

# This Dating Life



## HANDOUT

### HOW TO SUPPORT A SURVIVOR AND RESOURCES

Abuse is all about power and control. It is therefore important that you do not try to control or force a survivor while trying to help them. Instead think about how you might empower a survivor to make their own decisions.

### SOME WAYS YOU CAN HELP A SURVIVOR INCLUDE:

- Acknowledge that they are in a very difficult situation
- Be supportive and listen
- Be non-judgmental
- Encourage them to talk to people who can provide help and guidance
- Remember that you cannot rescue them
- Keep your communication door open



Source: National Domestic Violence Hotline

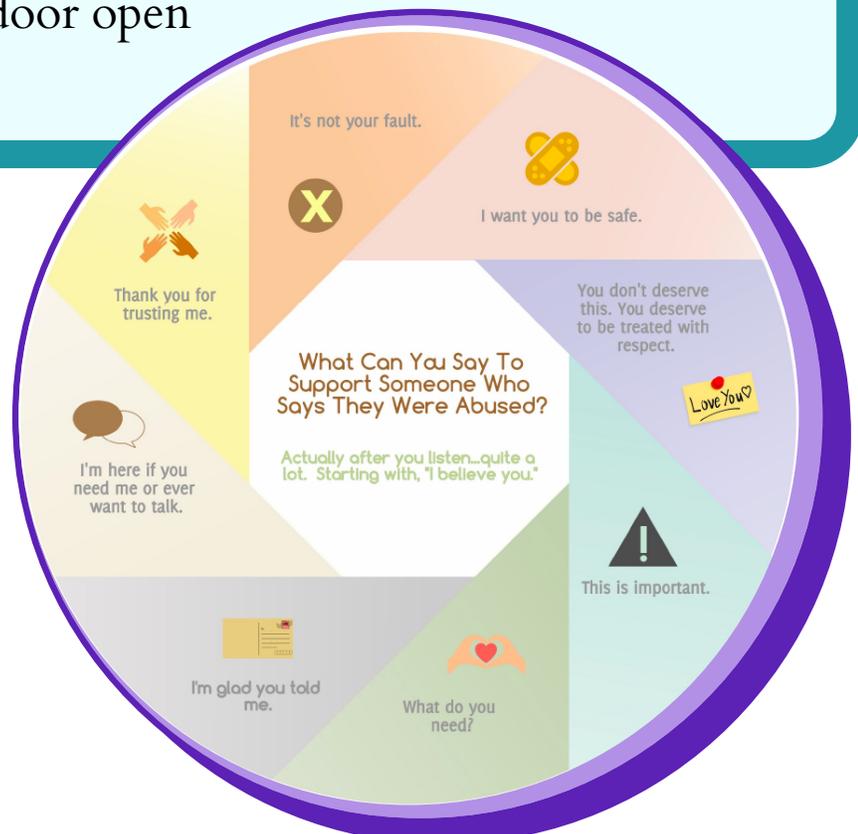
### ONLINE RESOURCES:

**Break the Cycle**

[www.breakthecycle.org](http://www.breakthecycle.org)

**Love is Respect**

<https://www.loveisrespect.org>



Source: *Break the Cycle*

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### ON-CAMPUS RESOURCES

#### BU Sexual Assault Response and Prevention Center

www.bu.edu/sarp  
617-353-7277 (24-hr.)

#### BU Behavioral Medicine Department

www.bu.edu/shs/behavioral  
617-353-3569

#### BU Student Health Services

www.bu.edu/shs  
617-353-3575

#### BU Police Department

www.bu.edu/police  
617-353-2121

#### BU Ambulance/Fire

617-353-2121

### OFF-CAMPUS RESOURCES

#### The Network/La Red

(Services focus on LGBTQ & polyamorous survivors)

www.tnlr.org  
17-742-4911/617-227-4911 (TTY)

#### Fenway Health, Violence Recovery Program

(Services focus on LGBTQ survivors)

www.fenwayhealth.org  
1-800-834-3242

#### Jane Doe Inc.

www.janedoe.org  
617-248-0922

#### Casa Myrna

877-785-2020 (Hotline)



