

Off Campus Domestic Violence Organizations

Safe Passage, Inc.

www.safepass.org

Hotline: 413.586.5066 or 888 345.5282

Legal Advocate: 413.586.1125 x16

Everywoman's Center

24 hour hotline: 413.545.0800

Toll free: 888.337.0800

For confidential individual and group counseling, advocacy, crisis intervention, and support.

Safelink— 24 hour Hotline 877.785.2020

National Domestic Violence Hotline

800.799.7233

Human Rights Services

American Civil Liberties Union

617.482.3170 *www.aclu.org*

Immigrant Solidarity Network

www.immigrantsolidarity.org

National Network for Immigrants & Refugee Rights

510.465.1984 *www.nnirr.org*

Immigration Legal Services

Western Mass. Legal Services 800.639.1309

Greater Boston Legal Services 617.371.1234

Mass. Justice Project 800.639.1209

On Campus Relationship Violence Resources

Sexual Offense Services (SOS) Coordinator

413.559.5743

Jessica Gifford, Community Health Collaborative

For confidential support, advocacy and referrals. The SOS coordinator can also help the victim/survivor navigate any on-campus and legal options they may choose to pursue.

Mental Health and Health Services

413.559.5458

Available for confidential professional counseling and medical attention.

Public Safety/EMTS

413.559.5555—*Emergencies*

413.559.5424—*Non-emergencies*

*Public Safety can intervene in a violent situation, make a police report & help with pressing charges, help with getting a restraining order or ban (trespass) an individual from campus
EMTs can provide medical attention 24/7*

How to Help a Friend Dealing with Relationship Violence

Friends
a r e t h o s e
rare people
who ask how you are
a n d t h e n
wait for the
answer

- Unknown Author

What is Relationship Violence?

Relationship violence is a pattern of behaviors in which one person tries to control the thoughts, beliefs, conduct or actions of their partner. Relationship violence takes many forms: physical, verbal, emotional, sexual and/or economic.

Relationship violence happens to people from every ethnicity and economic background, and affects people who are straight, gay, lesbian, bisexual, and transgender.

If your partner has been abusive, it is not your fault. Your partner, and only your partner, is responsible for the abuse. You may feel alone—but you aren't! There are people who will listen to you, believe you, and support you.

Warning Signs of Unhealthy Relationships & Relationship Violence

Your Friend:

Visible physical injury/injuries, including unexplained bruises, that are dismissed or explained in a way that doesn't seem to make sense

Decreased performance in classes and/or at work frequent absences, or dropping out

Lower self-esteem, negative self image and self-blame

Withdrawal from regular social activities or sports

Cancels plans or gives up things that are important to them or for reasons that don't sound true.

Isolation from friends, family and other supports

Stress-related illnesses (headaches, backaches, stomach aches, etc.)

Over-protective of partner or frequently concerned about partner's reaction and overall well-being

Changes in mood or personality such as increased irritability, sadness, secrecy, or loss of focus and motivation

Your Friend's Partner:

Appears controlling/over-involved, hovers over, drops off/picks up from work/school, undermines your friend's support system & friendships

Uses verbal putdowns, insults, and/or aggressive, threatening, intimidating, humiliating language

Emotionally manipulates, distorts reality/persuades your friend to change point of view, holds your friend responsible for their partner's mental health, well-being and even safety, e.g. "I'll kill myself if you leave me"

Blames their problems on your friend or others

Frequently calls, texts or messages on Facebook, etc, to keep tabs on your friend's activities, intimidate or harass

Is possessive and/or expresses unfounded jealousy

Makes decisions for your friend

Loses temper and may break/hit/throw objects

Has a problem with substances

Things you can Say to Support your Friend:

Explain that they are not to blame for the abuse or their partners' behavior

Let them know that they are not alone

Explain that you are concerned about their safety and well-being

Explain that they cannot change their partner's behavior

Explain that Relationship Violence tends to worsen over time; if they choose to stay in the relationship, encourage a safety plan

Explain that apologies and promises are often a form of manipulation

Emphasize that your friend should be valued and deserves to be treated with respect

Do:

Believe your friend's story without appearing to be shocked.

Ask, "Are you ok?" Encourage your friend to seek help and talk about the situation.

Find help: share the on and off-campus resources you know about, and offer to research resources you're less familiar with

Respect confidentiality: express appreciation that your friend was willing to talk to you and assure them that they are in control of their decisions about who to tell and what to do

Be non-judgmental: relationship violence can happen to anyone and is not a reflection of your friend's intelligence, courage, mental health, etc

Listen: Continue to offer support even if they aren't ready to seek assistance or leave

Support: Allow them to identify what they want and need and respect their choices, even if you disagree. Support their priorities; ask questions that allow them to reflect on their situation.

Safety Plan: Encourage a safety plan; create one together or refer to domestic violence shelter, hotline or counseling service that can help.

Call Public Safety to intervene if you witness violence. If there is no immediate danger, let your friend decide if they want to make a police report.

Inform them they have options both legally and and less formal campus options such as a "no contact agreement"

Don't

Blame your friend for the abuse

Give up on your friend and leave them in isolation. Leaving an abusive relationship is a process that takes time

Make assumptions that you know the best course of action for your friend or that the situation is simple

Gossip about their situation

Assume that they know where to go for help

Confront their partner