



ABUSE IS NOT LOVE:

**RECOGNIZING SIGNS OF AN
ABUSIVE RELATIONSHIP**



INTRODUCTIONS



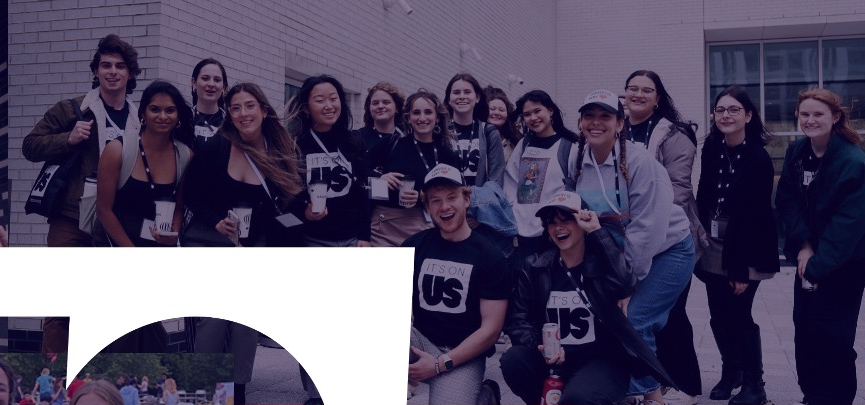
ABUSE IS NOT LOVE

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.



White House Task Force to
Protect Students from Sexual Assault





AGENDA

- INTRODUCTION
- OVERVIEW OF IT'S ON US
- WORKSHOP
 - RECOGNIZING INTIMATE PARTNER VIOLENCE
 - 9 SIGNS OF ABUSE
 - 10 SIGNS OF A HEALTHY RELATIONSHIP
 - SUPPORTING FRIENDS: UNDERSTANDING TRAUMA



DEFINITIONS

INTIMATE PARTNER VIOLENCE (IPV)

WILLFUL INTIMIDATION, PHYSICAL ASSAULT, BATTERY, SEXUAL ASSAULT, AND/OR OTHER ABUSIVE BEHAVIORS AS PART OF A SYSTEMATIC PATTERN OF POWER & CONTROL PERPETRATED BY ONE INTIMATE PARTNER AGAINST ANOTHER.

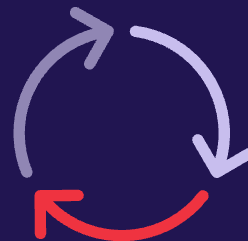


**POWER
CONTROL
DOMINANCE**

**CAN BE COMMITTED
BY ANYONE OF
ANY GENDER
AGAINST ANYONE OF
ANY GENDER**



ESCALATION



CYCLICAL

WHY POWER, CONTROL, & DOMINANCE?

- PEOPLE FEEL ENTITLED TO IT BECAUSE OF THEIR BELIEFS/ATTITUDES.
- PEOPLE HAVE WITNESSED OR EXPERIENCED ABUSE THEMSELVES AND SEE IT AS NORMAL.
- PEOPLE BELIEVE IT'S THE SOCIAL NORM.
- PEOPLE STRUGGLE TO REGULATE THEIR OWN EMOTIONS AND FEEL OUT OF CONTROL.

PEOPLE WHO ABUSE BELIEVE THAT WHAT THEY ARE DOING IS JUSTIFIED BEHAVIOR.



POWER CAN BE SYSTEMIC OR PERSONAL



SOCIETAL

- ABILITY
- AGE
- CLASS
- GENDER
- RACE
- RELIGION
- SEXUALITY

PERSONAL

BASED ON A
PERSON'S QUALITIES,
TRAITS, OR
CHARACTERISTICS.



ESCALATION

- ABUSE STARTS WITH LESS NOTICEABLE BEHAVIORS INTENDED TO TEST BOUNDARIES.
- ONCE THOSE BEHAVIORS ARE NORMALIZED, THE PERSON COMMITTING ABUSE WILL INTENSIFY THEIR BEHAVIORS BY BEING MORE CRUEL AND LEANING FURTHER INTO ABUSE TACTICS.
- THIS CAN ESCALATE TO VIOLENCE.

THE ESCALATION CAN HAPPEN OVER A SHORT OR LONG PERIOD OF TIME.

