



"Potty Talk"



October is Domestic Violence Awareness Month

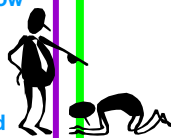
Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" in October 1981 conceived by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire month devoted to a range of activities conducted at the local, state, and national levels.

Domestic, dating violence and relationship abuse can happen to anyone, regardless if you are smart or popular, strong or sophisticated. It happens to people of all ages, ethnicities, socio-economic levels, 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!!

EVENTS THIS MONTH (partial listing)

- **Tuesday, Oct. 10th: Sex Signals:** A humorous, part improv, interactive show that takes a look at the college dating scene & the darker side of dating. Only 400 tickets available. Get tickets in Benson 205. 10-11:15pm Mayer
- **Tuesday, Oct. 17th: Behind Closed Doors: Understanding the Social Implications of Domestic Violence.** Listen, question and learn about the causes and effects of domestic violence as they relate to men, women and children in this community and around the world. 7-8 p.m. Sobrato
- **Tuesday, Oct. 24th: Survivors Speak:** An event for survivors, or family and friends of survivors, to share their experiences and speak out against domestic violence and/or dating violence. 7 p.m. Kennedy Commons
- **Thursday, Oct. 26th: Is Dating Violence Color Blind?** Program to reflect on personal experiences & discuss the complexity of relationships, specifically through different cultural lenses. 6:30-7:30 p.m. Kennedy Commons



Cycle of Violence



Generally, relationship 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!

To view the FULL CALENDAR of events this month, please go to:
www.scu.edu/wellness/upcoming-events.cfm



Early Warning Signs That Your Partner May Eventually Become Abusive:



- Comes from an abusive background
- Excessive alcohol and/or drug use
- Very quick involvement or start to the relationship
- Feels "too good to be true" initially (trust your instincts-it probably is!)
- Extreme jealousy
- Controlling behavior
- Unpredictable mood swings
- Explosive anger, intense temper
- Isolates you from friends & family
- Abused former partners
- Uses force during an argument
- Believes in rigid sex roles
- Blames others for his /her problems or feelings
- Cruel to animals or children
- Verbally abusive
- Threatens violence
- Throws, hits or breaks thing when angry
- Fights randomly with others and/or displays a lot of rage



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.

Controlling behavior includes:

- Not letting you hang out with your friends
- Calling or paging you frequently to find out where you are, who you're with, etc.
- Telling you what to wear
- Having to be with you all the time

Verbal and emotional abuse includes:

- Calling you names
- Jealousy
- Belittling you (cutting you down)
- Threatening to hurt you, someone in your family, or themselves if you don't do what they want
- Aggressive yelling, rage, verbal assaults.

Sexual abuse includes:

- Unwanted touching and kissing
- Forcing you to have sex
- Not letting you use birth control
- Forcing you to do sexual things

Physical abuse includes:

- Shoving, Hitting
- Punching, Slapping
- Pinching
- Kicking
- Hair pulling
- Strangling

Getting Help

If you think you are in an abusive relationship, **get help immediately**. Don't keep your concerns to yourself. Talk to someone you trust like a parent or counselor.

On campus--contact the **Counseling (554-4172)** or **Wellness Centers (554-4409)**

YOU ARE NOT ALONE!!!

- **One in three teenagers** has experienced violence in a dating relationship.
- **50 percent to 80 percent** of teens have reported knowing others who were involved in violent relationships.
- **15 percent of teen girls and boys** have reported being victims of severe dating violence (defined as being hit, thrown down, or attacked with a weapon).
- **Young women, ages 16 to 24 years**, experience the highest rates of relationship violence.

YOU ARE NEVER TO BLAME!!
Nothing you ever SAY, WEAR, DO or FEEL justifies abuse! NEVER!!

Source: www.ncvc.org



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:

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