

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, such as a teacher, counselor, parent, friend, physician, 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. 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.

Resources

STAR Central (Mon – Fri, 8 am – 5 pm)	575-7252
SARPA (24 hour response line)	927-1020
CAPS 24 hr Emergency Line (Counseling & Psychological Services)	575-5276
UA Women's Clinic	575-4478
Pat Walker Health Center (University Health Services)	575-4451
University Police	575-2222
Police/Ambulance	911
Washington Regional Medical Center	442-1000
Northwest Medical Center	751-5711
Peace at Home Family Shelter	442-9811
The Crisis Center	756-2337

STAR Central of the Pat Walker Health Center's Health Promotion Department is the Office of Support, Training, Advocacy, and Resources on Sexual Assault and Relationship Violence. Confidential advocacy services and campus training programs are available. Visit <http://health.uark.edu> for more information or to learn about STAR Central's peer education program, RESPECT, visit <http://respect.uark.edu>

Intimate Partner Violence and Abuse



STAR Central

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



**Pat Walker Health Center
Office 277
(479) 575-7252
TTY (479) 575-4124**



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/girlfriend or intimate partner and may take many forms, including mental and emotional abuse, physical abuse, sexual abuse, social abuse, and financial abuse. This may occur in casual dating or long-term 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 years 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 of "dating violence" and/or "relationship violence" are rarely used. However, this does not mean that this type of abuse is imagined or unreal. 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

Checklist (continued)

- 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
- Controls money and makes all financial decisions without your input
- Isolates you and keeps you from spending time with family and friends

If you think you or a friend is being abused, take action. Help is available. To learn more about resources for those affected by Intimate Partner Violence, contact STAR Central at (479) 575-7252 or your local domestic violence center.

