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

Love is Respect
https://www.loveisrespect.org

Source: Break the Cycle
## 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  
17-742-4911617-227-4911 (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)

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### HANDOUT

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### Power & Control

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

<table>
<thead>
<tr>
<th>Academic Abuse</th>
<th>Emotional Abuse, Humiliation</th>
<th>Physical Abuse</th>
<th>Sexual Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Transferring into partner’s classes to monitor them</td>
<td>- Constant criticism of partner or their decisions</td>
<td>- Throwing things or breaking objects</td>
<td>- Sexual assault, rape, nonconsensual sex acts</td>
</tr>
<tr>
<td>- Causing academics to suffer by controlling class attendance or deliberately starting fights the night before an exam</td>
<td>- Humiliating the partner for sexual or non-sexual experiences</td>
<td>- Throwing things or breaking objects</td>
<td>- Using drugs or alcohol to get sex</td>
</tr>
<tr>
<td>- Keeping partner home from class to isolate them from friends and teachers</td>
<td>- Spreading rumors or lies about partner</td>
<td>- Holding partner down, restricting movement</td>
<td>- Pressure or forcing partner into sexual activities</td>
</tr>
<tr>
<td>- Undermining academic status, grades, or intelligence</td>
<td>- Denying access to REACH (or actually using weapons)</td>
<td>- Threatening to or actually using weapons</td>
<td>- Controlling access to abortion, STI screening, or birth control</td>
</tr>
<tr>
<td>- Telling them they aren’t smart enough to be in college</td>
<td>- Telling partner they deserve abuse</td>
<td>- Transmitting an STI without disclosure to partner</td>
<td>- Hitting or forcing partner to feel inadequate in sexual relationships</td>
</tr>
<tr>
<td>- Checking partner’s email and responding as them</td>
<td>- Saying the partner is “crazy,” making the partner feel “crazy”</td>
<td>- Hitting with partner to make partner feel inadequate in sexual relationships</td>
<td>- Comparing partners’ sexual performance to past partners</td>
</tr>
<tr>
<td>- Preventing partner from applying for jobs, classes, or internships</td>
<td>- Protecting partner from leaving or going to school or out with friend</td>
<td>- Using alcohol or other drugs to justify violent behavior</td>
<td>-</td>
</tr>
</tbody>
</table>

### Abuse of Privilege

- Using status at BU (student leader, athlete, resident assistant, faculty, staff, etc.) against the partner
- Outil or threatening to ougth partner’s sexuality, gender, immigration status, or other private information
- Using religion or spirituality against partner – saying “God doesn’t love you.”
- Using male or other privilege against the partner

### Manipulation and Limiting Independence

- Using financial power for blackmail
- Requiring permission to spend money or do activities
- Monitoring alcohol or drug intake; forcing partner to take drugs or drink more than they want
- Isolating partner from family and friends
- Making all decisions in the relationship, telling partner what to do

### Threats and Intimidation

- Threatening physical harm
- Threatening to spread rumors or lies about partner
- Threatening to commit suicide or harm self
- Threatening to hurt family, friends, or pets
- Blackmailing
- Threatening to abandon partner

### Isolation

- Controlling who partner can spend time with
- Pressure or forcing partner to choose between them and family/friends/work
- Pressure or forcing partner to quit job, school, activities
- Creating conflict with partner and family/friends/work
- Defacing or changing partner’s phone, email, computer, etc.
- Demanding passwords to email or other electronic accounts