Warning Signs of Violent Relationships

You may be experiencing domestic violence if you’re in a relationship with someone who:

- Calls you names, insults you or puts you down
- Prevents you from going to work or school
- Stops you from seeing family members or friends
- Tries to control how you spend money, where you go or what you wear
- Acts jealous or possessive or constantly accuses you of being unfaithful
- Gets angry when drinking alcohol or using drugs
- Threatens you with violence or a weapon
- Hits, kicks, shoves, slaps, chokes or otherwise hurts you, your children or your pets
- Forces you to have sex or engage in sexual acts against your will
- Blames you for his or her violent behavior or tells you that you deserve it


Help for Relationship Abuse

- Communication is open and spontaneous
- Feelings and needs are openly expressed
- Individuality, freedom and personal identities are enhanced
- Each enjoys doing things for self, as well as for the other
- Each does not attempt to ‘fix’ or control the other
- Each experiences self-confidence and security in own worth
- Each is open to constructive feedback
- Each is able to let go of need to ‘be right’
- Each is trustful of the other
- Acts of giving and receiving are balanced
- Negotiations are fair and democratic
- Tolerance is applied as forgiveness of self and other
- Mistakes are accepted and learned from
- Change and exploration are encouraged
- Continuity and consistency are present in the commitment
- Each takes responsibility for own behaviors and happiness – lack of blaming
- Development of a healthy relationship is considered an important life skill

IUPUI Resources

**IUPUI Counseling and Psychological Services (CAPS)**
Union Building (UN) 418
Phone: 274-2548
Email: capsindy@iupui.edu
http://life.iupui.edu/caps

**IUPUI Police Department**
Emergency: 911 or 274-7911 TTY 274-1387
Non-emergency: 274-2058
http://www.police.iupui.edu

**Student Advocate Office**
University College (UC) 002
Phone: 274-7594
http://www.life.iupui.edu/advocate

**IUPUI Health Services**
Coleman Hall (CT) 150
Phone: 274-8214
http://www.iupui.edu/~iupuihsc

**Office for Women**
University Library (UL) 1140
Phone: 278-3600
http://opd.iupui.edu/units/ofw/index.asp

**IUPUI Human Resources: Work/Life Balance**
Phone: 274-5466
http://www.hra.iupui.edu/worklife

**IUPUI Human Resources: Employee Relations**
Union Building (UN) 340
Phone: 274-8931
http://www.hra.iupui.edu/

Community and National Resources

**Center for Hope: Wishard Hospital Emergency Department**
Emergency room: (317) 630-7646 http://wishard.edu/ed.html

**Indiana Coalition Against Domestic Violence (ICADV)**
Toll Free 24-hour hotline: 1 - 800-332-7385
www.violenceresource.org/

**The Julian Center Shelter**: (317) 920-9320
http://www.juliancenter.org/

**Family Violence Prevention Fund: Teens and Partners Violence**
http://endabuse.org/programs/teens

**National Coalition Against Domestic Violence**
http://www.ncadv.org

**National Domestic Violence Hotline**: 1-800-799-7233 (SAFE)
Facts about violence on college campuses

- Women ages 16 to 24 experience the highest per capita rates of intimate violence — 16 per 1,000 women.⁸
- 21% of college students report they have experienced dating violence by a current partner.⁸
- 30% of teens report that they or someone they know has experienced dating violence.⁸
- Over 13% of college women report they have been stalked.⁸
- 21% of college students report they have experienced forced intercourse (rape) in their lifetime.⁸
- Approximately 15-20% of female college students have experienced forced intercourse (rape) in their lifetime. (2005 Campus Violence White Paper, American College Health Association)⁸
- See “Protect Yourself: Safety Plan” at: http://www.ncadv.org/

Domestic Violence

- 21% of full-time employed adults were victims of domestic violence according to a 2005 national survey by the US Bureau of Labor Statistics.⁸
- The Centers for Disease Control and Prevention estimate that the annual cost of lost productivity due to domestic violence equals $727.8 million.⁸
- One study reports that over 75% of domestic violence perpetrators used workplace resources to express remorse or anger towards, check up on, pressure, or threaten their victim.⁸
- *Retrieved from National Coalition Against Domestic Violence website*
- See “Protect Yourself: Workplace Guidelines” at: http://www.ncadv.org/

Suggestions for Helping

How to help a someone who is being abused:

Don’t be afraid to let them know that you are concerned for their safety. Help them recognize the abuse. Help them recognize that what is happening is not “normal” and that they deserve a healthy, non-violent relationship.

Acknowledge that they are in a very difficult and scary situation. Tell them you are afraid for their safety. Reassure them that they are not alone and that there is help and support available.

Be supportive. Listen to them. Remember that it may be difficult for them to talk about it. Let them know that you are available to help whenever they may need it.

Be non-judgmental. There are many reasons why victims stay in abusive relationships. They may leave and return to the relationship many times. They will need your support even more during those times.

Encourage them to participate in activities outside of the relationship with family and friends.

Help them develop a “safety plan.”⁸
See: http://www.ndvh.org/help/planning.html
If they end the relationship, continue to be supportive of them. Even though the relationship was abusive, your friend or family member may still feel sad once the relationship is over and need time to mourn the loss.

*B&adapted from the National Domestic Violence Hotline website.*

The crime of battery is defined as knowingly or intentionally touching someone in a rude, insolent, or angry manner, and is a Class B misdemeanor. If the battery results in bodily injury to another person, it is a Class A misdemeanor.

Domestic Battery. See Indiana Code: 35-42-2-1.3.
A person who commits battery resulting in bodily injury against an individual who is or was a spouse of the other person, who is or was living as if a spouse of the other person, or has a child in common with the other person, commits Domestic Battery, a Class A misdemeanor.

A person who communicates a threat to another person with the intent that the other person engage in conduct against the other person's will; or of placing the other person in fear of retaliation for a prior lawful act, commits the crime of Intimidation, a Class A misdemeanor.

If the intimidation involves a witness (or spouse or child of a witness) in any pending criminal case against the person making the threat, it is a Class D felony.

If the intimidation is committed while using a deadly weapon, it is a Class C felony.

Stalking. See Indiana Code: 35-45-10-5.
The crime of stalking is defined by law as any repeated or continuing harassment causing the victim to feel terrorized, frightened, intimidated, or threatened, and is a Class D felony. If the act of stalking involves a threat placing the victim in fear of sexual battery, serious bodily injury or death; is in disregard of a protection order issued in Indiana or by another state or tribal court; or occurs while a criminal case of stalking against the same victim is pending in court, the crime is a Class C felony.

Rape. See Indiana Code: 35-42-4-1.
Rape occurs when someone knowingly or intentionally forces or threatens someone to have sexual intercourse. Rape also occurs if the victim is unaware or is unable to give consent due to mental disability. If committed with a weapon or through use of a drug the criminal penalty may be higher.

Sexual battery occurs when someone intentionally touches another person to satisfy sexual desires. The victim may be compelled to submit to the touching by force or threat of force. Sexual battery also occurs if the victim is unable to give consent to any touching due to mental disability. If committed with a weapon or through use of a drug the criminal pen-