



IT'S ON US WORKSHOP

**HOW TO EXIT AN UNHEALTHY RELATIONSHIP SAFELY
& AVOID ONGOING MANIPULATION**



INTRODUCTIONS



**ABUSE
IS NOT
LOVE**

THIS MODULE WAS CREATED WITH YSL BEAUTE CONTINUING THEIR INITIATIVE **ABUSE IS NOT LOVE** TO EDUCATE AND BRING AWARENESS TO IPV

WORKSHOP AGENDA

- INTRODUCTION
- OVERVIEW OF IT'S ON US
- FACILITATOR'S GUIDE
- WORKSHOP
 - Setting the Scene
 - Potential Emotional Responses
 - Related Theories
 - Examples
 - Activity: Breakup Living Situation
 - How to help a friend
 - Questions





OVERVIEW OF IT'S ON US



S. 47

One Hundred Thirteenth Congress of the United States of America

AT THE FIRST SESSION

*Begun and held at the City of Washington on Thursday,
the third day of January, two thousand and thirteen*

An Act

To reauthorize the Violence Against Women Act of 1994.

*Be it enacted by the Senate and House of Representatives of
the United States of America in Congress assembled,*



White House Task Force to
Protect Students from Sexual Assault

Violence Against Women Act



Violence
Against
Women
Act



Annie Flanagan for Huff

— PRIDE 2019 —

How A Feminist Activist Found Herself Working With Biden In The White House



STARTED IN 2014 BY PRESIDENT OBAMA AND VICE PRESIDENT BIDEN TO RAISE AWARENESS AROUND **SEXUAL ASSAULT**

OVER **440,000 PEOPLE** HAVE TAKEN THE "IT'S ON US" PLEDGE TO COMBAT COLLEGE SEXUAL ASSAULT

500+ STUDENT CHAPTERS HAVE HELD OVER 6,000 EDUCATIONAL AND ORGANIZING EVENTS IN ALL 50 STATES AND WASHINGTON, D.C.

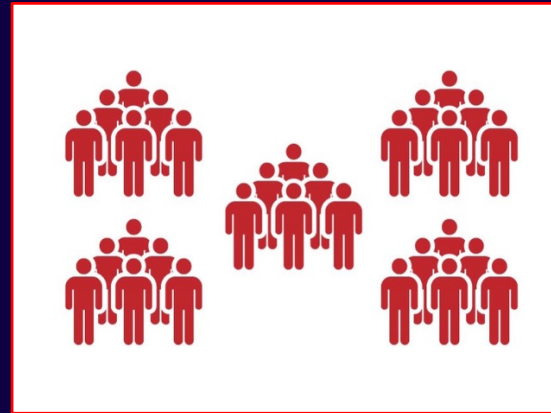
CAMPAIGN → PROGRAM



OVERVIEW OF 2022 EDUCATIONAL PROGRAMMING

OUR VISION

TO CREATE IN-HOUSE PROGRAMMING AND RESOURCES FOR STUDENTS THAT GIVES THEM THE TRAINING AND TOOLS THEY NEED TO END SEXUAL VIOLENCE ON COLLEGE AND UNIVERSITY CAMPUSES.





WORKSHOP FACILITATOR'S GUIDE

[LINK](#)



