



FACILITATOR'S GUIDE:

WELCOME TO THE YSL/IOU ABUSE IS NOT LOVE PROJECT! THE FOCUS OF THIS PRESENTATION IS HEALTHY BREAKUPS AND SAFETY TIPS FOR THOSE EXPERIENCING ABUSIVE RELATIONSHIPS.

UNDERNEATH EACH SLIDE, YOU WILL SEE FACILITATOR'S NOTES AND RECOMMENDATIONS. WHILE THIS SCRIPT WILL BE HELPFUL AS YOU LEARN THE PRESENTATION, WE HIGHLY RECOMMEND YOU MAKE THIS PRESENTATION YOUR OWN. YOU KNOW HOW TO TALK TO YOUR PEERS! FIND YOUR VOICE AND USE IT!

IT'S ON US HAS FUN, ENGAGING PROGRAMMING THAT YOU CAN IMPLEMENT ON YOUR CAMPUS TO EDUCATE YOUR PEERS ABOUT HEALTHY RELATIONSHIPS! TO FIND MORE PREVENTION ACTIVITIES ON HEALTHY RELATIONSHIPS, GO TO [ITSONUS.ORG!](https://www.itsonus.org)



HOW TO HOST THE WORKSHOP:

FOR THE SECOND HALF OF THE PRESENTATION, THE WORKSHOP, HAVE PARTICIPANTS PAIR UP FOR HEALTHY RELATIONSHIP SKILLS PRACTICE.

TIPS FOR MAKING GROUPS:

PAIR PARTICIPANTS AS THEY WALK IN BY PUTTING EVEN AND ODD NUMBERS ON CHAIRS, HAVE THEM COUNT OFF, OR SUGGEST THEY SIMPLY TURN TO THE PERSON NEXT TO THEM FOR CERTAIN ACTIVITIES.

CREATE AN EVENT THEME:

INVITE PEOPLE TO COME WITH THEIR CURRENT PARTNER(S) OR A FRIEND. MAKE IT A DATE NIGHT EVENT BY HOSTING IT AS A PICNIC OR POTLUCK. YOU COULD OFFER FREE FOOD FOR DINNER OR DESSERT. HAVE PEOPLE BRING BLANKETS OR SEAT EVERYONE AT TABLES WITH SPACE INBETWEEN CHAIRS.



ABUSE IS NOT LOVE

**DECODING RELATIONSHIPS:
UNDERSTANDING YOUR
NEEDS AND BOUNDARIES FOR
A HEALTHY RELATIONSHIP**



INTRODUCTIONS



ABUSE IS NOT LOVE

THIS MODULE WAS CREATED WITH YSL BEAUTÉ IN ORDER TO CONTINUE THEIR INITIATIVE **ABUSE IS NOT LOVE** – TO EDUCATE AND BRING AWARENESS TO INTIMATE PARTNER VIOLENCE (IPV)

IPV IS ONE OF THE MOST COMMON FORMS OF POWER-BASED PERSONAL VIOLENCE

IT IS THE USE OF **PHYSICAL, SEXUAL, FINANCIAL, AND/OR EMOTIONAL ABUSE** TO EXERT POWER AND CONTROL OVER A CURRENT OR FORMER INTIMATE PARTNER





AGENDA

INTRODUCTION

OVERVIEW OF IT'S ON US

WORKSHOP

- OPENING DISCUSSION
- THE RELATIONSHIP SPECTRUM
- TIPS & PRACTICE FOR A STRONGER RELATIONSHIP



WHAT MAKES A RELATIONSHIP HEALTHY?

ACTIVITY!

AGREE

DISAGREE

RELATIONSHIPS EXIST ON A SPECTRUM



ABUSIVE

IMBALANCE OF POWER & CONTROL

- BLAME SHIFTING
- ISOLATION
- PRESSURE/FORCE
- THREATENING/INSULTING

UNHEALTHY

STRUGGLES FOR POWER

- HURTFUL OR LACKING COMMUNICATION
- DISRESPECT
- DISHONESTY
- NOT TRUSTING

HEALTHY

BASED ON EQUALITY & RESPECT

- STRONG
- COMMUNICATION
- HONESTY
- PERSONAL TIME
- TRUST

WHAT IS INTIMATE PARTNER VIOLENCE?



A PATTERN OF BEHAVIOR IN ANY RELATIONSHIP THAT IS USED TO GAIN OR MAINTAIN POWER AND CONTROL OVER AN INTIMATE PARTNER. ABUSE IS PHYSICAL, SEXUAL, EMOTIONAL, ECONOMIC OR PSYCHOLOGICAL ACTIONS OR THREATS OF ACTIONS THAT INFLUENCE ANOTHER PERSON. THIS INCLUDES ANY BEHAVIORS THAT FRIGHTEN, INTIMIDATE, TERRORIZE, MANIPULATE, HURT, HUMILIATE, BLAME, INJURE, OR WOUND SOMEONE.

