



## What Can You Do?

- Know the warning signs that you are in a violent or potentially violent relationship.
- Take action by making a safety plan, talking to a person you trust – a teacher, counselor, parent, friend, police, etc.
- Realize that the violence will not stop or go away. You cannot change your boy/girlfriend's behavior and you are not responsible for the abuse.
- Be on the lookout for friends that may be in violent dating relationships and be patient and supportive if she/he needs help.
- If you are hurting someone else, have the courage to get help.

### 5 Things to Say to Someone in an Abusive Situation

1. I am afraid for your safety.
2. It will only get worse.
3. I am here for you when you are ready to leave.
4. You deserve better than this.
5. I am afraid for the safety of your children.



## Important Numbers

STAR Central (Mon – Fri, 8 am – 5 pm)	575-7252 575-7722
CAPS 24 hr Hotline (Counseling & Psychological Services)	575-5276
UA Women's Clinic	575-4478
UA Pat Walker Health Center	575-4451
University Police	575-2222
Police/Ambulance	911
Washington Regional Medical Center	442-1000
Northwest Medical Center	751-5711
Sexual Assault Recovery and Prevention Agency	927-1020
Project for Victims of Family Violence	442-9811
The Crisis Center	756-2337



For more information, contact

## STAR Central

Office of Support, Training, Advocacy,  
& Resources on Sexual Assault and  
Relationship Violence

University Health Services  
University of Arkansas  
525 North Garland  
Fayetteville, AR 72701

Phone (479) 575-7252 or  
(479) 575-7722  
Fax (479) 575-7438  
TTY (479) 575-4124

A member of the Division of Student Affairs

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## Intimate Partner Violence and Abuse



## STAR Central

University Health  
Services  
(479) 575-7252 or  
(479) 575-7722



health.uark.edu



You don't have to be married or living with a partner to be a victim of intimate partner violence (also known as domestic and/or dating violence). Intimate partner violence is a pattern of controlling, abusive, and/or aggressive behavior used by a boyfriend or girlfriend and may take many forms, including mental/emotional abuse, physical abuse, and sexual abuse. This may occur in casual dating, long-term, heterosexual, and/or homosexual relationships. Intimate partner violence knows no boundaries.

Studies indicate that physical aggression occurs in 1 in every 3 teen dating relationships (Avery-Leaf & Cascardi, 2002), with young women aged 16-24 having the highest rates of relationship violence (Rennison & Welchans, 2000).

Although all 50 states and the District of Columbia have laws against relationship violence behaviors, such as sexual assault, domestic violence, and stalking, the specific terms, "dating violence" and/or "relationship violence," are rarely used. However, this doesn't mean that this type of abuse is imagined. Help is available!

## ***Checklist: Am I Being Abused?***

If you answer "yes" to two or more of the items below, you are probably in an abusive relationship or in a relationship with a high likelihood of becoming abusive. Does your relationship partner:

- Act jealous and possessive, won't let you have friends, checks up on you, and/or won't accept breaking up
- Try to control you by being bossy, giving orders, making all the decisions, and/or not taking your opinions seriously
- Put you down in front of friends or family and/or tells you that you are nothing without him/her
- Scare you
- Make you worry about his/her reactions to things you say or do
- Threaten you
- Use or own guns or other weapons
- Act violent
- Have a history of fighting, loses his/her temper quickly, and/or brags about mistreating others
- Grab, push, shove, or hit you
- Pressure you for sex or is forceful or scary about sex
- Get too serious about the relationship too fast
- Abuse alcohol or other drugs and pressure you to take them as well
- Have a history of failed relationships and/or blames the other person for all the problems
- Make your family and friends uneasy and concerned for your safety
- Make you feel like you need to apologize to yourself or others for his/her behavior when he/she treats you badly
- Yell, swear, or manipulate you and/or spread false or degrading rumors about you
- Try to make you feel guilty
- Threaten to hurt you or him/herself if you ever leave him/her
- Go through your personal items without your consent
- Often accuse you of flirting or cheating

***Take action if you or someone you care about is being abused or is the abuser!***