HOW TO EXIT AN **UNHEALTHY RELATIONSHIP** SAFELY & AVOID ONGOING MANIPULATION

LET'S SET THE SCENE

IT TAKES, ON AVERAGE, SEVEN TIMES FOR SOMEONE TO
LEAVE AN **ABUSIVE RELATIONSHIP**





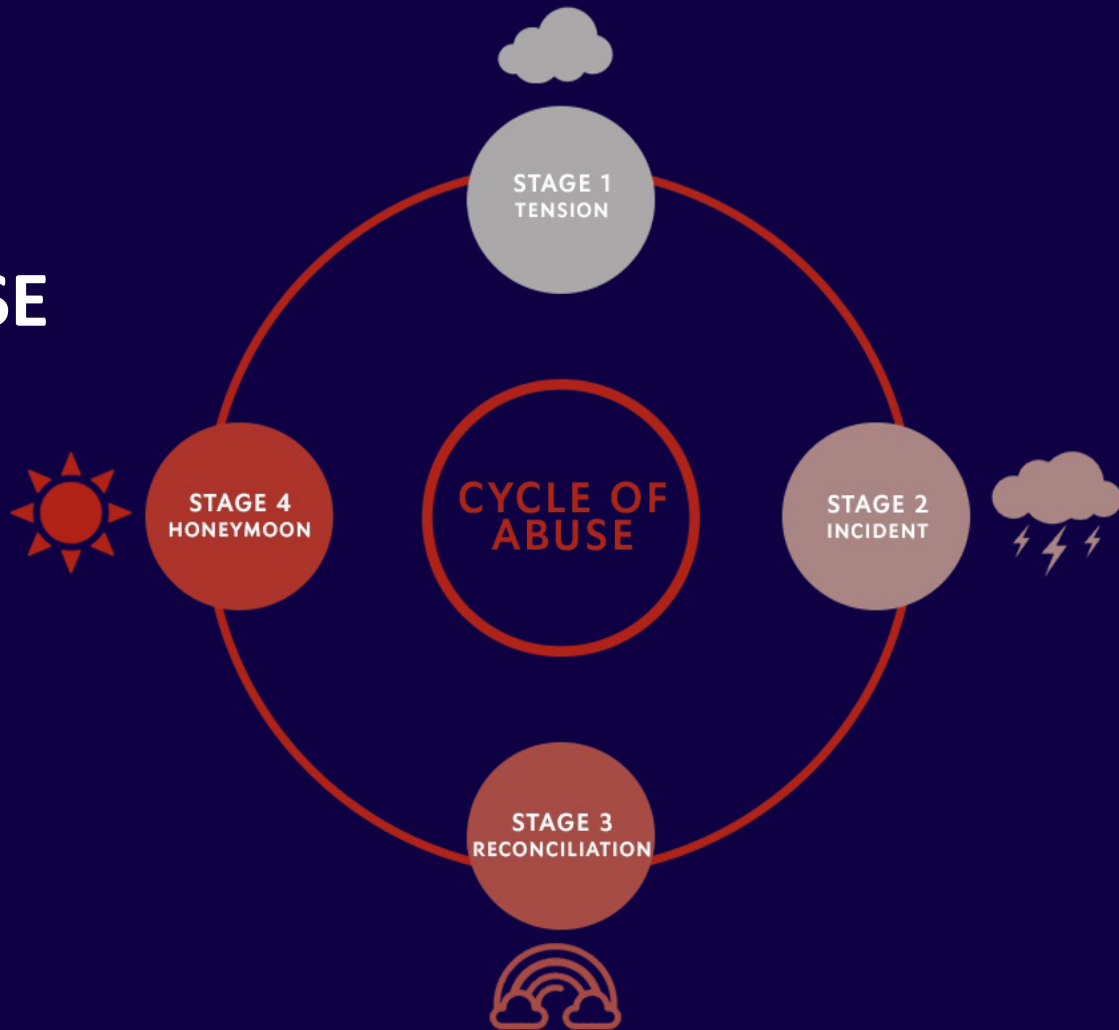
ESCALATION EFFECT OF THE SIGNS OF ABUSE

ESCALATION



- IT TAKES, ON AVERAGE, SEVEN TIMES FOR SOMEONE TO LEAVE AN **ABUSIVE RELATIONSHIP**
- **ESCALATION IS WHEN ABUSE GETS WORSE, EITHER SUDDENLY OR GRADUALLY. ESCALATION CAN BE A TRANSITION FROM ONE TYPE OF ABUSE TO ANOTHER, OR IT CAN BE SIMILAR TYPES OF BEHAVIORS INCREASING IN SEVERITY.**
- **GRADUAL ESCALATION HAPPENS MORE SLOWLY, AND MIGHT LOOK LIKE INSULTS THAT STEADILY BECOME CRUELER AND MORE HURTFUL**
- **SUDDEN ESCALATION HAPPENS WHEN ABUSIVE BEHAVIORS QUICKLY BECOME MORE SEVERE, AND MIGHT LOOK LIKE AN EMOTIONALLY ABUSIVE PARTNER TURNING TO PHYSICAL VIOLENCE FOR THE FIRST TIME.**
- **OVER THE COURSE OF AN ABUSIVE RELATIONSHIP, IT IS COMMON FOR ABUSE TO ESCALATE, AND OFTEN TIMES SURVIVORS FIND THEMSELVES EXPERIENCING SOMETHING THEY NEVER THOUGHT THEIR PARTNER WOULD, OR EVEN COULD, DO.**