## Power & Control

Domestic Violence: A pattern of abuse used to control one partner in a romantic or sexual relationship

Academic Abuse	Emotional Abuse, Humiliation	Physical Abuse	Sexual Abuse	
<ul style="list-style-type: none"> <li>- Transferring into partner's classes to monitor them</li> <li>- Causing academics to suffer by controlling class attendance or deliberately starting fights the night before an exam</li> <li>- Keeping partner home from class to isolate them from friends and teachers</li> <li>- Undermining academic status, grades, or intelligence</li> <li>- Telling them they aren't smart enough to be in college</li> <li>- Checking partner's email and responding as them</li> <li>- Preventing partner from applying for jobs, classes, or internships</li> </ul>	<ul style="list-style-type: none"> <li>- Calling names or putting partner down</li> <li>- Constant criticism of partner or their decisions</li> <li>- Humiliating the partner for sexual or non-sexual experiences</li> <li>- Spreading rumors or lies about partner</li> <li>- Downplaying, minimizing, or normalizing abuse</li> <li>- Telling partner they deserve abuse</li> <li>- Saying the partner is "crazy," making the partner feel "crazy"</li> </ul>	<ul style="list-style-type: none"> <li>- Hitting, punching, slapping, kicking, pushing, tripping</li> <li>- Pulling hair, grabbing them harshly</li> <li>- Choking, strangling, cutting of air by putting hands on partners neck</li> <li>- Throwing things or breaking objects</li> <li>- Holding partner down, restricting movement</li> <li>- Threatening to or actually using weapons</li> <li>- Prohibiting partner from leaving a room to go to school or out with friend</li> <li>- Using alcohol or other drugs to justify violent behavior</li> </ul>	<ul style="list-style-type: none"> <li>- Sexual assault, rape, nonconsensual sex acts</li> <li>- Using drugs or alcohol to get sex</li> <li>- Pressuring or forcing partner into sexual activities</li> <li>- Controlling access to abortion, STI screening, or birth control</li> <li>- Transmitting an STI without disclosure to partners</li> <li>- Flirting with other to make partner feel inadequate in sexual relationships</li> <li>- Comparing partners sexual performance to past partners</li> </ul>	
<b>Abuse of Privilege</b> <ul style="list-style-type: none"> <li>- Using status at BU (student leader, athlete, resident assistant, faculty, staff, etc.) against the partner</li> <li>- Outing or threatening to out partner's sexuality, gender, immigration status, or other private information</li> <li>- Using religion or spirituality against partner – saying "God doesn't love you."</li> <li>- Using male or other privilege against the partner</li> </ul>	<b>Manipulation and Limiting Independence</b> <ul style="list-style-type: none"> <li>- Using financial power for blackmail</li> <li>- Requiring permission to spend money or do activities</li> <li>- Monitoring alcohol or drug intake; forcing partner to take drugs or drink more than they want</li> <li>- Treating partner like a child</li> <li>- Making all decisions in the relationships, telling partner what to do</li> </ul>	<b>Threats and Intimidation</b> <ul style="list-style-type: none"> <li>- Threatening physical harm</li> <li>- Threatening to spread rumors or lies about partner</li> <li>- Threatening to commit suicide or harm self</li> <li>- Threatening to hurt family, friends, or pets</li> <li>- Blackmailing</li> <li>- Threatening to abandon partner</li> </ul>	<b>Isolation</b> <ul style="list-style-type: none"> <li>- Controlling who partner can spend time with</li> <li>- Pressuring partner to choose between them and family/friends/work</li> <li>- Pressuring partner to quit job, school, activities</li> <li>- Creating conflict with partner and family/friends/work</li> <li>- Forcing partner to live with them by sabotaging attempts to find housing</li> </ul>	<b>Electronic Abuse</b> <ul style="list-style-type: none"> <li>- Constantly calling, texting, harassing via electronic communication</li> <li>- Unwanted sexting</li> <li>- Taking and/or sharing sexual photos of partner</li> <li>- Monitoring or hacking partner's phone, email, computer, etc.</li> <li>- Demanding passwords to email or other electronic accounts</li> </ul>