

## When you know someone who is being battered . . .

- Offer to learn what resources are available on campus and in the community so that your friend can begin to find the help and support s/he needs.
- Focus your concerns on your friend's safety while being honest about your view of the risky behavior you have observed. Make it clear you are willing to help if and when s/he is ready to end the relationship.
- Point out that it is the person who is doing the battering who is 100% responsible for his/her violent behavior.
- Even though alcohol is often present when domestic/relationship violence occurs, it is not the underlying cause of the problem. Focus on the behavior, not on the excuses made for the behavior.
- Allow the person who is being battered to choose her or his leaving time very carefully.
- If your friend returns to the relationship, ask him/her to pay attention to whether the violent behavior has really changed enough to make it worth another try.

## When you are talking with someone who is in distress about a relationship . . .

- Safety and health issues are always your first concern
- Listening is usually more helpful than offering advice
- Avoid ultimatums...they'll back you and your friend into a corner that is difficult to get out of
- Get additional help and advice---it's always OK to contact an RA or someone from SART, UHS, UCC, or Security
- Don't disqualify yourself, even if you are male, because you have not dealt with this type of situation before
- Remember that your role is to be that of a caring person who is there to listen and offer support . . . without taking the problem over
- Don't make excuses for someone else's inappropriate behavior
- Use statements that bring order to the situation and serve as a reality check
- Help your friend make contact with the resources listed in this publication

# Recognizing the Signs of Domestic/Relationship Violence and Stalking Behavior



### University Resources

Sexual Assault Hotline	275-7273
University Intercessor	275-9125
University Health Service	275-2662
University Counseling Center	275-3113
University Security	275-3333

### Office of the University Intercessor Sexual Assault Hotline

[www.rochester.edu/sexualassault](http://www.rochester.edu/sexualassault)

University of Rochester

## Am I in an unhealthy, violent relationship?

YES, you may be in a domestic/relationship violence situation if . . .

- You are afraid of your partner's temper
- You often agree with your partner because you are afraid of your partner's response when his or her feelings get hurt
- You have the urge to rescue your partner when your partner is frequently in trouble
- You find yourself apologizing for your partner's behavior
- You have been hit, kicked, shoved or had things thrown at you by your partner when he or she is jealous or angry
- You make plans and decisions about activities and friends according to what your partner wants or how your partner will react
- You drink heavily or use drugs
- You have been abused or seen one of your parents abused
- Your partner treats you badly or embarrasses you in front of others
- You agree to have sex, even when you don't want to
- Your partner follows or stalks you wherever you go

## Am I being stalked?

YES, you are perhaps being stalked if someone . . .

- Repeatedly calls you or sends you unwanted phone messages
- Sends unsolicited instant messages, e-mails or other means of written communication, even though you have asked that person to stop
- Follows you, spies on you, or asks others to report on your behavior or activities
- Shows up unexpectedly at a place he or she had no reason to be
- Waits for you in the hallway, outside on the lawn, or in the parking lot wherever you go
- Sends you unwanted items, presents, messages, or flowers
- Posts information or spreads rumors about you in public places, by word of mouth, or on the internet

Domestic/relationship violence and stalking are prohibited by the University's Policy Against Discrimination and Harassment. Help is available by calling any of the numbers listed in this publication.

## Am I behaving violently toward my partner?

YES, you may be behaving violently toward your partner if . . .

- You are jealous
- You sulk silently when upset
- You have an explosive temper
- You criticize and put your partner down
- You have difficulty expressing your feelings
- You drink heavily or use drugs
- You are overly protective of your partner to the point of being controlling
- You feel you must manage your partner's behavior, friends and decisions
- You have broken things, thrown things at your partner, hit, shoved, or kicked your partner
- You were physically or emotionally abused as a child
- You have a parent who abused the other parent
- You think you need to know where your current or past partner is 100% of the time