CYCLICAL

RECONCILIATION
PHASE



TENSION-BUILDING
PHASE

VIOLENCE
PHASE



ABUSE IS NOT LOVE
9 SIGNS OF ABUSE

Nº1
IGNORING
YOU ON
DAYS THEY
ARE ANGRY

IT'S ON
US



BEAUTE



N°9

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



Nº3

HUMILIATION

PUTTING

YOU

DOWN

IT'S ON
US

YSL
BEAUTE

Nº4

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



N°5

JEALOUSY
OVER
EVERYTHING
YOU DO

N°6

CONTROL
OVER WHERE
YOU GO
HOW
YOU LOOK



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

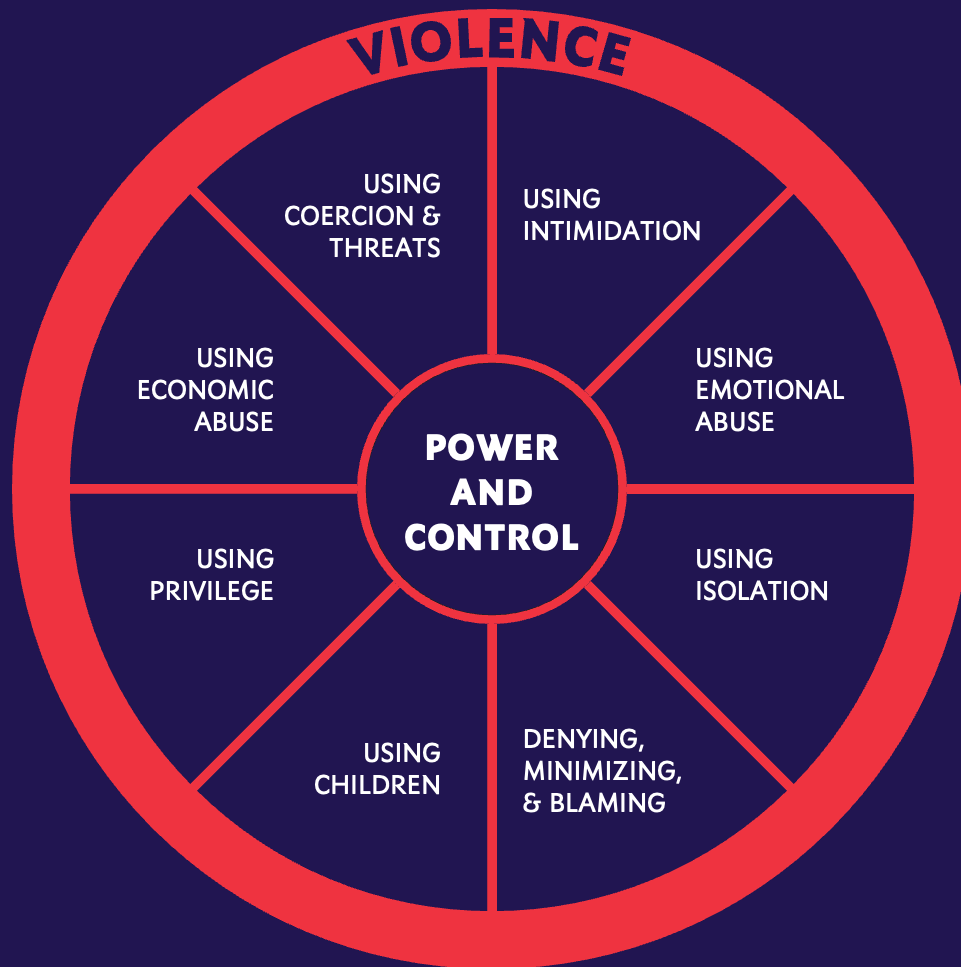
Nº5 **JEALOUSY** OVER EVERYTHING YOU DO

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



10 SIGNS OF A HEALTHY RELATIONSHIP



COMFORTABLE PACE:

THE RELATIONSHIP GROWS
AT A PACE THAT FEELS
COMFORTABLE RATHER
THAN RUSHED OR FORCED.



TRUST:

CONFIDENCE IN EACH OTHER THAT
YOU WILL ACT IN WAYS TO
STRENGTHEN THE RELATIONSHIP
AND REDUCE HARM TO ONE
ANOTHER.



HONESTY:

**YOU CAN BE TRUTHFUL AND OPEN
WITH EACH OTHER KNOWING THE
OTHER PERSON WILL RESPOND WITH
KINDNESS, RESPECT, AND LOVE.**



INDEPENDENCE:

**YOU EACH HAVE THE SPACE AND
TIME TO BE YOUR OWN PERSON
OUTSIDE OF THE RELATIONSHIP.**



RESPECT:

**YOU VALUE EACH OTHERS' BELIEFS
AND OPINIONS, AND LOVE ONE
ANOTHER FOR WHO YOU ARE AS A
PERSON.**



EQUALITY:

THE RELATIONSHIP FEELS
BALANCED. YOU EACH PUT THE
SAME AMOUNT OF EFFORT INTO THE
RELATIONSHIP.



