



# INTIMATE PARTNER VIOLENCE (IPV)

**PART 2:  
PREVENTION TRAINING**



# WORKSHOP FACILITATOR'S GUIDE



**ABUSE  
IS NOT  
LOVE**

THIS MODULE WAS CREATED IN PARTNERSHIP WITH YVES SAINT LAURENT BEAUTY AS PART OF THEIR NEW PROGRAM:

## ABUSE IS NOT LOVE

IPV IS ONE OF THE MOST COMMON FORMS OF VIOLENCE AGAINST WOMEN AND INCLUDES **PHYSICAL, SEXUAL, FINANCIAL, AND EMOTIONAL ABUSE**, AS WELL AS **CONTROLLING BEHAVIORS** BY AN INTIMATE PARTNER. IN THE UNITED STATES YOUNG PEOPLE ARE DISPROPORTIONATELY AFFECTED BY IPV.



# INTRODUCTIONS



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# 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**



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.





# DEFINITIONS

## **IPV – INTIMATE PARTNER VIOLENCE**

EXERTING POWER OR CONTROL OVER A PERSON THAT YOU HAVE OR HAVE PREVIOUSLY HAD A RELATIONSHIP WITH.



# DEFINITIONS

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**TRAUMA** IS AN EVENT THAT COMBINES FEAR, HORROR,  
OR TERROR WITH ACTUAL OR PERCEIVED LACK OF  
CONTROL.



**HOW HAS THE COVID-19 PANDEMIC  
AFFECTED OUR ABILITY TO INTERVENE?**

GOING FROM IN-PERSON CAMPUS EXPERIENCE TO VIRTUAL  
LEARNING RESULTED IN:

- **LESS INTERACTION** WITH POSSIBLE SUPPORT SYSTEMS AND  
COMMUNITIES FOR SURVIVORS
- LOWER RATES OF INTERACTION BETWEEN MANDATED  
REPORTERS AND STUDENTS TO ASSESS, RECOGNIZE, AND  
REPORT **SIGNS OF ABUSE**





# RECOGNIZING IPV



**ABUSE  
IS NOT  
LOVE**



**ABUSE IS NOT LOVE**  
**9 SIGNS OF ABUSE**

**Nº1**

**IGNORING**

**YOU ON**

**DAYS THEY**

**ARE ANGRY**

IT'S ON  
**US**

**YSL**  
BEAUTE





**Nº2**

**BLACKMAILING**

**YOU IF YOU**

**REFUSE TO DO**

**SOMETHING**



**Nº3**

**HUMILIATION**

**PUTTING**

**YOU**

**DOWN**



**Nº4**

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

**N°5**

**JEALOUSY**

**OVER  
EVERYTHING  
YOU DO**



**Nº6**

**CONTROL**

**OVER WHERE**

**YOU GO**

**AND HOW**

**YOU LOOK**

IT'S ON  
**US**

**YSL**  
BEAUTE

IT'S ON  
US

YSL  
BEAUTE

**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**





**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**



# VIDEO DISCUSSION QUESTIONS

**Nº1**

WHAT DO YOU THINK ABOUT THE 9 SIGNS? CAN YOU RELATE TO IDENTIFYING SOME OF THESE SIGNS IN RELATIONSHIPS YOU'VE BEEN IN OR HAVE HAD FRIENDS IN?

**Nº2**

WHAT ARE SOME **WARNING SIGNS** OF AN **ABUSIVE RELATIONSHIP** WE COULD ADD TO THIS LIST?

**Nº3**

DESCRIBE AN EXAMPLE OF THE SIGNS IN THE VIDEO OR THE SIGNS WE ADDED TO THE LIST IN YOUR LIFE OR IN POP CULTURE TODAY.

# Snowball Activity



Supplies: Strips of paper, pens or markers, scenario examples

## Scenario:

**You see a couple fighting in a parking lot, the situation seems to be escalating quickly and you think it may become physical.**

## Question:

**What would be the reason that you wouldn't intervene?**

Each person writes their reason on a slip of paper and crumbles it into a ball. When the presenter gives the cue, throw your crumpled paper ball at someone else in the room and we'll have people pick up the balls of paper and read the reasons out loud.



