sexual assault can happen anywhere, at anytime, to anyone, male or female.

Definitions

Rape - Forced sexual intercourse without consent. Force can be physical; stated or implied threats that cause fear of immediate death or physical injury to self or others; or immediate fear of being kidnapped.

Stranger Rape - Forced or coerced sexual activities by a person or persons unknown to the victim.

Non-Stranger Rape - (formerly known as the subtypes below):

Acquaintance Rape - Is often incorrectly viewed as a consensual sexual encounter gone awry, rather than an act of violence. However, by definition, acquaintance rape is forced, unwanted sexual activity with a person the victim knows or recognizes.

Date Rape - This is another term used to describe acquaintance rape. It is a violation of body and trust. It is an act of violence by someone a survivor has dated or has just met.

Partner Rape - Forced or coerced sexual activities with a dating or live-in relationship.

Marital Rape - Forced or coerced sexual activities within a marriage. In New York State, it is against the law for a husband to force or manipulate his wife into having sex. Marital rape is rarely reported to criminal justice authorities (Illinois Coalition Against Sexual Assault, 1993).

Gang Rape - Forced or coerced sexual activities by two or more persons, known or unknown to the victim.

Sexual Harassment - Any unwanted sexual behavior, either physical or verbal, which embarrasses, humiliates, or intimidates an individual.

Child Sexual Abuse - Any contact or non-contact sexual act imposed upon a child, which can result in emotional, physical or sexual trauma.

Consent

Sexual assault is distinguished from non-assaultive forms of sexual contact by the absence of consent.

What is Consent?

- Explicit Consent is a ***voluntary, verbal, positive affirmation***; an agreement reached between equal, unimpaired partners without coercion.
- Consent is based on choice. Consent is active not passive. Consent is possible only when there is equal power.
- If you or your partner feels pressured, manipulated or intimidated, then you ***have not*** established explicit consent and ***any ensuring sexual activity is sexual assault***.
- Consent is ***positive feedback, not the absence of negative feedback***.
- Consent is not the absence of “no” – it is the presence of “yes,” achieved through open communication and respect for others’ sexual boundaries.

Four Guidelines for Consent

1. ***Both people are fully conscious***
 - The more alcohol or drugs that are consumed, the greater the impairment of consent. Less alcohol or other drugs means that there is a greater chance that consenting intimacy is possible.
2. ***Both people are equally free to act***
 - The ability to consent implies that ***one is free to choose to not consent or to change one’s mind***.
 - Some factors that ***limit the ability to act freely are***:
 - Body size, in that a ***smaller person may fear bodily injury from a larger person***.

- Someone **may not have a safe way home and be afraid to leave** a coercive environment.
 - A person who has been **previously victimized** may “freeze”
3. **Both parties have clearly communicated their intent**
- Sexual intent can **only** be determined by **clear and unambiguous communication** about what is desired.
 - This communication **may be impaired by cultural and gender differences** and other factors.
4. **Both persons are positive and sincere in their desires.**
- **Honesty** is the basis of a **healthy relationship**.
 - **Insincerity** makes it **impossible** for the other person to respond with **integrity and clarity**.

Source: Berkowitz, A. D. (2001). Guidelines for consent in intimate relationships.

Victim Impact

Sexual violence can have harmful and lasting consequences for victims, families, and communities. The following list describes some of them.

Physical

- More than 32,000 pregnancies result from rape every year (Holmes et al., 1996)
- Some long-term consequences include (Jewkes, Sen, Garcia-Moreno, 2002):
 - Chronic pelvic pain
 - Premenstrual syndrome
 - Gastrointestinal disorders
 - Gynecological and pregnancy complications
 - Migraines and other frequent headaches
 - Back pain
 - Facial pain
 - Disability that prevents work

Psychological

Victims of sexual violence face both immediate and chronic psychological consequences (Felitti et al., 1998; Yuan, Koss, Stone 2006).

Immediate psychological consequences include:

- Shock
- Denial
- Fear
- Confusion
- Anxiety
- Withdrawal
- Guilt
- Nervousness
- Distrust of others
- Symptoms of post-traumatic stress disorder
 - Emotional detachment
 - Sleep disturbances
 - Flashbacks
 - Mental replay of assault

Chronic psychological consequences include:

- Depression
- Attempted or completed suicide
- Alienation
- Post-traumatic stress disorder symptoms
- Unhealthy diet-related behaviors
 - Fasting
 - Vomiting
 - Abusing diet pills
 - Overeating

Social

Sexual violence also has social impacts on its victims, such as (Clements et al., 2004; Golding, Wilksnack, Cooper, 2002):

- Strained relationships with the victim's family, friends, and intimate partners
- Less emotional support from friends and family
- Less frequent contact with friends and relatives
- Lower likelihood of marriage

Health Behaviors

Some researchers view the following health behaviors as both consequences of sexual violence and factors that increase a person's vulnerability to being victimized again in the future (Brener et al., 1999; Lang et al., 2003).

