



Bulletin Board Packet

Dating & Domestic Violence

Description: This bulletin board packet reviews the definitions of dating and domestic violence, how to recognize an abusive relationship, and where to seek support on campus and in the community. If you have any questions or would like additional information or materials, please contact the Office of Health Promotion at (610) 519-7407 or e-mail us at healthbytes@villanova.edu.

When to display the board: February (healthy relationships month) and April (sexual assault awareness month)

Ways to alter the board: Consider supplementing this packet with the SARC team bulletin board packet to highlight that the SARC team also provides support to students who have experienced dating and domestic violence (not just students who have experienced sexual assault). Consider adding brochure copies from the following local community resources that provide services for survivors of dating and domestic violence to the bulletin board that people can take with them. Here are a list of resources you might consider visiting:

Domestic Abuse Project: <http://www.dapdc.org/>

Women's Resource Center: <http://womensresourcecenter.net/>

Women Against Rape: <http://www.delcowar.org/>

College Dating 101:

Building Healthy Relationships

Some students will enter serious relationships in college. A relationship should bring out the best in both people. The first few months of a relationship, the "honeymoon phase," are normally blissful and effortless, but a long-term relationship requires more effort and compromise. In reality, even the best relationships can get complicated, confusing, or challenging. However, there is never an excuse for violence to occur in a relationship. Thus, it's important for students to learn how to establish and maintain healthy relationships.

1 in 5

Women experience sexual violence in college. However, dating and domestic violence can occur in a relationship between people of any sex or gender identity.

Signs of a healthy relationship



- **Mutual respect** – valuing each other's opinions
- **Trust** – respecting personal space, overcoming jealousy issues
- **Fairness & Equality** – being willing to compromise
- **Support for one another** – providing encouragement when needed
- **Separate identities** – having friends outside relationship, exploring your individual interests
- **Good communication** – being truthful, listening, not assuming things, talking through conflict

Signs of an unhealthy relationship

- **Isolation** – limiting/controlling what you do or who you see
- **Threats** – threatening to leave, commit suicide and/or hurt you, your friends, your family, etc.
- **Physical abuse** – hitting, pushing, slapping, etc.
- **Emotional abuse** – insults, mind games, making you feel guilty
- **Sexual abuse** – forced sex, manipulative or threatening sex, getting you drunk or drugged to have sex
- **Denial** – not admitting to mistakes, blaming you for problems

CAUTION

Only 33%

Of young people who were in a violent relationship ever told anyone about the abuse. Don't let it go unreported.
(Source: loveisrespect.org)

TIPS FOR RESOLVING RELATIONSHIP CONFLICTS

1. **Emotional awareness:** understand how you feel & why, so you can communicate more effectively
2. **Avoid accusations:** accusations lead to defensive arguing rather than conflict resolving
3. **Nonverbal cues:** a lot of communication happens nonverbally, so be aware of your tone of voice and hand gestures
4. **Involve a third party:** especially if any form of abuse occurs, consider seeking help from a friend, family member, or counseling resource

IN A CONTROLLING RELATIONSHIP

One person...

makes it hard for the other to hang out with friends

says the other can't wear certain clothes

makes the other person feel afraid

makes the other person feel like there is no choice to do what they want, their way, all the time

may say things that pressures the other person into sexual activity

threatens to hurt one or both of them if they don't get their way

IN A SUPPORTIVE RELATIONSHIP

Both people...

don't need to change to make the other happy

give each other space to hang out with friends and family or by themselves

feel safe bringing up things that make them upset and do so in a way that doesn't make the other person feel bad

decide on what to do together or take turns

check in about sexual activity with each other often

make it comfortable for either or both of them to say "no" in one of them doesn't want to do something

SIGNS OF A CONTROLLING RELATIONSHIP

thinking jealousy is a sign of affection

no longer returns friends' calls or texts

no longer hangs out with friends to avoid a bad reaction from partner

receives texts from partner all the time wanting to know what he/she is doing, where they are going and who they are with

when partner doesn't answer texts or calls, anger ensues and accusations are made about "not caring about the relationship," even cheating

partner says things like "I can't stand the thought of you leaving me" or "you should quit your job or step down from your leadership role so that you can spend more time with me"

minimizes partner's feelings

SIGNS OF A SUPPORTIVE RELATIONSHIP

loves how much more fun everything is when their partner is around

likes meeting partner's friends and getting to know them better

respects partner's requests regarding calling, texting and expectations about response time

both people have friendships with other people that are not contingent on the relationship

