



ABUSE IS NOT LOVE

**MAKE UP OR BREAK UP:
SUPPORTING FRIENDS THROUGH
ENDING RELATIONSHIPS**



INTRODUCTIONS



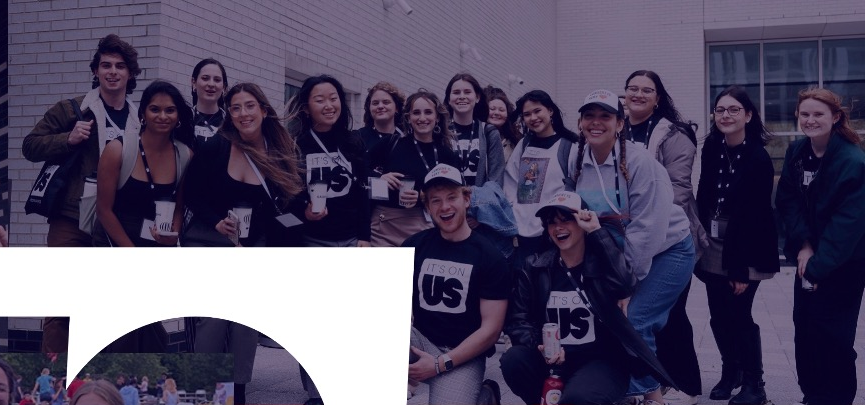
ABUSE IS NOT LOVE

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.



White House Task Force to
Protect Students from Sexual Assault





AGENDA

- INTRODUCTION
- OVERVIEW OF IT'S ON US
- WORKSHOP
 - OPENING DISCUSSION
 - RELATIONSHIP BALANCE SCALE
 - SAFE & HEALTHY BREAKUPS
 - SUPPORTING A FRIEND IN AN ABUSIVE RELATIONSHIP



**WHAT ARE RELATIONSHIPS FOR?
WHY DO WE DESIRE RELATIONSHIPS?**



WHY DO WE CHOOSE OUR PARTNERS?



**HOW DO WE KNOW IF A RELATIONSHIP
IS NOT WORKING?**



**HOW DO WE KNOW IF A RELATIONSHIP
IS NOT WORKING?**



AGREE OR DISAGREE:
THERE ARE "RIGHT" AND "WRONG"
REASONS TO END A RELATIONSHIP?

RELATIONSHIP BALANCE SCALE



DESIRE COMMITMENT

FEELINGS SENSE OF SELF

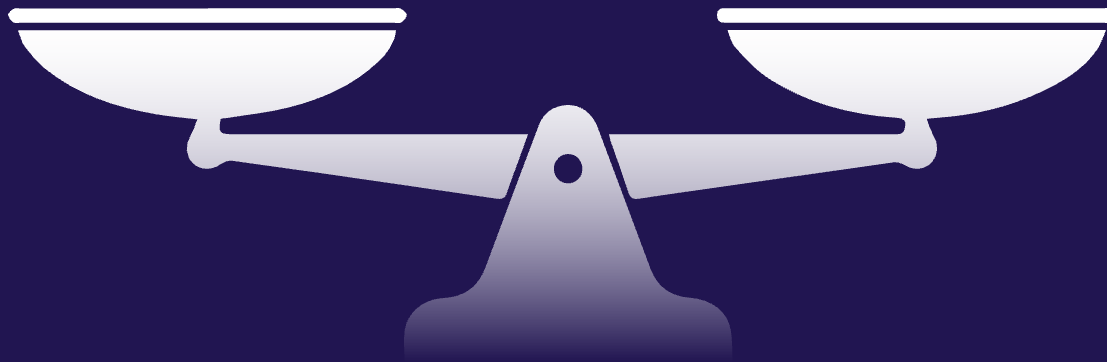
FAMILY FRIENDS

FINANCES SAFETY

EXPECTATIONS HISTORY/BAGGAGE

LIFE DECISIONS TRUST

EFFORT



EXAMPLE



SAM

ALEX

=

DATING FOR 1.5 YEARS



UNIVERSITY OF OHIO*

(*NOT A REAL PLACE)



