Have a Safety Plan
- Have quick access to important phone numbers—police, Campus Safety, counseling center, hotlines, and friends.
- Identify friends, family, or neighbors who can be trusted.
- Devise a secret code to use with one another when help is needed without alerting the abuser.
- Stay out of isolated places.
- If the formal escape plan cannot be activated, establish where the victim might go in an emergency.
- Put together a bag of items used every day. Hide it where it is easy to access.
- Avoid communicating with the abuser and the places where s/he or his/her friends and family are likely to be. If it is unavoidable, ensure there are people around in case the situation becomes dangerous.
- Look into getting a restraining order to have legal support in keeping the abuser away.
- Review the safety plan often.
- Remember that the abuse is not the victims’ fault and that they deserve a safe and healthy relationship.

What is Dating Violence? and what do we do?

Emotional Abuse
This means threatening a partner or harming his or her sense of self-worth.

Physical Abuse
This occurs when a partner is pinched, hit, shoved, or kicked.

Sexual Abuse
This is forcing a partner to engage in a sex act when he or she does not or cannot consent.

Digital Abuse
Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner. This could include demanding passwords, checking cell phones, cyber bullying, sexting, excessive or threatening texts, or stalking on Facebook or other social media.

Stalking
This refers to a pattern of harassing or threatening tactics used by a perpetrator that is both unwanted and causes fear in the victim.

Who is at risk?
- Studies show that people who harm their dating partners are more depressed and are more aggressive than peers. Other factors that increase risk for harming a dating partner include the following:
  - Alcohol use
  - Trauma Symptoms
  - Having a friend involved in dating violence
  - Having problem behaviors in other areas
  - Belief that dating violence is acceptable
  - Exposure to harsh parenting
  - Exposure to inconsistent discipline
  - Lack of parental supervision, monitoring, and warmth

This and past inSTALLments can also be found at www.whittier.edu/wellnesscoalition; or sign on to My.Whittier.edu, click on Campus Life ➔ Wellness Letter ➔ Wellness Coalition.