CYCLE OF ABUSE





HEALTHY RELATIONSHIP SPECTRUM

ALL RELATIONSHIPS EXIST ON A SPECTRUM FROM HEALTHY TO ABUSIVE, WITH UNHEALTHY RELATIONSHIPS SOMEWHERE IN THE MIDDLE.



WHEN WE LEAVE A RELATIONSHIP
(REGARDLESS OF WHETHER IT WAS A HEALTHY OR TOXIC RELATIONSHIP)
WE FEEL POSITIVE, NEGATIVE, OR NEUTRAL FEELINGS.
EACH OF THESE AFFECT HOW WE TREAT OURSELVES
AND OTHERS DIRECTLY AFTER A BREAKUP.

I HATE YOU

I LOVE YOU

I WANT TO
HAVE KIDS

I DO NOT

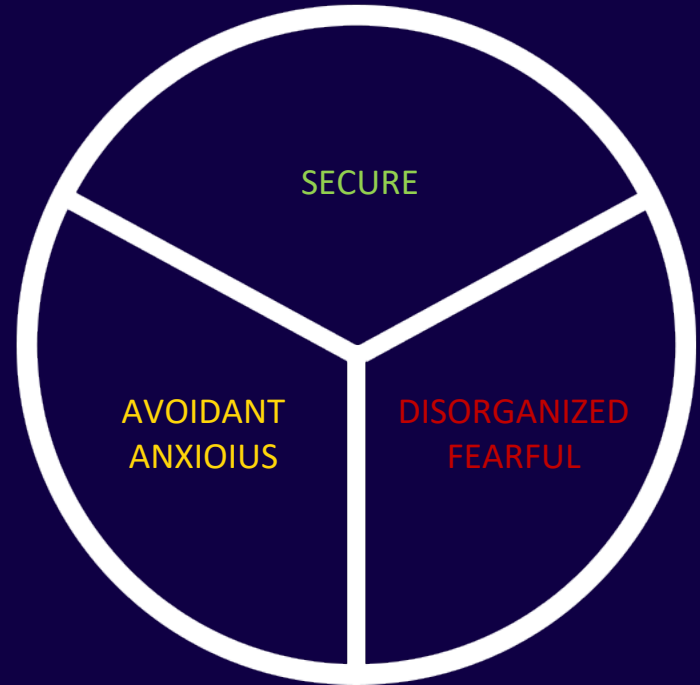
**TOXIC****HEALTHY**

WHY DO WE FEEL SAD AFTER A BREAKUP?

ATTACHMENT THEORY

ATTACHMENT THEORY DATES BACK TO THE 1950'S. BASED ON THIS THEORY, THERE ARE FOUR ADULT ATTACHMENT STYLES.

PEOPLE WITH INSECURE ATTACHMENT STYLES MIGHT HAVE TO PUT SOME INTENTIONAL EFFORT INTO RESOLVING THEIR ATTACHMENT ISSUES, IN ORDER TO BECOME SECURELY ATTACHED.





NOTE: SADNESS AFTER A BREAKUP CAN BE HEIGHTENED FOR THOSE WHO ARE LEAVING ABUSIVE RELATIONSHIPS. OFTEN AN ABUSER HAS USED MANIPULATION TACTICS TO CREATE FALSE SENSE OF ATTACHMENT THROUGH LIMITED SAFETY OR SECURITY.