# HOW TO SAFELY INTERVENE AS AN ACTIVE BYSTANDER

## HOW CAN WE BE ACTIVE BYSTANDERS?

IT IS IMPORTANT TO ONLY STEP IN AND INTERVENE IN WAYS YOU FEEL COMFORTABLE DOING SO.

TRY TO DE-ESCALATE SITUATIONS WITHOUT PUTTING YOURSELF IN HARMS WAY. IF YOU THINK YOU COULD BE HURT YOU SHOULD CALL FOR HELP BEFORE INTERVENING.





**CALL OUT TOXIC BEHAVIOR**



**Nº1**

YOU NOTICE THAT YOUR FRIEND IS BEING **DISRESPECTED** BY A PARTNER. CALL THEM OUT IF YOU FEEL SAFE DOING SO.

**Nº2**

YOUR FRIEND AND THEIR PARTNER ARE SPEAKING. AS THE PARTNER BEGINS TO DISAGREE WITH YOUR FRIEND, THEY THREATEN TO **BREAK UP WITH THEM** IF THEY DON'T AGREE WITH THEM ON THIS.

**Nº3**

YOU (ACTIVE BYSTANDER) INTERVENE AND SAY, "HEY [FRIEND'S PARTNER] PLEASE BE RESPECTFUL OF MY FRIEND. THEIR THOUGHTS ARE VALID AS WELL."



**CHECK IN**





**Nº1**

YOUR NORMALLY OUTGOING FRIEND IS STAYING GOING A LONG TIME **WITHOUT SEEING FRIENDS**. CHECK IN ON THEM TO MAKE SURE THEY ARE OKAY AND SAFE.

**Nº2**

YOUR FRIEND IS IN A NEW RELATIONSHIP WITH SOMEONE. THEY USED TO GO OUT WITH YOU ALL THE TIME AND MEET YOU AFTER CLASS, BUT LATELY YOUR FRIEND HAS BEEN **GOING STRAIGHT HOME OR NOT SHOWING UP AT ALL**.

**Nº3**

YOU (ACTIVE BYSTANDER) MESSAGE THEM ASKING IF THEY ARE OKAY AND NEED SUPPORT. REMIND THEM THEY ARE NOT ALONE.



# Afraid of Confrontation?

Try:

Distractions

Getting Help

Going in Groups



Anna is hosting a big birthday party for her soccer team captain, Jess. Jess has invited her boyfriend from home to visit and is super excited for all of her teammates to meet him. At the party, Jess and her boyfriend seem bubbly at first, but as they begin to drink Jess's boyfriend starts to say cruel things to Jess about her not visiting him enough and that she looks overly muscular. Jess asks him to stop making mean comments and her boyfriend tells her that she cares more about her friends than their relationship. Jess and her boyfriend step into a private room and Anna can hear them arguing loudly.

What are some ways for Anna to intervene in this situation?



Kaiya is going on a girls trip with a few of her friends. Her best friend Laurel tells her about the new relationship she just got into as they're traveling. Laurel tells her that her new girlfriend is kind and funny but has trust issues from past relationships. While they're at the hotel that night, Laurel's new girlfriend messages Kaiya asking her to keep a watchful eye on Laurel and tell her what Laurel does and who she talks to.

What are some ways for Kaiya to intervene in this situation?



Ellie is incredibly close to her sorority sisters. She usually meets her sister Maria on weekdays for lunch, but since Maria got into a new relationship she's been difficult to make plans with. Ellie sees Maria in class and Maria mentions that her boyfriend thinks the sorority is stupid and that her friends don't really care about her. Ellie notices that she checks her phone a lot and doesn't seem to be her typical happy self.

What are some ways for Ellie to intervene in this situation?



**SUPPORTING A FRIEND OR PEER  
WHO IS OR HAS EXPERIENCED IPV**

## WHY YOUR REACTION IS IMPORTANT

40% OF THE TIME, A SURVIVOR WILL DISCLOSE TO A FRIEND OR PEER BEFORE THEY REPORT TO ANYONE ELSE.

IT IS OFTEN HARD TO KNOW WHAT TO SAY... SO START BY JUST LISTENING.