- Engaging in high-risk sexual behavior including:
 - Unprotected sex
 - Early sexual initiation
 - Choosing unhealthy sexual partners
 - Having multiple sex partners
 - Trading sex for food, money, or other items
- Using or abusing harmful substances, including:
 - Smoking cigarettes
 - Drinking alcohol
 - Driving after drinking alcohol
 - Taking drugs

(Champion et al., 2004; Jewkes, Sen, Garcia-Moreno, 2002; Raj, Silverman, Amaro, 2000)

Medical Treatment Options

Within 24 hours

Drug facilitated sexual assault kit

Urine and blood are collected to determine if drugging agents were used to facilitate an assault. This testing is only available if a police report is filed and if a Code R Kit is completed. These tests will NOT be done in cases where a high volume of alcohol was consumed.

Within 36 hours

HIV post exposure prophylaxis (PEP)

Within 72 hours

Emergency contraception

Within 96 hours

Code R Kit

This exam will assure the physical health and well being of the victim. DNA will be collected, injuries will be documented, and other evidence will be collected to assist in charging and prosecuting the assailant if the victim chooses to press charges. Completed kits are held for 30 days to allow time for the victim to decide if she wants to pursue charges.

At least 90 days after

HIV testing

Anytime after

testing and treatment of other STDs

You can get these services at any Erie County ER. Specially trained Sexual Assault Nurse Examiners (SANE) are available or on call at the following Erie County hospitals:

Kaleida Health

Sexual Assault Nurse On Call 24/7

Buffalo General, 100 High St.,
(716) 859-7100

Millard Fillmore Gates, 3 Gates Circle,
(716) 887-4880

Millard Fillmore Suburban, 1540 Maple Rd.
(716) 568-6550

Erie County Medical Center

Sexual Assault Nurses available
462 Grider St., (716) 898-3161

Women and Children's Hospital

Pediatric Sexual Assault Nurses on call 24/7
219 Bryant St., (716) 878-7000 ext.2

🧣 Intimate Partner Violence 🧣

- Intimate partner violence is controlling, abusive, and aggressive behavior that takes place in any intimate relationship. It is not a singular event but a pattern of assaulting and coercive behavior utilized by the abuser against the victim.
- It occurs in both heterosexual and homosexual relationships and can involve spouses, former spouses, lovers, ex-lovers, roommates, or family members. It also includes non-married, non-parent victims of domestic violence, regardless of whether they are currently, formerly or have at any point lived together or engaged in sexual relations, and adolescents in dating relationships.

🧣 Definitions of Abuse 🧣

Physical - Inflicting or an attempt to inflict physical pain including slapping, biting, hair pulling, hitting, stabbing, shooting, spitting, and withholding access to medication or medical care.

Emotional - Constant criticism, belittling someone's abilities and competency, name-calling and other attempts to undermine someone's self image and sense of self worth.

Psychological - Controlling access to friends, family, school or work. Forced isolation, intimidation, threats and blackmail could involve coercion such as threats of ending the relationship.

Sexual - Any exploitive or coercive, non-consensual sexual contact including marital and acquaintance rape; attacks on the sexual parts of the body; and treating someone in a sexually derogatory manner. For many this can be the most difficult aspect to admit or talk about. Sexual assault/rape is against the law whether or not your attacker is your spouse.

Economic - Attempts to make a person completely dependent on the abuser for money and economic survival.

Spiritual - Using person's faith against them... "God doesn't love you".

🎀 Acts of Violence 🎀

Intimidation - making angry or threatening gestures, use of physical size to intimidate, standing in doorway during arguments, out-shouting you, driving recklessly.

Destruction - destroying your possessions, punching walls, throwing and/or breaking things.

Threats - making and/or carrying out threats to hurt you or others.

Sexual Violence - degrading treatment based on your sex or sexual orientation, using force, threats or coercion to obtain sex or perform sexual acts. Sexual assault/rape is against the law whether or not your attacker is your spouse.

Physical Violence - being violent to you, your children, household pets, or others: slapping, punching, grabbing, kicking, choking, pushing, biting, burning, stabbing, shooting, etc.

Weapons - use or threatened use of weapons, keeping weapons around that frighten you.