understands when partner has competing commitments

recognizes partner's feelings and works through problems together

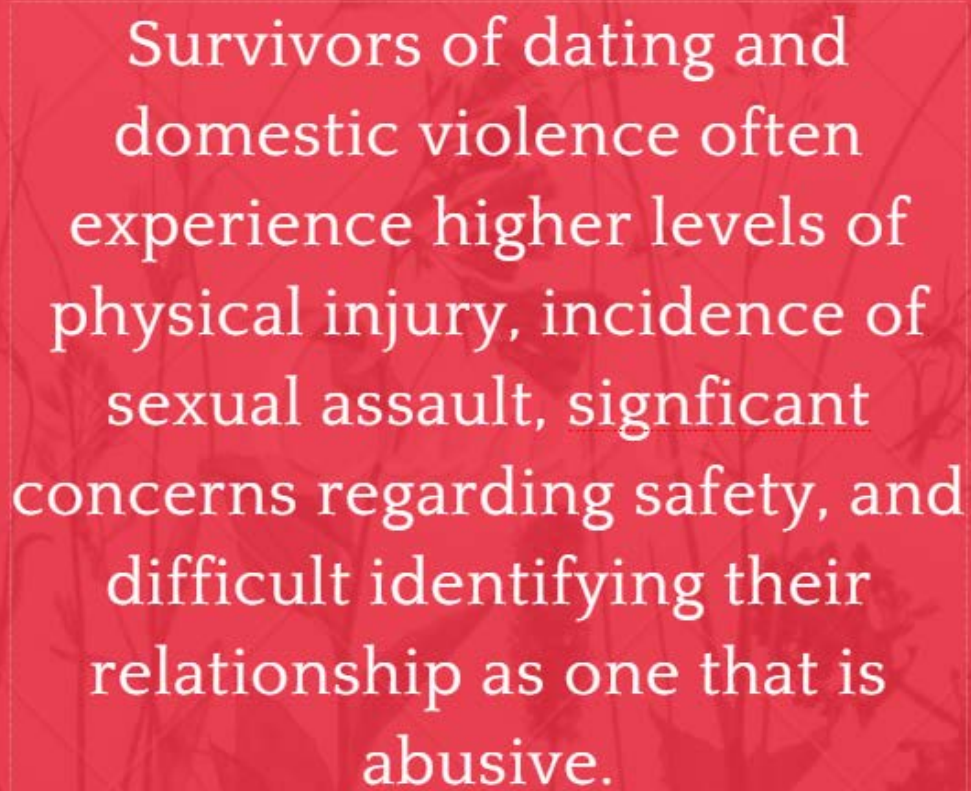
both people accept responsibility for their own behavior(s)



Dating violence includes violence committed by a person: a) who is or has been in a social relationship of a romantic or intimate nature with the Complainant; and b) where the existence of such a relationship shall be determined based on a consideration of the following factors: i) the length of the relationship, ii) the type of relationship, iii) the frequency of interaction between the persons involved in the relationship.

Domestic violence includes felony and misdemeanor crimes of violence committed by a current or former spouse or intimate partner of the Complainant, by a person with whom the victim shares a child in common, by a person who is co-habiting with or has co-habited with the Complainant as a spouse or intimate partner, by a person similarly situated to a spouse of the complainant under domestic or family violence laws of the Commonwealth of Pennsylvania, or by any other person against an adult or youth complainant who is protected from that person's acts under the domestic or family violence laws of the Commonwealth of Pennsylvania.

**VILLANOVA'S POLICY
ON DATING AND
DOMESTIC VIOLENCE**



Survivors of dating and domestic violence often experience higher levels of physical injury, incidence of sexual assault, significant concerns regarding safety, and difficult identifying their relationship as one that is abusive.



SURVIVORS OF DATING AND DOMESTIC VIOLENCE

can feel extremely isolated and marginalized in the community. The idea that sexual violence does not occur in dating or domestic relationships can impact someone's likelihood of recognizing that they are in an abusive relationship.

Not to mention, comments like "why does she/he stay with them?" or "I would never stay with him/her" can compound someone's shame around the relationship.



PEOPLE OF ALL GENDER IDENTITIES
CAN EXPERIENCE DATING AND
DOMESTIC VIOLENCE.
IN FACT, SOMEONE IN AN ABUSIVE
SAME-SEX RELATIONSHIP MAY FACE
ADDITIONAL FEARS AROUND BEING
"OUTED" BY THEIR PARTNER.



Add resource flow chart here