



"Potty Talk"



Love IS NOT Supposed to Hurt Like This!

It's wonderful to be in love. It's exciting, romantic, fun, and you feel like nothing can go wrong. Unfortunately however, sometimes dating and romantic relationships do go wrong and they can even be dangerous. If you see patterns of uncontrolled anger, jealousy, or possessiveness, or if there is shoving, slapping, forced sex, or other physical violence—even once—it's time to find help!!!. Getting hurt like that ISN'T love. It's abuse!!

Dating violence and abuse can happen to anyone, regardless if you are smart or popular, strong or sophisticated. It happens to people of all ages, ethnicities, genders and sexual orientations. Remember--You have the right to be treated with respect and to not be harmed physically, emotionally, or psychologically by another person. Violence and abuse are not acceptable in ANY relationship.

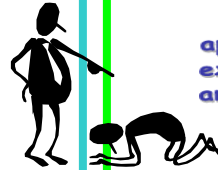
Protect Yourself & Your Friends!!! Know the Warning Signs of Dating Violence & Abuse & Where to Go for Help!!

WHAT IS DATING VIOLENCE??

Dating violence is controlling, abusive and aggressive behavior in a romantic relationship. It can happen in straight or gay relationships. It can include verbal, emotional, physical, or sexual abuse, or a combination of them.

Are you in an Abusive Relationship? Ask Yourself... *...does my boyfriend or girlfriend...*

- Call constantly to find out where I am, who I'm with, or what I'm doing?
- Tell me what to wear or not wear? Call me a "slut" for how I dress?
- Have to be with me all the time? Says I "don't love" him/her or "am selfish" if I want to hang out with others?
- Call me names, insult me, or criticize me?
- Act jealous, possessive, controlling, bossy? Accuse me of things I didn't do?
- Give me orders or make all the decisions?
- Get angry very quickly, or fight a lot?
- Threaten to hurt me or someone I love if I don't do what they want?
- Threaten to hurt or kill themselves if I don't do what they want?
- Follow me or track where I go? Show up uninvited at my home or work?
- Check up on me all the time? Make me call him/her to tell them where I am?
- Refuse to allow me normal contact with my family and friends?
- Shove, punch, slap, pinch, kick, or hit me? Pull my hair? Strangle or choke me?
- Touch or kiss me when I don't want to? Force me to have sex? Not let me use birth control?
- Use alcohol or drugs and pressure me to do it too?
- Refuse to accept that the relationship isn't working or is over?



Cycle of Violence



Generally, dating violence or abuse does not occur constantly, but rather in a "Cycle of Violence". This cycle is a recurring behavioral pattern where the offender swings between affectionate, remorseful, and calm behavior to periods of tension that grows into physical, sexual or emotional violence.

Stage 1: Tension-building phase

Begins to blame you for things that go wrong in the relationship. Tries to control what you do. Threatens to hurt you if you don't follow orders. You feel confused and worried. You feel as if you are walking on eggshells and/or need to "calm" the abuser.

Stage 2: Violent and/or abusive phase

The abuser becomes physically violent and/or emotionally, verbally, sexually abusive. You are afraid for your safety. Self-esteem decreases.

Stage 3: Honeymoon Phase

Abuser apologizes and promises that the violence and abuse will never happen again. Abuser may blame the victim for causing the abuse, and/or may deny abuse took place or say it was not as bad as the victim claims.

This is a VERY dangerous cycle and both the abuser and victim needs professional help to get out!



STALKING

Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger.

Stalking behaviors can include:

Cyber-Stalking: Using Technology to Harass such as:

- ✓ Knowing your schedule
- ✓ Showing up at places you go
- ✓ Sending unwanted gifts
- ✓ Stealing things that belong to you
- ✓ Calling or texting you repeatedly
- ✓ Facebook or MySpace
- ✓ Spy Cameras, Camera Phones
- ✓ Instant Messenger
- ✓ Chat rooms
- ✓ Sending unwanted e-mails, pictures

Report ANY stalking behavior to Campus Safety 554-4441



Why Do People Stay in These Relationships?

- ✓ Low self-esteem; Emotional dependence on the partner
- ✓ Minimize the seriousness of the abuse
- ✓ Feel protective of the partner; make excuses
- ✓ Feel angry, sad, lonely, depressed, or confused.
- ✓ Feel afraid, helpless and trapped in the relationship.
- ✓ Social isolation, withdrawal, lack of support system.
- ✓ Feel embarrassment & shame about the abuse
- ✓ "Traditional value" system; fear of cultural repercussions
- ✓ Feel like they can't talk to family & friends
- ✓ They are afraid of getting hurt more seriously
- ✓ Believe the abuse is their fault; Believe the abuser's comments that they are "fat", "stupid", "ugly", etc.



YOU ARE NOT TO BLAME!! Nothing you ever SAY, WEAR, DO or FEEL justifies abuse! NEVER!

Dating Rights. I have the right. . . .

- To be treated as an equal and with respect always
- To my own body, thoughts, opinions, and property
- To choose and keep my own friends
- To change my mind - at any time
- To not be abused - physically, emotionally, verbally or sexually
- To leave a relationship
- To say no or disagree with my partner
- To live without fear or confusion about my partner's anger



Where to Go On-Campus for Help

- Counseling Center: 554-4172
- Office of Student Life: 554-4583
- Campus Safety: 554-4441
- Wellness Center: 554-4409

"Potty Talk" is brought to you by the Wellness Center. If you want further information about the topics discussed here, please contact: Jeanne Zeamba, Psy.D. at 554-4409 or jzeamba@scu.edu