🎀 Why Don't Victims Leave? 🎀

For someone who has never experienced domestic violence, the question of why a victim stays with an abusive partner can be very difficult to understand. All too often that question is answered with a victim blaming attitude. Victims of abuse often hear that they must like or need such treatment, or they would leave. Others may be told that they are one of the many "who love too much" or who have "low self-esteem." The truth is that no one enjoys being beaten, no matter what their emotional state or self image. Reasons for staying are more complex than a statement about her strength of character. In many cases it is dangerous to leave an abuser.

Traditional reasons for staying include:

- **Fear**
- **Low self-esteem**
- **Money**
- **Children**
- **Control**
- **Hope for change**
- **Pressure from friends and family**
- **Doesn't know that help is out there**

Adapted from The Advocacy Center

http://www.theadvocacycenter.org/adv_violenceteen.html

This doesn't always explain why teens and young adults don't leave abusive dating relationships when they don't have children and are not financially dependent on their partner nor tell a parent or other adult. Very few teens and young adults tell their parents or other adults they are involved in abusive relationships, some tell their friends, others tell no one.

Explanations for secretiveness include:

- Failure to understand they are victims
- Embarrassment, shame, confusion
- Threats from the abuser
- Fear the abuser will take revenge if they say anything
- Concern their parents will prevent them from seeing the abuser
- Concern they will lose privileges-like use of a car or freedom to go out as they please

What keeps teens and young adults in abusive dating relationships?

Reasons vary but include:

- Continuing emotional attachment feeling in love with/attracted to the abuser
- Fear that the abuser will hurt or kill them if they leave
- Lack of experience with healthy, non-abusive relationships
- Confusing jealousy and possessiveness with romance
- Social pressure to have and keep a boyfriend/girlfriend
- Isolation or alienation from friends and family members
- Feelings of low self-esteem and lack of confidence

Adapted from the National Center for Victims of Crime

<http://www.ncvc.org/ncvc/main.aspx?dbName=DocumentViewer&DocumentID=32370>

Orders of Protection

An order of protection is a court order that tells the abuser to stop the abusive behavior. It may also tell the abuser to stop abusing the child(ren). The order details what he must do and must not do.

TYPES

Refrain from Offensive Conduct or Non-Offensive Conduct

Uses language such as, "will refrain from harassing, annoying, intimidating, etc."

Perpetrator and Victim can remain in same household.

Stay Away

Perpetrator and victim cannot reside together.

Includes no phone contact/ no third party contact/ no email/ no mail.

Victim can request that the order include the following:

Victims place of employment
Children/ Children's school/ Day-Care

Temporary Orders of Protection: After you speak with the Judge you may receive a Temporary Order of Protection. This Order will be in effect only until the next date you have to come to court.

If a perpetrator acts in any way that violates the order of protection, advise the client to contact a law enforcement agency to report the violation. A violation of an order of protection, regardless of type, where they got them, or offense originally committed is a FELONY offense. It is Criminal Contempt of Court.

A student or staff member with a current Order of Protection against an individual can leave a copy with the University Police Department to keep on file.

WHERE TO GET THEM

Family Court- 1 Niagara Plaza (716) 845-7400

Family court used to serve only people related in one of the following ways:

Blood- relative of some kind
Birth- child-in-common
Marriage- current or former marriage

A new law expands access to family court to intimate partners, including dating couples, same-sex couples, and teen-age couples.

- Charges do not have to be pressed in order to receive an order of protection from Family Court.
- To obtain an order in Family Court, a person needs to go to the Family Court Building, complete a petition for an order of protection, and be seen in front of a Judge. This can be completed in one day. Appointments are not necessary.

Criminal Court- 50 Delaware Ave (716) 845-2500

- Charges must be filed in the jurisdiction in which the offense was committed in order to receive an order of protection.
- If a perpetrator was arrested at the scene, most times an order of protection will automatically be issued to the victim, once the perpetrator is arraigned.
- The survivor should always keep a copy with themselves at all times.

The Order of Protection is immediately valid, but may not be enforceable for a violation until it is served on the Respondent.

Only a Judge can change the conditions of the Order. If there has been a change in circumstances and you would like the Order to be either less restrictive or more restrictive, you must come to Court and request that the Order of Protection be modified. Depending on your situation, the Judge may or may not change the Order. You cannot change the conditions of the Order on your own.

