

## Domestic Violence Shelters

- **435-753-2500** CAPSA (Cache and Rich Counties)
- **877-732-5600** New Hope Crisis Center (Box Elder County)
- **801-392-7273** YCC of Ogden/Northern Utah (Weber and Morgan County)
- **801-444-9161** Safe Harbor (Davis County)
- **801-537-8600** YWCA (Salt Lake County)
- **801-255-1095** South Valley Services (Salt Lake County)
- **435-647-9161** Peace House (Park City)
- **888-421-1100** Center for Women and Children in Crisis (Utah County)
- **800-833-5515** Pathways (Tooele County)
- **435-781-2264** Women's Crisis Shelter (Uintah, Duchesne and Daggett Counties)
- **435-637-6589** Colleen Quigley Crisis Center (Carbon and Emery Counties)
- **800-343-6302** New Horizons Crisis Center (Sevier, Millard, Piute, San Pete and Wayne Counties)
- **888-421-1100** Seekhaven (Grand County)
- **435-865-7443** Canyon Creek Women's Crisis Center (Iron, Beaver and Garfield Counties)
- **866-206-0379** Gentle Ironhawk Shelter (San Juan County)
- **435-628-0458** D.O.V.E Center (Washington and Kane Counties)

## Helpful Websites

- UDCV.org
- NCADV.org
- NNEDV.org
- RAINN.org
- CWCIC.org
- Loveisrespect.org
- SurvivorsARE.org
- HelpingSAVE.org
- Theteastofhoney.org
- Talktoasurvivor.org
- Justice.utah.gov/violence
- Justice.utah.gov/crime
- Health.Utah.gov/vipp
- Domesticshelters.org
- Thehotline.org

## RELATIONSHIP VIOLENCE

**Dating Violence:** abusive, controlling or aggressive behavior in any socially romantic or intimate relationship.

**Domestic Violence:** a pattern of abusive, controlling or aggressive behavior in any intimate relationship.

Info from Justice.utah.gov

## TYPES OF ABUSE

**Physical:** scratching, slapping, hitting, punching, biting, choking, kicking, pulling hair, pushing, grabbing clothes, holding you down, throwing objects, preventing eating/sleeping, locking you in the house, forcing car off the road, breaking things, driving unsafe to scare you, hurting pets, stalking

**Emotional:** calling you names, using put downs, yelling/screaming, embarrassing you, isolation from friends and family, intimidation, stalking, threats, starting rumors, blaming you for their behavior, making you feel guilty about not consenting to sex, telling you what to do and wear

**Psychological:** breaking promises, isolation from friends and family, playing mind games, attacking your vulnerabilities, repeated threatening to leave/commit suicide, always claiming to be right, being unfaithful

**Sexual:** unwanted kissing or touching, unwanted rough sexual activity, rape or attempted rape, refusing to use condoms, restricting access to birth control, pressuring someone to have sex or perform sexual acts, using sexual insults, forcing you to engage in prostitution/pornography, forcing you to have sex with others, forcing you to watch your partner have sex with others, withholding sex as a form of control, recording sexual acts and sharing it without permission

**Financial:** harassing you at work, refusing to work Forcing you to sign documents, controlling your access to money, taking your money, making you ask for money, not including you in financial decisions Tracking everything you buy

**Neglect:** Inadequate food, clothing, shelter, education, medical help, or support of emotional needs.



## Resources for Utah

# Victims of Abuse

## CRISIS NUMBERS

911

*Call if you are in danger, need emergency medical help, a crime is in progress or a sexual assault has just occurred.*

**800-656-4673**

National Sexual Assault Hotline

**888-421-1100**

Rape & Sexual Assault Crisis Line

**800-897-5465**

Utah Domestic Violence Hotlin

**800-799-7233**

National Domestic Violence Hotline

**866-331-9474**

Love Is Respect Dating and Domestic Violence Hotline

**855-323-3237**

Division of Child and Family Services Hotline

**800-371-7897**

Report Elder Abuse in Utah

**801-226-4433**

Crisis Line of Utah County

**801-587-3000**

University of Utah UNI Crisis Line

*Call a crisis line when you are in distress, need someone to talk to, need advice or want referrals for resources.*

## VICTIM ADVOCATES

*A Victim Advocate provides free emotional support, crisis intervention, guidance through the legal system, and other resources for victims of sexual assault/rape, domestic violence, stalking, and other violent crimes. **You don't have to file a police report to take advantage of their help.***

## POLICE

911

*Call if you are in danger, need emergency medical help, a crime is in progress, or a sexual assault has just occurred.*