SAM

GETS ACCEPTED TO
GRAD SCHOOL IN PHOENIX, AZ



ALEX

STILL HAS ANOTHER YEAR
OF SCHOOL LEFT

OPTIONS



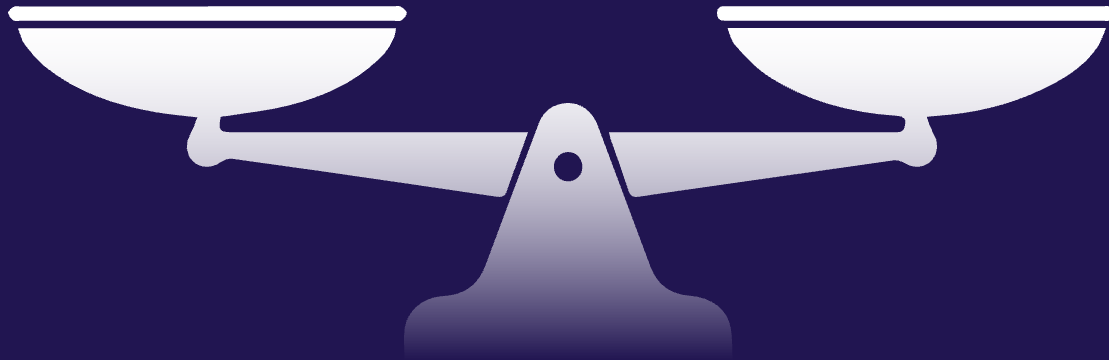
- TRY LONG DISTANCE
- SAM FIND ANOTHER JOB
- SAM TAKE GAP YEAR TO STAY IN OHIO
- ALEX TRANSFER TO A SCHOOL IN PHOENIX
- ALEX DROP OUT OF SCHOOL
- BREAK UP LATER
- BREAK UP NOW

RELATIONSHIP BALANCE SCALE



EFFORT

RELATIONSHIP FACTORS



LONG DISTANCE



EFFORT

- WORKING AROUND THE TIME DIFFERENCE
- PLANNING AROUND SAM'S EXTRA BUSY SCHEDULE
- PUTTING TIME IN FOR FRIENDS AND FAMILY
- ALEX: TRYING TO RELATE TO WHAT IT'S LIKE TO BE IN GRADUATE SCHOOL WHEN THEY ARE NOT
- PAYING FOR FLIGHTS
- ALEX: DECIDING IF THEY WANT TO MOVE TO AZ AFTER GRADUATION
- SAM: MANAGING STRESS LEVELS
- BUILDING NEW LEVELS OF TRUST
- COPING WITH FEELINGS OF MISSING OUT ON EXPERIENCES WITH EACH OTHER
- DEALING WITH LESS PHYSICAL INTIMACY

RELATIONSHIP FACTORS

- THEY LOVE EACH OTHER
- THEY RESOLVED ISSUES IN THE PAST
- ALEX LIKES PHOENIX
- THEIR FAMILIES GET ALONG
- THEY SHARE SIMILAR VALUES
- THEY CAN TALK ABOUT ANYTHING
- THEY BOND OVER MOVIES
- LONG DISTANCE WON'T BE FOREVER
- THEY HAVE A FOUNDATION OF TRUST
- THEY ENVISION SIMILAR FUTURES AFTER GRADUATE SCHOOL
- THEY FEEL SAFE TOGETHER
- THEY BOTH WANT TO MAKE IT WORK



LONG DISTANCE



EFFORT

- WORKING AROUND THE TIME DIFFERENCE
- PLANNING AROUND SAM'S EXTRA BUSY SCHEDULE
- PUTTING TIME IN FOR FRIENDS AND FAMILY
- ALEX: TRYING TO RELATE TO WHAT IT'S LIKE TO BE IN GRADUATE SCHOOL WHEN THEY ARE NOT
- PAYING FOR FLIGHTS
- ALEX: DECIDING IF THEY WANT TO MOVE TO AZ AFTER GRADUATION
- SAM: MANAGING STRESS LEVELS
- BUILDING NEW LEVELS OR TRUST
- COPING WITH FEELINGS OF MISSING OUT ON EXPERIENCES WITH EACH OTHER
- DEALING WITH LESS PHYSICAL INTIMACY
- BUILDING BETTER COMMUNICATION HABITS
- BUILDING STRONGER TRUST
- ACCEPTING THAT THEY DISAGREE ABOUT PHOENIX

RELATIONSHIP FACTORS

- THEY LOVE EACH OTHER
- THEY HAVE HAD DIFFICULTIES WITH COMMUNICATION RECENTLY
- ALEX DOESN'T LIKE PHOENIX
- THEIR FAMILIES GET ALONG
- THEY SHARE SIMILAR VALUES
- THEY CAN TALK ABOUT ANYTHING
- THEY BOND OVER MOVIES
- LONG DISTANCE WON'T BE FOREVER
- SAM IS STRUGGLING WITH TRUST BECAUSE OF THE DISTANCE
- THEY ENVISION SIMILAR FUTURES AFTER GRADUATE SCHOOL
- THEY FEEL SAFE TOGETHER
- THEY BOTH WANT TO MAKE IT WORK BUT
- SAM IS EMOTIONALLY EXHAUSTED



TAKEAWAYS



- ALL RELATIONSHIPS TAKE EFFORT.
- THERE IS NO RIGHT OR WRONG REASON TO BREAK UP WITH SOMEONE.
- THERE IS NO RIGHT OR WRONG REASON TO STAY WITH SOMEONE.