Stalking

- Stalking is commonly defined as ***the willful, malicious and repeated harassing of an individual by another person.***
- It is any repetitive, obsessive or unwanted contact or behavior that ***threatens or places fear in the victim,*** such as:
 - Following the individual
 - Showing up at her/his home, school, or workplace
 - Sending unwanted objects or messages (e.g. email, IM, Facebook, MySpace)
 - Vandalizing property
 - Making harassing telephone calls
- “Stalking is an extraordinary crime, given that it may often consist of no more than the ***targeted repetition of an ostensibly ordinary and routine behavior.***” (Sheridan, Blaauw, & Davies, 2003, p. 150)

Cyber Stalking

- Cyber stalking is an extension of the physical form of stalking.
- It can be defined as ***“threatening or unwanted advances directed at another using the Internet or other forms of online and computer communications.”*** (National Center for Victims of Crime, 2003)
- Cyber stalking ***can begin either on-line or off-line.***
 - Traditional stalkers can use electronic means, often e-mail, to contact and harass their victims.
 - Additionally, the first contact can begin on-line through chat rooms, message boards, discussion forums, etc.
- Cyber stalking can take many forms including:
 - threatening or obscene e-mail
 - spamming
 - live chat harassment or flaming (the posting of deliberately hostile messages)
 - leaving improper messages on message boards
 - sending electronic viruses
 - tracing another person’s computer and Internet activity
 - electronic identity theft

Active Listening

What is active listening?

Active listening is when you understand how the person talking to you feels about a situation and your response to that person makes him feel that you really do understand. One basic element of listening is the ability to Attend. Attending is to be able to focus on what the person is saying, and filter out all the other things that may be happening at the same time. The role of the helper is to provide support and assist in problem-solving—not to provide psychotherapy.

Skills

Restatement - repeating or paraphrasing the content or meaning of what the client has said. You can use this as an opportunity to seek clarification (state tentatively), or to simply reiterate the client's content. This allows the client to hear what s/he has said and know that you're engaged in their dialogue.

Open Question – asks clients to clarify or explore thoughts and feelings. You are not looking for a specific answer, but instead encouraging the client to talk openly.

Reflection of feelings – repeat or rephrase the client's statement with an emphasis on emotions.

Setting limits – structure is important for all of us, so from the start it is critical that boundaries be established. Though flexibility is a key component to a successful relationship, there are limits that can be set from the start. Model the significance of the time you spend together – turn off your cell phone except for emergencies, give your full attention to the student/client, and be honest. **Refer to the ethical guidelines for information about inappropriate relationships.**

Disclosure – sharing information about yourself is debatable. There are plenty of instances where disclosing may be appropriate and useful. Ask yourself what purpose the disclosure will serve. If it is to encourage participation, or connect with the current topic, then it may be useful to share. Less is more – it is not appropriate to share intimate details of your personal life experience as the time you spend with the student is about him or her, not you!

Reflective Listening

Reflective listening is an active listening process that includes paying attention to a speaker's content, intent and nonverbal communication in an empathic and nonjudgmental way.

When listening empathically, respond to the speaker with phrases such as "I understand what you're saying," "I see your point" or "I've been there myself." You also can respond nonverbally by nodding your head, maintaining strong eye contact or touching the speaker in a comforting manner. To listen non-judgmentally, you have to set aside any preconceived ideas and opinions. How you react to the speaker is the true measure of your ability to listen non-judgmentally. Try some of these responses:

- The simple "I" message. This rephrases the speaker's message in your own descriptive words.
- The active "I" message. Use this when you want the speaker to know how you feel. Remember you're not judging, just giving your opinion
- The feeling message. When an "I" message isn't enough, try the following formula: "You feel (blank) because (blank)." This reflects the speaker's feelings and the reasons for those feelings as you understand them.
- Open-ended questions. To listen reflectively, you may need to ask the speaker these types of questions in order to further understand what she's saying. Open-ended questions don't have a right or wrong answer, and they can't be answered in only one or two words. They also force the speaker to rethink his or her position.

Campus and Community Resources

For an On-Campus Emergency

University Police Department ... (716) 878-6333

<http://www.buffalostate.edu/offices/police/safety/default.asp?sub=sexassaultpolicy>

Available 24/7 to respond to all cases of sexual assault and other crimes.

For an Off-Campus Emergency

To be connected to a local police department and/or EMS 911

Other Campus Resources

Counseling Center ... (716) 878-4436 <http://www.buffalostate.edu/counselingcenter/x7.xml>

Individual and group counseling, psychiatric consultation, referrals to community services

All Buffalo State College students may seek counseling help at the Counseling Center, and there is no fee for this service. To schedule an initial consultation session, call the Counseling Center.