*You can call and schedule an appointment with a Special Victim Detective or walk in to a police station and speak to an officer*

## LEGAL DEFINITIONS

**Rape:** When a person has sex, including oral sex, with another person (any penetration) without the victim's consent. This applies between married individuals and a victim who is unable to give consent for any reason. (U.C.C. 76-5-402 and 76-5-406)

**Rape of a Child:** Sex with a child who is under the age of 14 by a person who is 18 years or older. (U.C.C. 76-5-402)

**Object Rape:** Any penetration of the genital or anal opening of another with any object, device or body part (except genitals or mouth) without the victim's consent. (U.C.C. 76-5-402.2)

**Sodomy:** Any penetration, without consent, of the mouth or anus of one person by the genitals of another. (U.C.C. 76-5-403)

**Consent:** An explicit affirmative to engaging in sexual activity. If consent is not given or is unable to be given, for any reason including intoxication or sleep, it is a crime. (U.C.C. 76-5-406)

**Stalking:** A person acting in such a way to cause fear and emotional distress in another. (U.C.C. 76-5-106.5)

**Sexual Abuse:** Touching or forcing someone to touch the anus, genitals, buttocks, or female breast without their consent. (U.C.C. 76-5-404)

**Sexual Abuse of a Child:** Touching or forcing someone 14 years or younger to touch the anus, genitals, buttocks, or female breast. (U.C.C. 76-5-404.1)

**Sexual Abuse of a Minor:** Touching or forcing someone 14-16 years old to touch the anus, genitals, buttocks, or female breast. (U.C.C. 76-5-404.1)

**Unlawful Sexual Activity with a Minor:** Having sex or oral sex with someone who is 14-16 years of age by someone 4 years or more older. (U.C.C. 76-5-401)

**Unlawful Sexual Activity with a 16-17 year old:** A person who is 7 years or more older than the minor or is in a relationship of special trust and has sex, oral sex, or touches or forces them to touch the anus, genitals, buttocks, or female breast. (U.C.C. 76-5-401.2)

**Sexual Battery:** Intentionally touching through clothing, or not, the anus, genitals, buttocks, or female breast without their consent. (U.C.C. 76-9-702.1)

**Kidnapping:** Intentionally detaining, restraining or transporting a victim without their consent. (U.C.C. 76-5-301)

**Hazing:** Any activity where one person intentionally harms, endangers, shames, or frightens a person to join a group. (U.C.C. 76-5-107.5)

**Animal Cruelty:** A person who neglects, injures, causes pain, tortures, poisons, or kills an animal. (U.C.C. 76-9-301)

**Bestiality:** A person committing sexual acts with an animal. (U.C.C. 76-9-301.8)

**Criminal Mischief:** A person defacing, damaging or destroying the property of someone else. (U.C.C. 76-6-106)

**Theft by Extortion:** A person gains control over another's property using blackmail, threats of bodily harm to them or others (including animals), or do any act that would harm the other's health, reputation,

business, safety or other relationships. (U.C.C. 76-6-406)

**Robbery:** A person taking, or trying to take, the possessions of another against their will using threats, force or fear. (U.C.C. 76-6-301)

**Burglary:** A person who enters and or remains in a building with the intent to assault another, commit lewd acts, steal or commit any other felony. (U.C.C. 76-6-202)

**Criminal Trespass:** A person who enters and or remains in a building/property with the intent to cause injury or annoyance to another, to damage property, intends to commit any other crime other than theft or a type of felony. (U.C.C. 76-6-206)

**Privacy Violations:** A person who uses recording devices inside or outside another's property without the consent of the owners. (U.C.C. 76-9-402)

**Electronic Communication Harassment:** A person sending threatening, harassing, frightening, annoying or insulting communications to another. Or a person continuing to contact another even though they have been clearly told to stop. (U.C.C. 76-9-201)

**Disorderly Conduct:** A person causing a public disturbance through fighting, threats of violence or unreasonable noises. (U.C.C. 76-9-102)

Note: U.C.C. = Utah Criminal Code

## SYMPTOMS OF PTSD \*

- Recurring intrusive recollections of the event i.e. memories, flashbacks and nightmares.
- Physical symptoms of stress when triggered i.e. pounding heart, shakiness, tunnel vision.
- Avoiding anything related to the trauma or arouses memories of the events.
- Changes in emotions: numbness, loss of pleasure, depression.
- Exaggerated startle response or hyper alertness.
- Impairment of memory and concentration.

\* = compiled from [Resurrection After Rape](#) by Matt Atkinson



**Please Note:**  
The information  
contained in  
this handout is  
to be used  
as a resource.