KINDNESS:

YOU ARE CARING AND EMPATHETIC
TO ONE ANOTHER. YOU PROVIDE
COMFORT AND SUPPORT TO EACH
OTHER.



ACCOUNTABILITY:

YOU EACH TAKE RESPONSIBILITY
FOR YOUR OWN ACTIONS AND
WORDS.



HEALTHY CONFLICT:

**OPENLY, RESPECTFULLY, AND NON-
JUDGMENTALLY DISCUSSING ISSUES.
TREATING DISAGREEMENTS AS
SOMETHING TO RESOLVE TOGETHER.**



FUN:

YOU ENJOY SPENDING TIME
TOGETHER! YOU BRING OUT
THE BEST IN EACH OTHER.



SUPPORTING FRIENDS: UNDERSTANDING TRAUMA



DEFINITION

TRAUMA

TRAUMA IS HOW SOMEONE RESPONDS TO AN EMOTIONALLY DISTRESSING OR LIFE-THREATENING EVENT WHEN THEIR ABILITY AND CAPACITY TO COPE IS OVERWHELMED.

TRAUMA OCCURS WHEN A PERSON FEELS TRAPPED, POWERLESS, AND OVERWHELMED AND THERE IS NO WAY TO HAVE AN EMPOWERED RESPONSE TO DEAL WITH THREAT.

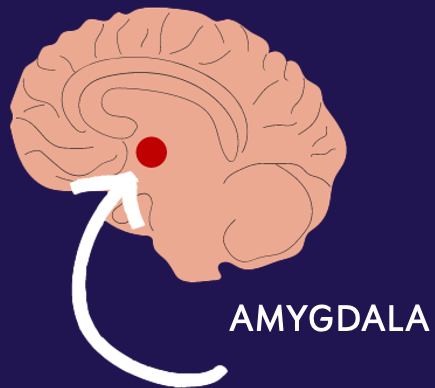


A TRAUMATIC EVENT IS WHEN A PERSON EXPERIENCES, WITNESSES OR IS CONFRONTED WITH:

- ACTUAL OR THREATENED DEATH
- SERIOUS INJURY
- THREAT TO THE PHYSICAL INTEGRITY OF SELF OR ANOTHER

RESPONSES MAY INVOLVE:

- INTENSE FEAR
- HELPLESSNESS
- HORROR



DURING A TRAUMATIC EVENT,
YOUR BRAIN RELEASES A HORMONE
TO GET THE BODY TO RESPOND.



FIGHT



FLIGHT



FREEZE



FAWN



FIGHT

IRRITABILITY
ANGER
AGGRESSION
APPROACH
BULLYING
MOVING TOWARD



FLIGHT

PANIC
AVOIDING
PERFECTIONISM
CHRONIC WORRY
RUMINATION
ANXIETY & FEAR



FREEZE

STUCKNESS
COLLAPSE
IMMOBILIZATION
SPACING OUT
DISSOCIATION
DEPRESSION
SHAME



FAWN

DIFFICULTY WITH
BOUNDARIES
PRIORITIZING
OTHERS ONLY
DIFFICULTY
SAYING "NO"
IDENTITY
CONFUSION
PEOPLE-
PLEASING
CONFLICT
AVOIDANCE
CODEPENDENCY



HOW TO SUPPORT A SURVIVOR

- I BELIEVE YOU.
- IT'S NOT YOUR FAULT.
- YOU HAVE RESOURCES.



POST-TRAUMATIC GROWTH



APPRECIATION OF LIFE

FINDING NEW MEANING IN SMALL JOYS.
MORE GRATITUDE, HOPE,
KINDNESS, AND LOVE.



ENHANCED RELATIONSHIPS

STRENGTHENED SOCIAL TIES,
INTIMACY, VULNERABILITY, AND
COMPASSION. MORE RELYING
ON OTHERS, AND A SENSE
OF BELONGING.



PERSONAL STRENGTH

MORE EMPATHY, SELF-RELIANCE,
ABILITY TO HANDLE NEW
CHALLENGES (RESILIENCE)



SPIRITUAL DEVELOPMENT

EXPERIENCE LIFE AT A DEEPER LEVEL
OF AWARENESS, DEVELOP BELIEFS
& PHILOSOPHIES, REVISE
SPIRITUAL BELIEFS &
STRENGTHEN.



NEW POSSIBILITIES

SHIFT IN PERSPECTIVE, POSITIVE VISION
FOR THE FUTURE, REPRIORITIZE
VALUES AND COMMITMENTS,
MORE LIKELY TO MAKE
NECESSARY CHANGES



WANT TO LEARN MORE?

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



QUESTIONS?



THANK YOU!

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



POST TRAINING SURVEY