POTENTIAL EMOTIONAL RESPONSES

POSITIVE

INDEPENDENCE
FREEDOM
SELF-CONFIDENCE
SELF DISCOVERY
RELIEF
TRANQUILITY
SECURITY
PRIDE
FULFILLMENT

NEUTRAL

EMOTIONAL NUMBNESS
FEELINGS OF NEUTRALITY
LETHARGY
PERCEPTIONS OF
MEANINGLESSNESS
ALTERED PERCEPTIONS OF TIME
UNRESPONSIVENESS TO STIMULI
AVOIDANCE OF SELF-FOCUSED
ATTENTION

NEGATIVE

SHOCK (DESENSITIZES A PERSON)
SADNESS
FEAR
ANGER
GUILT
SHAME
NERVOUSNESS
WORRY

IS THERE A DIFFERENCE BETWEEN FEELING NEUTRAL AND **FEELING NUMB?**

NUMBNESS DOES ACTUALLY CONTAIN SOME
NEGATIVE AFFECT. THEREFORE NUMBNESS IS NOT
THE COMPLETE ABSENCE OF EMOTION.





WHAT DO WE KNOW? RELATED THEORIES

THE NUMBNESS HYPOTHESIS

REJECTION, FOR EXAMPLE, MAY NOT RESULT IN NEGATIVE AFFECT, BUT RATHER CREATE SEVERAL “NONVALENCED*” FEELINGS, INCLUDING FEELING SHOCKED, NEUTRAL, AND NUMB. THESE FEELINGS ARE HYPOTHESIZED TO LESSEN THE EXTENT TO WHICH PEOPLE RESPOND EMOTIONALLY TO VARIOUS SITUATIONS (EMOTIONAL RESPONSIVENESS).

*NONVALENCE EMOTION DEFINITION: NOT CLEARLY ASSOCIATED WITH EITHER POSITIVE OR NEGATIVE FEELINGS.





WHEN WE FEEL MORE **NEGATIVE AND NEUTRAL**
FEELINGS RATHER THAN POSITIVE FEELINGS, WE CAN GET STUCK TRYING
TO **GRASP FOR THEM TO AVOID ANY PAIN.**

SOCIAL REJECTION THEORY

REJECTION PRODUCES AN INSENSITIVITY TO EMOTION AND PHYSICAL PAIN. WHEN PEOPLE ARE IN A **STATE OF NUMBNESS** THEY HAVE LESS EMPATHY TOWARDS OTHERS AND THEY CANNOT PREDICT FUTURE EMOTIONAL REACTIONS RELIABLY.



PERSONALITY PATHOLOGY

REFERS TO ENDURING PATTERNS OF COGNITION, EMOTION, AND BEHAVIOR THAT NEGATIVELY AFFECT A PERSON'S ADAPTATION. IN PSYCHIATRY AND CLINICAL PSYCHOLOGY, IT IS CHARACTERIZED BY **ADAPTIVE INFLEXIBILITY, VICIOUS CYCLES OF MALADAPTIVE BEHAVIOR, AND EMOTIONAL INSTABILITY UNDER STRESS.**

PEOPLE WHO ARE ABUSIVE OR UNHEALTHY WILL USE YOUR EMOTIONAL RESPONSES TO CONTROL THE SITUATION.





ACTIVITY



REMINDER: 9 SIGNS

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

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

Nº3 **HUMILIATING** OR PUTTING YOU DOWN

Nº4 **MANIPULATION** - TO COERCE YOU INTO DOING OR SAYING SOMETHING

Nº5 **JEALOUSY** OVER EVERYTHING YOU DO

Nº6 **CONTROL** OVER WHERE YOU GO OR HOW YOU LOOK

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

Nº8 **ISOLATION** - CUTTING YOU OFF FROM FRIENDS AND FAMILY

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



BELLA AND EDWARD | NEW MOON





DISCUSSION QUESTION

WHY IS THEIR RELATIONSHIP **TOXIC**?

