

What Can You Do?

- Know the warning signs of 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 the abuser'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 the need 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.

Campus Resources

STAR Central	479-575-7252
For advocacy email	survivor@uark.edu
For education programs email	respect@uark.edu
CAPS 24 hr Emergency Line (Counseling & Psychological Services)	479-575-5276
UA Women's Clinic	479- 575-4478
Pat Walker Health Center (University Health Services)	479-575-4451
University Police	479-575-2222
Title IX	479-575-7111
Student Standards & Conduct	479-575-5170

In the event of an emergency, call 911.

Confidential Campus Resource Options

If you want to speak on campus with someone confidentially about sexual or relationship violence, you may do so with a victim advocate, a mental health counselor, or a pastoral minister. Faculty and staff are required by federal law under Title IX to report incidents of sexual or relationship violence to the Title IX coordinator in order for the University to further investigate the matter. An advocate is available through STAR Central and may be reached by emailing survivor@uark.edu or at 479-575-7252 to arrange for an appointment.

For more resource information, including community resources, please visit <http://respect.uark.edu>

Forensic Evidence Collection ("a Rape Kit") is available 24 hrs a day (no appointment necessary) at Northwest Medical Center – Willow Creek Emergency Department located just off of I-49, Exit 69 (Johnson exit). Also, available by appointment at NWA Sexual Assault Center, 479-445-6448, located on North Green Acres Road, Fayetteville.

Updated January 2017

Intimate Partner Violence



**STAR Central
Pat Walker
Health Center**

What Can You Do?

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.

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!

STAR Central

Confidential advocacy services.
survivor@uark.edu
479-575-7252

Checklist: Am I Being Abused?

If you answer "yes" to two or more of the following items, 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
- Controls money and makes all financial decisions without your input
- Isolates you and keeps you from spending time with family and friends

Help is available.

To learn more about resources for those affected by Intimate Partner Violence, contact STAR Central at (479) 575-7252 (survivor@uark.edu) or your local domestic violence center.