

## How to Help a Friend Who is a Victim of Abuse

If a friend tells you things that sound like his or her relationship is abusive, here are some suggestions on ways to help:

- ~ Don't ignore signs of abuse. Talk to your friend about your concerns.
- ~ Don't pressure your friend to do what you think they should do.
- ~ Listen non-judgmentally and provide support.
- ~ Point out your friend's strengths.
- ~ Many people in abusive relationships are no longer capable of seeing their own abilities and gifts.
- ~ Encourage your friend to confide in a counselor or victim advocate. Offer to go with your friend for professional help.
- ~ Never put yourself in a dangerous situation with the victim's partner.
- ~ Don't try to mediate or otherwise get involved directly.
- ~ Talk with a victim advocate or counselor to get advice and information on options for your friend.
- ~ Call the police if you witness violence.

## RESOURCES

### Campus Resources:

University of Florida Police Department	(352) 392-1111
UFPD Office of Victim Services	(352) 392-5648
Center for Sexual Assault/Abuse Recovery & Education (C.A.R.E.)	(352) 392-1161 x4231
Student Judicial Affairs	(352) 392-1261
Shands Hospital Emergency Room	(352) 265-0050
Student Health Care Center Health Education Department	(352) 392-1161 x4281
Student Mental Health Services	(352) 392-1171
University Counseling Center	(352) 392-1575

### Community Resources:

Alachua County Crisis Center	(352) 264-6789
Alachua County Victim Service and Rape Crisis Center	(352) 264-6760
Alachua County Sheriff's Office	(352) 367-4000
Gainesville Police Department	(352) 334-2400
Peaceful Paths Domestic Abuse Network	(352) 377-8255
Shands at AGH Emergency Room	(352) 338-2111

For more information, please contact

**University of Florida  
Police Department**

**Office of Victim Services  
(352) 392-5648**

**Community Services Division  
(352) 392-1409**

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## Is Your Relationship a Healthy One?



**What You Need  
to Know About  
Intimate  
Partner  
Violence**

## Does Your Partner:

	Yes	No
put you down?	<input type="checkbox"/>	<input type="checkbox"/>
want you to stop spending time with friends or family?	<input type="checkbox"/>	<input type="checkbox"/>
question every detail about your time away from him/her?	<input type="checkbox"/>	<input type="checkbox"/>
repeatedly and wrongly accuse you of being unfaithful?	<input type="checkbox"/>	<input type="checkbox"/>
use jealousy or anger to intimidate you or influence your behavior?	<input type="checkbox"/>	<input type="checkbox"/>
make you feel afraid to disagree with him/her?	<input type="checkbox"/>	<input type="checkbox"/>
humiliate you in front of others?	<input type="checkbox"/>	<input type="checkbox"/>
prevent you from going out or doing things you want to do?	<input type="checkbox"/>	<input type="checkbox"/>
pressure, manipulate or force you to engage sexual acts?	<input type="checkbox"/>	<input type="checkbox"/>
go through your cell phone, email, text messages, etc. without permission?	<input type="checkbox"/>	<input type="checkbox"/>
destroy property or drive dangerously to frighten you?	<input type="checkbox"/>	<input type="checkbox"/>
threaten to hurt him/herself, your pets, or your loved ones if you break up?	<input type="checkbox"/>	<input type="checkbox"/>
threaten to harm you in any way?	<input type="checkbox"/>	<input type="checkbox"/>
use a weapon to intimidate or hurt you?	<input type="checkbox"/>	<input type="checkbox"/>
hit, slap, push, kick, or otherwise physically harm you?	<input type="checkbox"/>	<input type="checkbox"/>
tell you that if <u>you</u> changed, the abuse would stop?	<input type="checkbox"/>	<input type="checkbox"/>

**If you answered yes to any of the quiz questions, take some time to stop and think about your relationship.**

### What is intimate partner violence?

Anyone can become a victim of intimate partner violence, even if you are not married or living with your partner. People across all demographic groups can be involved in abusive relationships. Intimate partner violence is:

- ~ a pattern of behaviors aimed at gaining power and control of an intimate partner.
- ~ a pattern of abusive and coercive behaviors, including psychological, sexual, and physical violence, that often escalates over time.
- ~ **NOT** just about hitting or punching.

### Types of Intimate Partner Violence

**Physical abuse** - hitting, kicking, biting, pinching, hair pulling, restraining, etc.

- ~ **Emotional abuse** - name calling, insults, verbal assaults, etc.
- ~ **Isolation** - restricting contact with family, friends, and/or other support systems.
- ~ **Sexual abuse** - rape, sadism, forcing partner to perform sexual acts s/he considers immoral.

**You should not feel intimidated or controlled by your partner. When someone really cares about you, you feel valued, respected, and free to be yourself!**

### Staying Safe

If you are in a violent relationship and are considering getting out, remember that your safety is of the utmost importance. Unfortunately, the most dangerous time for people in violent relationships is after they have left and the abuser realizes s/he has lost control of his/her partner. The following are steps you can take to protect yourself:

- ~ Do not meet your partner alone or allow your partner into your car or home when you are alone.
- ~ Avoid being alone at school, work, and/or on the way to and from places when possible.
- ~ Vary your daily routines, such as when you leave for school/work, the routes you take to and from school/work, etc.
- ~ Always tell someone where you are going and when you expect to be back.
- ~ Keep your cell phone charged and readily accessible.

### Getting Help

Leaving violent relationship is a difficult step to take. You do not have to take this step alone. These are some of your options for getting help:

- ~ Talk with your friends, family, faith or spiritual leader, or someone else you trust. Ask for their support as you leave the relationship.
- ~ Consult a victim advocate, domestic violence center, counselor, and/or other mental health professional to develop a safety plan and a strategy for leaving the relationship.