- HER OBSESSION WITH HIM LEADS HER TO DANGEROUS BEHAVIOR
- IN THE BOOKS, BELLA'S DESCRIPTION OF EDWARD IS FULL OF HYPERBOLE — SHE DESCRIBES HIM AS “TOO BEAUTIFUL TO BE REAL.”



WHEN **REJECTION IS MILD,**
IT INCREASES ONE'S SENSITIVITY TO **PAIN.**
THIS IS THE EMOTIONAL REACTION THAT NARCISSISTS USE
TO GET **THEIR WAY.**

MANIPULATION

MANIPULATION

REFERS TO THE ABILITY OF ONE PERSON TO **CONTROL** THE ACTIONS, BELIEFS AND EMOTIONS OF ANOTHER, TYPICALLY WITH **SELFISH INTENTIONS** AND DECEPTIVE GAINS.





MANIPULATION EXAMPLE





QUESTIONS



1. IS IT RIGHT FOR EDWARD TO LIE TO BELLA IF IT WILL KEEP HER SAFE?
2. ARE BELLA'S EMOTIONS AFTER THE BREAKUP **NEGATIVE**, **POSITIVE**, OR **NEUTRAL**?
3. DO BELLA'S EMOTIONAL RESPONSES AFFECT HOW SHE IS TREATING OR REACTING TO OTHERS IN HER LIFE?
4. IN THE MANIPULATION VIDEO, IF BELLA WAS SUCCESSFUL, WOULD IT SOLVE HER PROBLEM?

ONGOING MANIPULATION

PERSISTENT SOCIAL AND **EMOTIONAL DECEPTION** TO ALTER ANOTHER PERSON'S BEHAVIOR IS USED TO GAIN GREATER POWER IN A RELATIONSHIP. **REPEATED MANIPULATION** IS EMOTIONALLY DISTRESSING AND CAN ALTER AN INDIVIDUAL'S SENSE OF STABILITY, SECURITY AND SAFETY TO BE EFFECTED IN A RELATIONSHIP

(U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, 2017).





AN ABUSER MAY ALSO TRY TO **USE YOUR
PHYSICAL RESPONSE TO CONTROL A SITUATION**



IN THE UNITED STATES, RESEARCH INDICATES THAT 65% OF PEOPLE WHO CONSIDER LEAVING AN ABUSIVE RELATIONSHIP FACE RISKS. THE TIME WHEN YOU LEAVE IS OFTEN THE MOST DANGEROUS IN THE RELATIONSHIP.



ACTIVITY



BREAKING UP WHILE LIVING TOGETHER SCENARIO

PERSONS A AND B BREAK UP. THEY LIVE TOGETHER IN A 1 BEDROOM APARTMENT.

PERSON A IS ON THE LEASE SO THEY TELL PERSON B TO FIND A NEW PLACE TO LIVE ASAP.

**PERSON B DOES NOT HAVE ANYWHERE TO GO, SO THEY FIGHT EACH NIGHT WHEN THEY
GET HOME ON WHETHER OR NOT THEY SHOULD GET BACK TOGETHER.**



HOW CAN YOU SUGGEST A CHANGE TO
MAKE THIS A MORE HEALTHY SITUATION?

GET INTO GROUPS AND DISCUSS

OPTION FOR HEALTHY COMPROMISE



PERSON B MOVES TO THE COUCH AND PERSON A STAYS IN THE BEDROOM WHILE PERSON B TRIES TO FIND A NEW PLACE TO LIVE. THEY COMPROMISE ON A REALISTIC TIMELINE FOR PERSON B TO FIND A PLACE. BOTH RESPECT THEIR SEPARATE SPACES UNTIL PERSON B IS ABLE TO SIGN A NEW LEASE.