- ANYONE OF ANY GENDER CAN COMMIT OR EXPERIENCE ABUSE.
- ABUSE IS ONLY THE FAULT OF THE PERSON COMMITTING IT.
- ABUSE IS ABOUT POWER, DOMINANCE, AND CONTROL.

9 SIGNS OF ABUSE



Nº1 **IGNORING** YOU ON DAYS THEY ARE ANGRY

Nº2 **BLACKMAILING** YOU IF YOU REFUSE TO DO SOMETHING

Nº3 **HUMILIATING** OR PUTTING YOU DOWN

Nº4 **MANIPULATING** OR COERCING YOU INTO DOING OR SAYING SOMETHING

Nº5 **JEALOUSY** OVER EVERYTHING YOU DO

Nº6 **CONTROLLING** WHERE YOU GO OR HOW YOU LOOK

Nº7 **INTRUSION** BY GOING THROUGH YOUR PHONE OR TRACKING YOUR LOCATION

Nº8 **ISOLATING** AND CUTTING YOU OFF FROM FRIENDS AND FAMILY

Nº9 **INTIMIDATION** BY CALLING YOU CRAZY AND INSTILLING FEAR

WAYS TO STRENGTHEN RELATIONSHIPS



1. LEARN ABOUT ONE ANOTHER



PARTNER ACTIVITY:

LEARNING ABOUT ONE ANOTHER



THREE MINUTES TO DISCUSS:

WHAT WAS YOUR FAVORITE VACATION GROWING UP?



THREE MINUTES TO DISCUSS:

**WHAT ABOUT YOUR BEST FRIEND MAKES THEM YOUR
"BEST" FRIEND?**



THREE MINUTES TO DISCUSS:

**HOW DID YOU AND YOUR SIBLINGS, COUSINS, OR
FRIENDS RESOLVE CONFLICT GROWING UP?**

WAYS TO STRENGTHEN RELATIONSHIPS



1. LEARN ABOUT ONE ANOTHER ✓
2. BUILD RESPECT AND REGARD FOR EACH OTHER, INCLUDING SETTING AND RESPECTING BOUNDARIES

BOUNDARIES



"BOUNDARIES HELP YOU DEFINE WHAT YOU ARE COMFORTABLE WITH AND HOW YOU WOULD LIKE TO BE TREATED BY OTHERS...THEY HELP YOU HONOR YOUR NEEDS, GOALS, FEELINGS AND VALUES."

- LOVE IS RESPECT, PROGRAM OF THE NATIONAL DOMESTIC VIOLENCE HOTLINE

FOR EXAMPLE:

- I NEED TO BE IN A QUIET PLACE WHEN I'M STUDYING
- I WILL SHARE MY NETFLIX LOGIN BUT NOT MY EMAIL LOGIN
- I SPEND TIME WITH MY FAMILY AND FRIENDS ON WEEKENDS. MY PARTNER CAN COME MOST OF THE TIME, BUT SOMETIMES I WANT TIME ALONE WITH OTHERS
- I'M COMFORTABLE WITH CERTAIN SEXUAL ACTS WITH MY PARTNER BUT NOT EVERYTHING

BOUNDARIES



BOUNDARIES ARE NOT RULES FOR OTHER PEOPLE

UNHEALTHY BOUNDARIES ARE ATTEMPTS TO CONTROL SOMEONE ELSE

EXAMPLE: I NEED YOU TO STOP WEARING THAT OUTFIT BECAUSE I GET JEALOUS
WHEN OTHER PEOPLE LOOK AT YOU

BOUNDARIES CAN CHANGE

COMMUNICATING BOUNDARIES IS KEY!



REFLECTION

REFLECTION: RESPECT & REGARD



1. HOW DO I DEFINE RESPECT? WHAT DO I CONSIDER TO BE SIGNS OF RESPECT OR DISRESPECT?
2. WHAT BOUNDARIES DO I HAVE? WHAT BOUNDARIES DOES MY PARTNER HAVE?
3. ARE MY PARTNER AND I JUDGMENTAL WHEN WE OPEN UP TO EACH OTHER?
4. DO WE TRUST EACH OTHER? HOW DO I DEFINE TRUST?
5. AM I FULLY MYSELF AROUND MY PARTNER?

