

Resources

If you or someone you know has experienced domestic or dating violence, you can file a formal complaint on campus with the Title IX & Equal Opportunity Office, or come to us with any questions or concerns. You also have the right to file a formal complaint with campus or local police. **Remember:** You always have the right **not** to file a complaint.

On Campus Reporting Options:

Patrick Connelly

Dean for Title IX, Equal Opportunity, and Student Wellness
413-662-5127
Patrick.Connelly@mcla.edu

Justin MacDowell

Director of Title IX and Equal Opportunity
413-662-5571
Justin.MacDowell@mcla.edu

Email: TitleIX@mcla.edu

Online: mcla.edu/titleix

MCLA Campus Police: 413-662-5100
(Call 413-662-5284 to request an escort)

If you are in immediate danger,
call 5100 or 911.

Mandated Reporters: Deans, Department Chairs, Directors, Res. Life, Staff Administrators, and Coaches

Off Campus Reporting Options:

North Adams Police Dept: 413-664-4944

Berkshire District Attorney's Office:
413-663-7306

MCLA Counseling Services
MountainOne Student Wellness Center, 2nd Floor
413-662-5331
counselingservices@mcla.edu

MCLA Health Services
MountainOne Student Wellness Center, 1st Floor
413-662-5421
healthservices@mcla.edu

Elizabeth Freeman Center
61 Main Street, Suite 202, North Adams
866-401-2425
info@elizabethfreemancenter.org

The Brien Center
124 American Legion Drive, North Adams
800-252-0227
mary.murphy@briencenter.org

National Domestic Violence Hotline
800-799-7233/www.thehotline.org

National Dating Abuse Helpline
866-331-9474/www.loveisrespect.org

National Dating Abuse Helpline
866-331-9474/www.loveisrespect.org

National Resource Center on Domestic Violence
800-537-2238/www.nrcdv.org

National Deaf Domestic Violence Hotline
855-812-1001/www.thedeafhotline.org

Casa de Esperanza Linea de crisis
651-772-1611/www.casadeesperanza.org

Trans Lifeline Hotline
877-565-8860



Title IX and Equal Opportunity Office
Venable Hall 309
375 Church Street
North Adams, MA 01247
413-662-5571
TitleIX@mcla.edu

IS IT
ABUSE?

Understanding
Domestic and
Dating Violence*



Title IX and Equal Opportunity Office

What is domestic and dating violence?

Domestic Violence is a pattern of abusive behavior that is used by an intimate partner to gain or maintain power and control over the other intimate partner. Domestic violence can look like many things: physical, sexual, emotional, economic, and/or psychological actions or threats that negatively influence another person. This includes any and all behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

Dating Violence is violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the survivor. Similar to domestic violence, dating violence is a pattern of abusive behavior used by an intimate partner to gain or maintain power and control over the other intimate partner.

Domestic and dating violence can happen to anyone regardless of race, age, gender, sexual orientation, or religion. Domestic and dating violence affect people of all gender identities or expression. Domestic and dating violence occur in same-sex and opposite-sex relationships and can happen to partners who are married, living together, or dating.

These two types of violence are considered forms of sex and gender-based discrimination. Title IX prohibits sex and gender-based discrimination. We encourage survivors to file a complaint with MCLA's Title IX and Equal Opportunity Office.

Domestic violence and dating violence are unlawful in Massachusetts.* You have a right to file a criminal complaint with campus or local police (in addition to, or instead of, a Title IX complaint). Check out the Resources section on the back of this pamphlet for more information on reporting.

*While there are no crimes called "domestic violence" or "dating violence," Massachusetts General Law Chapter 209A criminalizes "abuse" between "family or household members," which can include persons in a dating relationship. <https://mass.gov/info-details/massachusetts-law-about-domestic-violence-209a>

If you are a survivor of domestic or dating violence...

Find a safe place

If your place of residence is not a safe place, consider staying with a family member or friend. MCLA's Title IX and Equal Opportunity Office has the power to put supportive measures in place, such as facilitating a change to campus housing.

Call the police

If you feel you are in danger at any time, call 911 or Campus Police via campus extension 5100 for protection and assistance. Campus Police can also provide campus escorts, call 413-662-5284.

Seek medical attention

If you have been physically hurt, go to the hospital (Berkshire Health Center Pittsfield ER: 413-447-2000) or see a doctor as soon as possible (MCLA Health Services: 413-662-5421, located on campus in the MountainOne Student Wellness Center, 1st Floor). You can ask a trusted friend, advisor, or family member to accompany you.

Talk to someone

MCLA has experienced counselors with whom you can speak in complete confidence. Our counselors can help you identify, respond to, and cope with domestic or dating violence. They can also assist with safety planning and work with the Title IX & Equal Opportunity Office regarding supportive measures.

Decide when to leave

If you are considering leaving your relationship, trust your judgement about when would be the best time to leave. Know that the process of leaving an abusive partner is not easy.

Make a safety plan

A safety plan is a personalized strategy for protecting yourself from domestic or dating violence. Safety plans focus on ways to remain safe while in an abusive relationship, while planning to leave, or after you leave, and should include an escape plan as well as practical steps to improve your home and personal security. It is best to develop your plan with a counselor or other trusted individual.

*Thank you to University of Guam College of Liberal Arts & Social Sciences

Dating Violence on College Campuses: Statistics

In a landmark national poll on college dating violence,* nearly one-third of dating college women and 20% of dating college men stated they had been in an abusive relationship. More than 40% of the women polled reported experiencing violent and abusive dating behaviors and 57% noted that it occurred while at college - a figure close to what male students reported.

- 41% of women and 29% of men were pressured into giving their partner passwords to their computer, phone, and social media.
- Students who shared passwords were 10x more likely to experience digital dating abuse.
- 31% of women and 22% of men were victims of controlling behavior.
- 22% of women and 11% of men were victims of verbal abuse.
- 22% of women and 6% of men were victims of physical abuse, sexual abuse, or threats of physical violence.
- 11% of women and 6% of men were pressured into drinking alcohol and using drugs.

Unfortunately, more than half (52%) of all students reported knowing a friend who is in or had been in an abusive relationship and 58% reported that they did not know what to do to help someone who is a victim of dating abuse because "it is difficult to identify." Therefore, it is critical to know what dating violence is and what it may look like.

However, simply knowing is half the battle. Students in college continue to remain in abusive relationships for many reasons. For those who experienced relationship abuse:

- 24% said their partner threatened suicide and/or self-harm if they left them.
- 20% said they were afraid of losing friends they shared with their partner.
- 12% said they were financially dependent on their partner.
- 6% said their partner threatened to tell family or friends about their relationship.

*Knowledge Networks (June 9, 2011). College Dating Violence and Abuse Poll. https://www.loveisrespect.org/pdf/College_Dating_And_Abuse_Final_Study.pdf