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	4/9-5/5-/252
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 479-575-4451

(University Health Services)

University Police 479-575-2222

Title IX 479-575-7111

Student Standards & Conduct 479-575-5170

In the event of an emergency, call 911.

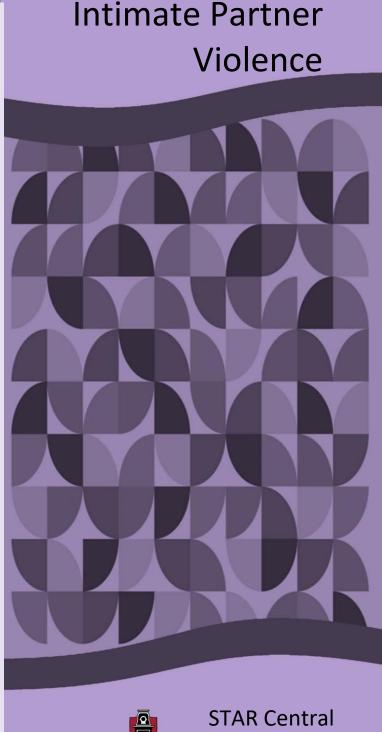
Confidential Campus Resource Options

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





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?

for all

contact STAR Central at (479) 575-7252

(survivor@uark.edu) or your local domestic

violence center.

follo	u answer "yes" to two or more of the wing items, you are probably in an sive relationship or in a relationship		Abuse alcohol or other drugs and pressure you to take them as well
with	a high likelihood of becoming abusive. s your relationship partner:		Have a history of failed relationships and/or blames the other person for al the problems
Does			·
	Act jealous and possessive, won't let you have friends, checks up on you,		Make your family and friends uneasy and concerned for your safety
	and/or won't accept breaking up		Make you feel like you need to
	Try to control you by being bossy, giving orders, making all the decisions, and/or not taking your opinions		apologize to yourself or others for his/her behavior when he/she treats you badly
	seriously		Yell, swear, or manipulate you and/or
	Put you down in front of friends or family and/or tells you that you are		spread false or degrading rumors about you
	nothing without him/her		Try to make you feel guilty
	Scare you		Threaten to hurt you or him/herself if
	Make you worry about his/her		you ever leave him/her
	reactions to things you say or do		Go through your personal items
	Threaten you		without your consent
	Use or own guns or other weapons		Often accuse you of flirting or
	Act violent		cheating
	Have a history of fighting, loses		Controls money and makes all
	his/her temper quickly, and/or brags		financial decisions without your input
	about mistreating others		Isolates you and keeps you from
	Grab, push, shove, or hit you		spending time with family and friends
	Pressure you for sex or is forceful or		Help is available.
	scary about sex	To learn more about resources for those	
	Get too serious about the relationship	af	fected by Intimate Partner Violence,

Get too serious about the relationship

too fast