Care Line ... (716) 878-6889

24-hr support and information about dating or domestic violence, sexual assault and stalking

Weigel Health Center ... (716) 878-6711 ... <http://www.buffalostate.edu/weigel>

Primary and urgent health care, women's health services, HIV testing, health insurance information, referrals to community and social services

Dean of Students Office... (716) 878-4618 ... <http://www.buffalostate.edu/deanofstudents>

Office of Judicial Affairs ... (716) 878-4618

The Office of Judicial Affairs handles matters concerning infractions and violations of the Code of Student Rights, Freedoms and Responsibilities. Students are responsible for reading, understanding, and abiding by the rules of the student code of conduct handbook.

Academic Standards ... (716) 878-5222 <http://www.buffalostate.edu/academicstandards/index.xml>

Can help students with:

- Guidance on how to succeed academically when you are having a difficult semester, either personally or academically,
- Aid in appealing college regulations and policies for registration and graduation,
- Certification of your academic status for financial aid eligibility (TAP and Title IV)
- Assistance working through the probation appeals and academic dismissal processes (for undeclared students).

Residence Life ... (716) 878-3000 <http://www.buffalostate.edu/residencelife/index.xml>

The Code of Student Rights, Freedoms, and Responsibilities ... can be found at:

<http://www.buffalostate.edu/studentaffairs/x527.xml>

Local Community Resources

Crisis Services ... (716) 834-3131 ... <http://www.crisisservices.org>

Available 24/7 for crisis counseling, support/advocacy, assistance with medical and legal options

Advocate Program

The Advocate Program provides confidential response and support for survivors of rape, sexual assault, domestic violence and elder abuse- 24 hours a day, 7 days a week.

Program Services:

FREE & CONFIDENTIAL services are provided based on the individual needs of the client. Services are also available to family members and significant others. All clients are offered the following services:

- *24 hour hotline available for immediate assistance*
- *Immediate crisis intervention and support at all Erie County Emergency Departments*
- *Case Management Services*
- *Criminal Justice Advocacy*
- *Court Accompaniment*
- *Individual Therapy*
- *Linkage to NYS Crime Victim Board Compensation*
- *Community Education and Training*

Haven House ... (716) 884-6000 ... <http://www.childfamilybny.org>

24-hr hotline for victims of domestic or dating violence who need information, support, and shelter; LGBT Victim Advocate

Family Justice Center ... (716) 558-7233 ... <http://www.fjcsafe.org/>

One-stop, wrap-around services for all (including men) victims of domestic violence and their children are available on a walk-in basis Monday – Friday 8:00am – 5:00pm. Advocacy, spiritual care, safety planning, civil legal assistance, counseling, shelter referrals, and forensic medical exams.

NYS Crime Victims Board ... (716) 847-7996 ... <http://www.cvb.state.ny.us/home.aspx>

Provides financial compensation for personal injury, death, and loss of essential personal property (including use of domestic violence shelters and moving expenses) for people affected by crime – see their web site for eligibility details.

Erie County Central Referral ... 211 ... <http://www.centralreferral.org/>

Buffalo Police Dept. Sex Offence Section ... (716) 851-4494

“One stop shop” services available on site for survivors of family/domestic/intimate partner violence.

- *Linkage to appropriate community resources*
- *Case Management Services*
- *Criminal Justice Advocacy*
- *Erie County Emergency Departments*
- *Linkage to NYS Crime Victim Board Compensation*
- *Call to schedule apt. to meet with a detective to file charges*

Niagara County Rape Crisis Services (716) 285-3518 (hotline)

State and National Hotlines, Organizations, and Websites

New York State Domestic Violence and Sexual Assault Hotlines

English 1-800-942-6909

English TTY 1-800-818-0656

Spanish 1-800-942-6908

Spanish TTY 1-800-780-7660

New York State Council Against Domestic Violence

<http://www.nyscadv.org/job.htm>

New York State Coalition Against Sexual Assault

<http://nyscasa.org/>

New York State Office for the Prevention of Domestic Violence

<http://www.opdv.state.ny.us/index.html>

National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)

TTY 1-800-787-3224

<http://www.ndvh.org/>

National Sexual Assault On-line Hotline

A program of Rape, Abuse & Incest National Network (RAINN)

The on-line hotline works just like instant messaging. You'll go into a private session with a trained volunteer and communicate, live, by typing messages back and forth. The service is completely anonymous, and you do not have to give your name or any personal information.

<http://www.rainn.org/>

Ethical Guidelines and Principles of Practice

NYS Coalition Against Domestic Violence Principles of Practice

<http://www.nyscadv.org/principles.htm>

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