WAYS TO STRENGTHEN RELATIONSHIPS



1. LEARN ABOUT ONE ANOTHER ✓
2. BUILD RESPECT AND REGARD FOR EACH OTHER INCLUDING SETTING AND RESPECTING BOUNDARIES ✓
3. USE HEALTHY COMMUNICATION AND CONFLICT

TIPS FOR HEALTHY COMMUNICATION



1. BE OPEN TO BEING POSITIVELY INFLUENCED
2. COMMUNICATE BEFORE SOMETHING BECOMES A BIG PROBLEM
3. COMPROMISE WHEN SOMETHING IS UNSOLVABLE

TIPS FOR HEALTHY CONFLICT



1. PICK ONE ISSUE AT A TIME AND STICK TO IT
2. EMPATHETICALLY TRY TO UNDERSTAND EACH OTHER'S PERSPECTIVE ON THE ISSUE
3. THINK THROUGH ALL POSSIBLE SOLUTIONS, EVEN THE UNREALISTIC ONES
4. PICK ONE SOLUTION AND TRY IT
5. REPEAT. AFTER SOME TIME, DISCUSS IF IT'S WORKING. IF NOT, PICK ANOTHER IDEA AND TRY AGAIN

REFLECTION ON HEALTHY COMMUNICATION AND CONFLICT



1. WHAT PATTERNS OF COMMUNICATION HAVE I EXPERIENCED IN PAST RELATIONSHIPS OR FRIENDSHIPS THAT I HAVE LIKED?
2. WHAT PATTERNS OF COMMUNICATION HAVE FELT HURTFUL TO ME?
3. DO I HAVE BOUNDARIES AROUND HOW I WILL ENGAGE IN COMMUNICATION?
4. WHEN HAVE I COMMUNICATE EFFECTIVELY?

RELATIONSHIPS EXIST ON A SPECTRUM



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SUPPORTING A FRIEND THROUGH ABUSE

SUPPORTING A FRIEND THROUGH ABUSE: KNOW THE FACTS



TELLING A FRIEND TO LEAVE THE PERSON ABUSING THEM CAN MAKE IT MORE LIKELY THAT THEY WILL STAY. INSTEAD, WE CAN OFFER THEM SUPPORT AND SHARE RESOURCES THAT CAN EMPOWER THEM TO MAKE SAFE DECISIONS ABOUT THEIR RELATIONSHIP

IT TAKES 7 BREAKUPS ON AVERAGE FOR AN ABUSIVE RELATIONSHIP TO END

LEAVING IS THE MOST DANGEROUS TIME FOR A PERSON WHOSE PARTNER IS ABUSING THEM

SUPPORTING A FRIEND THROUGH ABUSE: WHAT TO SAY



1. FLAG

- "I WANT YOU TO BE SAFE"
- "THIS IS IMPORTANT"

2. VALIDATE

- "THANK YOU FOR TRUSTING ME WITH THIS"
- "YOU DON'T DESERVE THAT. YOU DESERVE TO BE RESPECTED"

3. CONNECT

- "YOU ARE NOT ALONE"
- "YOU HAVE RESOURCES"

SUPPORTING A FRIEND THROUGH ABUSE: CONNECT



NATIONAL

- DOMESTIC VIOLENCE HOTLINE
 - 1.800.799.SAFE (7233)
 - CHAT: THEHOTLINE.ORG
 - TEXT "START" TO 88788
- LOVE IS RESPECT
 - LOVEISRESPECT.ORG
 - QUIZZES!

LOCAL SERVICES

- CENTERS.RAINN.ORG

CAMPUS SUPPORT

- TITLE IX OFFICE
- CAMPUS HEALTH CLINIC
- ON-CAMPUS PSYCHOLOGICAL SERVICES

SUPPORTING A FRIEND THROUGH ABUSE: SAFETY PLANNING



FROM THE EXPERTS:

“WHAT MAY KEEP A SURVIVOR SAFE IN ONE INSTANCE CAN INCREASE HARM AND RISK OF DANGER IN ANOTHER.”

DOMESTIC VIOLENCE TRAUMA THERAPIST, NORTHERN VIRGINIA

SAFETY PLANNING:

A PERSONALIZED, PRACTICAL PLAN TO IMPROVE YOUR SAFETY WHILE EXPERIENCING ABUSE, PREPARING TO LEAVE AN ABUSIVE SITUATION, OR FOR AFTER YOU LEAVE

– [THE DV HOTLINE](#)



WAN TO LEARN MORE?

GO TO ITSONUS.ORG



QUESTIONS?



THANK YOU!

FOR MORE RESOURCES VISIT ITSONUS.ORG



POST TRAINING SURVEY