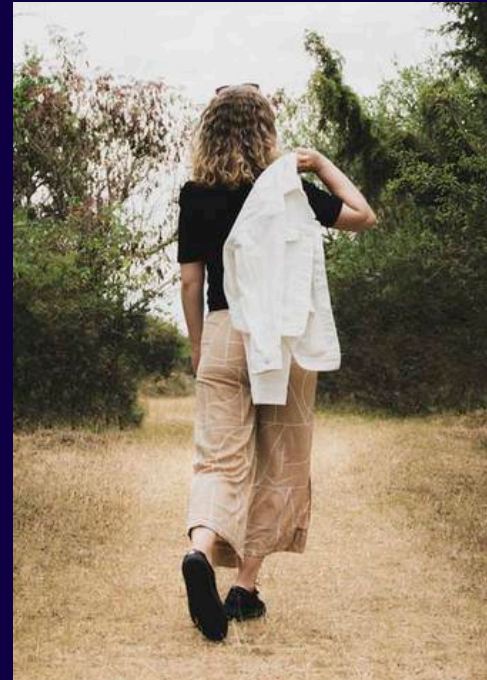
CLOSURE - WHAT DOES IT LOOK LIKE?

CLOSURE

THE GOAL IS FOR US TO HAVE MORE POSITIVE EMOTIONAL RESPONSES IN GENERAL, THEREFORE CLOSURE CAN LOOK VERY DIFFERENT FOR ALL OF US AFTER A RELATIONSHIP (ESPECIALLY AN UNHEALTHY OR ABUSIVE RELATIONSHIP) ENDS.

ASK YOURSELF: WILL THIS ACTION LEAD TO A POSITIVE EMOTIONAL RESPONSE AFTER A BREAKUP?

EXAMPLE: PERSON A FEELS ANGRY AND LONELY SO THEY DEBATE FINDING SOMEONE TO REBOUND WITH. AFTER DOING THIS, WILL PERSON A BE ABLE TO MOVE TOWARDS HAVING MORE POSITIVE EMOTIONAL RESPONSES?





**WHAT ARE SOME THINGS YOU CAN DO TO
HELP A FRIEND WHO MIGHT
BE TRYING TO AVOID ONGOING
MANIPULATION BY A FORMER PARTNER?**



CHECK IN. ASK WHAT THEY NEED

Nº1 ASK IF THERE IS A SPECIFIC REASON THEY ARE UNABLE TO CUT TIES WITH THIS PERSON NOW THAT THEY HAVE OFFICIALLY BROKEN UP. WHERE IS THE PRESSURE TO INTERACT COMING FROM?

Nº2 DO THEY NEED HELP FINDING A PLACE TO LIVE?

Nº3 DO THEY FEAR FOR THEIR OWN SAFETY OR THEIR EX-PARTNER'S?

IF AN EX-PARTNER IS RELYING ON ANY OF THE ABOVE TO STAY IN TOUCH, IT IS A **MANIPULATIVE TACTIC**. REMIND YOUR FRIEND THAT IT IS NO LONGER THEIR RESPONSIBILITY. THEY SHOULD NOT FEEL GUILT FOR NO LONGER SUPPORTING OR RESPONDING TO THIS PERSON'S ACTIONS. THIS WILL BE HARD, BUT REMIND THEM THAT THEY WILL BE OKAY.



IT'S ON
US

YSL
BEAUTE

**NO MATTER WHAT YOUR STORY IS,
REMEMBER THAT YOU ARE STILL CAPABLE OF
GIVING AND RECEIVING LOVE.**

JESSIE FROM TOY STORY





WANT TO LEARN MORE?

GO TO [ITSONUS.ORG](https://www.itsonus.org)



QUESTIONS?



Want Support With Campus Organizing?
Blake.Kitterman@civcnation.org

Need Advice on Peer-to-Peer Training?
Adrianna.Branin@civcnation.org

Engage More Men on Your Campus!
Kyle.Richard@civcnation.org



THANK YOU!

FOR MORE RESOURCES VISIT [ITSONUS.ORG](https://www.itsonus.org)



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