REFLECTIONS FROM GOTTMAN INSTITUTE



- HOW LONG HAS THE RELATIONSHIP LASTED? ARE YOU ENTERING A NEW PHASE OF THE RELATIONSHIP?
- WHAT WERE YOUR EXPECTATIONS GOING INTO THE RELATIONSHIP?
- IS THERE A PATTERN IN YOUR PAST RELATIONSHIPS?
- WHAT COULD YOU DO DIFFERENTLY?
- IS SOMEONE ELSE'S OPINION GETTING IN THE WAY? ARE YOU COMPARING YOUR RELATIONSHIP TO OTHERS?
- IS BREAKING UP ONLY MENTIONED IN ANGER?



HEALTHY AND SAFE BREAKUPS



NOTE:

**THE FOLLOWING ONLY APPLIES TO
RELATIONSHIPS WHERE THERE IS NOT
A RISK OF VIOLENCE OR RETALIATION.**

LATER, WE WILL COVER ABUSIVE RELATIONSHIPS.



HOW TO END A RELATIONSHIP

HEALTHY BREAKUPS ARE DEPENDENT ON MUTUAL RESPECT AND EFFECTIVE COMMUNICATION.

IF YOU ARE THE ONE LEADING THE BREAKUP:

1. AN IN-PERSON CONVERSATION IS TYPICALLY BEST, WHEN POSSIBLE.
2. BE HONEST AND MINDFUL BUT AVOID CRITICISM.
3. CHECK YOUR OWN EMOTIONS.
4. MAKE IT A CLEAN BREAK.
5. TAKE CARE OF YOURSELF AND SPEND TIME WITH COMMUNITY.



HOW TO END A RELATIONSHIP

BREAKING UP IS A GRIEVING PROCESS. TAKE THE TIME TO INTENTIONALLY CARE FOR YOURSELF.

AFTER A BREAKUP...

1. FEEL YOUR EMOTIONS.
2. TAKE CARE OF YOURSELF.
3. SELF-SOOTHE.
4. LEAN ON YOUR SUPPORT SYSTEM.
5. GIVE YOURSELF TIME.



SUPPORTING A FRIEND THROUGH AN ABUSIVE RELATIONSHIP

WHAT IS INTIMATE PARTNER VIOLENCE?



A PATTERN OF BEHAVIOR IN A RELATIONSHIP THAT IS USED TO GAIN OR MAINTAIN POWER AND CONTROL OVER AN INTIMATE PARTNER. ABUSE CAN INCLUDE PHYSICAL, SEXUAL, EMOTIONAL, ECONOMIC, OR PSYCHOLOGICAL ACTIONS, OR THREATS OF ACTIONS, THAT INFLUENCE ANOTHER PERSON. THIS INCLUDES ANY BEHAVIOR THAT FRIGHTENS, INTIMIDATES, TERRORIZES, MANIPULATES, HURTS, HUMILIATES, BLAMES, INJURES, OR WOUNDS 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