# WAYS TO RESPOND TO AN IPV DISCLOSURE

- “I BELIEVE YOU.”
- ASK THEM WHAT THEY NEED.
- ASK THEM IF THEY NEED IMMEDIATE MEDICAL ATTENTION AND IF THEY WOULD LIKE YOU TO CALL THE POLICE OR YOUR LOCAL RAPE CRISIS CENTER.
- “YOU’RE NOT ALONE.” THERE ARE OTHER SURVIVORS IN THEIR COMMUNITY AS WELL.
- “I SUPPORT YOU/YOUR DECISION.”
- “I WANT TO BE AS HELPFUL AS I POSSIBLY CAN, AND TO ME THAT MEANS DIRECTING YOU TO PROFESSIONAL RESOURCES AND SERVICES.”
- “THANK YOU FOR TRUSTING ME ENOUGH TO TELL ME THIS.”





# TRY NOT TO

- ASK QUESTIONS, ESPECIALLY “WHY” QUESTIONS. FOR EXAMPLE:
  - “WHY DIDN’T YOU TELL THEM TO STOP?”
  - “WHAT DID YOU SAY TO THEM TO MAKE THEM REACT THIS WAY?”
  - “HOW LONG HAVE YOU BEEN TOGETHER?”
  - “HAVE YOU HAD SEX WITH THEM IN THE PAST?”
- GIVE ADVICE. EX: “NO, YOU SHOULD BE DOING \_\_\_\_\_.”
- TALK NEGATIVELY ABOUT THE OFFENDER.
- NEVER SHARE THEIR STORY WITH OTHERS WITHOUT THEIR EXPLICIT PERMISSION.



# ACTIVITY



# "YOU" NETFLIX | PEACH INTERVENES



THE SCENE WITH PEACH IS IMMEDIATELY **PHYSICALLY VIOLENT**. WHAT ARE SOME WAYS PEACH COULD TRY TO INTERVENE EARLIER WITHOUT PUTTING HERSELF IN **PHYSICAL DANGER**?



CALL SOMEONE FOR BACKUP



CALL THE POLICE



TALK TO BECK AND PROVIDE  
HER WITH RESOURCES



TALK TO ANOTHER FRIEND OF  
BECK TO ADDRESS WITH HER  
TOGETHER



**SO, WHAT CAN WE DO IF WE SEE  
A FRIEND STUCK IN  
THIS TYPE OF RELATIONSHIP?**



# BREAK INTO PAIRS (3 MINUTES)

EITHER USING BECK AND JOE'S RELATIONSHIPS AS AN EXAMPLE OR A REAL LIFE EXAMPLE OF YOUR CHOICE, SIT IN PAIRS AND TAKE TURNS ROLE PLAYING WHAT YOU WOULD DO TO INTERVENE IF A FRIEND WAS EXPERIENCING INTIMATE PARTNER VIOLENCE.

- WHAT WOULD YOU DO OR SAY?
- WHERE OR WHEN COULD YOU INTERVENE?
- HOW WOULD YOU START THE CONVERSATION?
- WOULD YOU CALL ANYONE FOR HELP OR SUPPORT?



# DEBRIEF

- WHAT WAS DIFFICULT ABOUT THIS ACTIVITY?
- IN A REAL LIFE SITUATION, WOULD YOU FEEL COMFORTABLE DOING WHAT YOU ROLE PLAYED?
- WOULD YOU RESPOND WELL TO THIS IF YOU WERE ON THE RECEIVING END OF THE INTERVENTION?
- WHAT CAN YOU DO IF IT IS NOT RECEIVED WELL?





**QUESTIONS?**



# RESOURCES FOR ANYONE EXPERIENCING **IPV** OR OTHER FORMS OF **VIOLENCE**:

**RAINN HOTLINE:** 800-656-4673

**NATIONAL DOMESTIC VIOLENCE HOTLINE:** THE NATIONAL DOMESTIC VIOLENCE HOTLINE IS STILL ACCESSIBLE 24/7.  
PLEASE CALL THEM AT 1-800-799-7233

**NATIONAL HUMAN TRAFFICKING HOTLINE:** THE NATIONAL HUMAN TRAFFICKING HOTLINE IS STILL ACCESSIBLE 24/7.  
PLEASE CALL THEM AT 1-888-373-7888 OR TEXT THEM AT 233-733

**SUICIDE PREVENTION HOTLINE:** THE NATIONAL SUICIDE PREVENTION LIFELINE IS STILL ACCESSIBLE 24/7. PLEASE CALL  
THEM AT 1-800-273-8255



**THANK YOU!**

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