

Is the new person in your life  
simply *divine* or  
surprisingly *dangerous*?

Warning signs of a potentially  
abusive personality:

- **Quick involvement:** Comes on very strong, quickly pressures you for an exclusive commitment.
- **Jealousy:** Excessively possessive, calls constantly or visits unexpectedly; checks your car's mileage.
- **Controlling:** Interrogates you intensely (especially if you're late) about who you have talked to and where you were; keeps all the money; insists you ask for permission to go anywhere or do anything.
- **Sudden mood swings:** Switches from sweetly loving to explosively violent in a matter of minutes.
- **Isolation:** Tries to cut you off from family and friends; tries to prevent you from holding a job.
- **Blames others for problems:** It's always someone else's fault (often yours) if anything goes wrong.
- **Makes everyone responsible for their feelings:** The abuser says, "You make me angry," instead of "I am angry."
- **Verbal Abuse:** Constantly criticizes you or says blatantly cruel, hurtful things; degrades you, curses, or calls you ugly names.
- **Cruelty to animals and children:** Kills or punishes animals. May expect children to do things that are beyond their ability or tease them mercilessly.
- **Threats of violence:** Makes statements like, "I'll break your neck," or "I'll kill you," and dismisses them with "Everyone talks that way," or "I didn't really mean it."

If it has come this far,  
it's time to get help or get out.

We offer assistance to  
UNC victims of  
assault, no matter  
where the assault  
happens, on or off  
the UNC Campus.

**351-4040** 24-Hour Hotline

*For more info call 351-1490*

Cassidy Hall

A.S.A.P.

Assault Survivors Advocacy Program  
University of Northern Colorado  
Campus Box 121  
Greeley, CO 80639  
[www.unco.edu/asap](http://www.unco.edu/asap)

A.S.A.P.

Assault Survivors Advocacy Program

Students  
Helping  
Students



**Cassidy Hall 351-1490**  
**24-Hour Hotline: 351-4040**



## A.S.A.P.

(Assault Survivors Advocacy Program)

We offer CONFIDENTIAL services for survivors of sexual assault and their friends, family, and concerned others.

- Crisis Counseling
- Emotional Support
- Information/referral
- Advocacy through law enforcement, medical, and legal procedures

## 24 - Hour Hotline

### 351-4040

For information and to  
schedule educational programs  
351-1490

### If You are Assaulted

Following sexual assault, it's hard to know where to turn for help or what to do. You may be ashamed to talk to anyone, or may try to act as if nothing has happened. The following steps should serve as a guide.

1. Get help quickly.
2. Call the ASAP Hotline at 351-4040 or call 911 immediately.
3. Call a close friend or relative.
4. Do not douche, bathe or change clothes until you have talked with the police. You may destroy valuable evidence needed by the police.

### Medical Advice

A person who is raped needs medical attention. The best judge of injuries is a doctor. Even the least violent attack can leave the victim exposed to sexually transmitted diseases or pregnancy.

1. Even if you don't intend to report the rape, it's still important to be examined,
2. If you are going to have a medical/legal evaluation, you should do it as soon as possible. DO NOT WAIT.

### Assault Survivors Advocacy Program

ASAP is funded 100% through student fees.

The program is all about students helping students.

The central strength of this program is students with a heart for justice who volunteer to become ASAP Peer Advocates.

ASAP Peer Advocates undergo a rigorous screening and training program, consisting of a minimum of 30 hours of training in advocacy issues as well as monthly in-service programs.

ASAP Peer Advocates are unpaid, but not untrained, volunteers. They each give up at least one week of vacation time to undergo their initial advocacy training and two evenings each month for continuing education.

Each ASAP Peer Advocate, once trained, is on-call for one full week each semester and on back-up call for at least one week each semester.

ASAP Peer Advocates provide support and information to student survivors of sexual assault and the secondary victims of sexual assault.

ASAP Peer Advocates are not professional counselors or legal experts. They are trained, responsible, dedicated students helping students.



A.S.A.P.

