Intimate Partner Violence

What is it? (Also Known As: Domestic Violence or Dating Violence)

Dating violence is controlling, abusive and aggressive behavior in a romantic relationship:

- It can happen in straight or same-sex relationships.
- It can include verbal, emotional, physical, or sexual abuse, or a combination of these.
- It includes behaviors such as yelling, threatening, name-calling, saying "I'll kill myself if you leave me," obsessive phone calling, and extreme possessiveness.

How common is it?

- One in five, or 20 percent, of dating couples report some type of violence in their relationship.
- One of five college females will experience some form of dating violence.
- A survey of 500 young women, ages 15 to 24, found that 60% were currently involved in an ongoing abusive relationship and 100% had experienced violence in a dating relationship.

Early warning signs that a date may eventually become abusive:

- Extreme jealousy
- Controlling behavior
- Quick involvement
- Unpredictable mood swings
- Alcohol and drug use
- Explosive anger
- Isolates you from friends and family
- Uses force during an argument
- Shows hypersensitivity
- Believes in rigid sex roles
- Blames others for problems or feelings
- Cruel to animals or children
- Verbally abusive
- Abused former partners
- Threatens violence

Victims of Dating Violence often:

- Think it’s their fault and feel afraid
- Feel like they are walking on egg shells
- Feel threatened or humiliated
- Feel angry, sad, lonely, depressed or confused
- Feel helpless to stop the abuse
- Feel anxious
- Are afraid of getting hurt more seriously
- Feel protective of their boyfriend/girlfriend
- Feel like they don’t do anything right
- Don’t know what might happen next
- Feel like they can’t talk to family and friends

How to help a friend...

- Don’t ignore signs of abuse. Talk to your friend.
- Express your concerns. Support, don’t judge.
- Point out your friend’s strengths - many people in abusive relationships are no longer capable of seeing their own abilities and gifts.
- Encourage them to confide in someone—a counselor or other trusted person. Offer to go with them for help.
- Never put yourself in a dangerous situation with the victim’s partner. Don’t be a mediator.
- Call the police if you witness an assault.

Resources for help:

- Whittier College Counseling Center and Health Center
- Women’s and Children’s Crisis Center Hotline 562-945-3939
- Project Sister Rape Crisis Hotline 909 626-HELP
- RAINN (National abuse hotline) 1-800-565 HOPE
- LACAWW Stalking Hotline 1-877-633-0044

Source: National Center for Victims of Crime Website NCVC.org

Want More Information About Abusive Relationships?
Please Join Us On February 10th, 2014 @ 11am-2pm
In Front of the C.I.