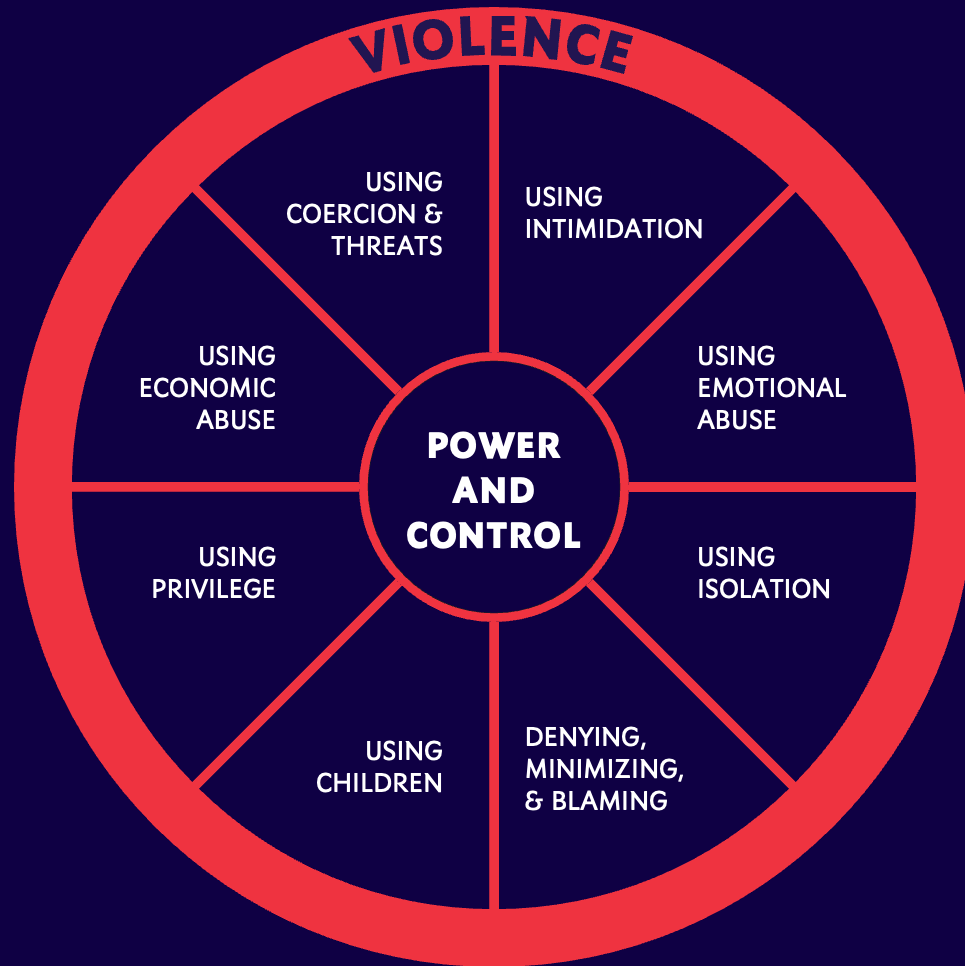
Nº5 **JEALOUSY** OVER EVERYTHING YOU DO

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



**Originally developed by the Domestic Abuse Intervention Project in Duluth, Minnesota, the Power and Control Wheel illustrates the tactics an abuser uses on their victim. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics listed in the spokes as the abuser attempts to exert complete power and control. *adapted by Roe & Jagodinsky

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.
- ON AVERAGE, IT TAKES 7 BREAKUPS 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, HEALTH CLINIC, THERAPY

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](#)

SUPPORTING A FRIEND THROUGH ABUSE: SAFETY PLANNING



SAFETY PLANNING OUTLINE:

- SAFETY DURING A VIOLENT INCIDENT.
- SAFETY WHEN PREPARING TO LEAVE.
- SAFETY IN MY OWN RESIDENCE.
- SAFETY WITH AN ORDER OF PROTECTION.
- SAFETY ON THE JOB AND IN PUBLIC.
- SAFETY AND DRUG/ALCOHOL USE.
- SAFETY AND MY MENTAL HEALTH.

STEP 1: Safety during a violent incident. *Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies.*

I can use some of the following strategies:

- A. If I decide to leave, I will _____.
(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)
- B. I can keep my purse and car keys ready and put them (location) _____
_____ in order to leave quickly.
- C. I can tell _____ about the violence and request that she or
he call the police if she or he hears suspicious noises coming from my house.
- D. I can teach my children how to use the telephone to contact the police, the fire
department, and 911.
- E. I will use _____ as my code with my
children or my friends so they can call for help.
- F. If I have to leave my home, I will go to _____.
(Decide this even if you don't think there will be a next time.)
- G. I can also teach some of these strategies to some or all of my children.
- H. When I expect we're going to have an argument, I'll try to move to a place that is low
risk, such as _____.
(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)
- I. I will use my judgment and intuition. If the situation is very serious, I can give my
partner what he/she wants to calm him/her down. I have to protect myself until I/we



SURVIVOR OPTIONS: **INTERVENTIONS & ACCOMMODATIONS**



THE VIOLENCE AGAINST WOMEN ACT REQUIRES ALL STATES TO HAVE A COALITION OF INTIMATE PARTNER VIOLENCE AND SEXUAL ASSAULT SERVICE PROVIDERS.

YOU CAN FIND INFORMATION HERE: [NNEDV.ORG](https://www.nnedv.org)

ACADEMIC

- TITLE IX (GENDER-BASED DISCRIMINATION)
- TITLE VII (EMPLOYEES ONLY: RACE, COLOR, RELIGION, SEX AND NATIONAL ORIGIN DISCRIMINATION)

CRIMINAL

- DOCUMENT EVERYTHING

CIVIL

- PROTECTION ORDER



WANT TO LEARN MORE?

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



QUESTIONS?



THANK YOU!

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



POST TRAINING SURVEY