

Warning Signs of Violent Relationships

- Over control of partner's activities, finances, attire, communications, etc.
- Isolation from and/or discouraging the connection of other with family, friends, support network
- Verbal attacks: criticism, minimizing, denying, blaming
- Intimidation, Coercion, Behavioral and/or Verbal Threats against person, property, pets
- Addictions
- Physical/Verbal Aggression
- Explosive Anger

How To Help

- Any member of the IUPUI community may come into contact with a distressed student or fellow employee. Many students come to the attention of faculty or staff through journal entries or papers. Or you may witness an incident at work.
- *Prevention* and *intervention* can be accomplished by helping our students and employees recognize healthy relationship patterns, signs of and tendencies for relationship violence, and resources on campus and within the community.
- IUPUI, Community and National Resources are listed in this brochure.

IUPUI Resources

IUPUI Counseling and Psychological Services (CAPS)

Union Building (UN) 418

Phone: 274-2548

Email: capsindy@iupui.edu

<http://life.iupui.edu/caps>

IUPUI Police Department

Emergency: 911 or 274-7911 TTY 274-1387

Non-emergency: 274-2058

<http://www.police.iupui.edu>

Student Advocate Office

University College (UC) 002

Phone: 274-7594

<http://www.life.iupui.edu/advocate>

IUPUI Health Services

Coleman Hall (CF) 100

Phone: 274-8214

<http://www.iupui.edu/~iupuishc>

Office for Women

University Library (UL) 1140

Phone: 278-3600

<http://opd.iupui.edu/units/ofw/index.asp>

IUPUI Human Resources: Work/Life Balance

Phone: 274-5466

<http://www.hra.iupui.edu/worklife>

IUPUI Human Resources: Employee Relations

Union Building (UN) 368

Phone: 274-8931

<http://www.hra.iupui.edu/>

Community and National Resources

Center for Hope: Wishard Hospital Emergency Department

Emergency room: (317) 633-4673 (HOPE)

<http://www.wishard.edu>

Indiana Coalition Against Domestic Violence (ICADV)

Toll Free 24-hour hotline: 1 - 800-332-7385

www.violenceresource.org/

The Julian Center Shelter: (317) 920-9320

<http://www.juliancenter.org/>

Family Violence Prevention Fund: Teens and Partners Violence

<http://endabuse.org/programs/teens>

National Coalition Against Domestic Violence

<http://www.ncadv.org>

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)

Help for Relationship Abuse



Prepared by IUPUI
Counseling and Psychological
Services (CAPS)
and the IUPUI Office for
Women

Characteristics of a Healthy Relationship

- Communication is open and spontaneous
- Feelings and needs are openly expressed
- Individuality, freedom and personal identities are enhanced
- Each enjoys doing things for self, as well as for the other
- Each does not attempt to 'fix' or control the other
- Each experiences self-confidence and security in own worth
- Each is open to constructive feedback
- Each is able to let go of need to 'be right'
- Each is trustful of the other
- Acts of giving and receiving are balanced
- Negotiations are fair and democratic
- Tolerance is applied as forgiveness of self and other
- Mistakes are accepted and learned from
- Change and exploration are encouraged
- Continuity and consistency are present in the commitment
- Each takes responsibility for own behaviors and happiness – lack of blaming
- Development of a healthy relationship is considered an important life skill

Facts about violence on college campuses

- Women ages 16 to 24 experience the highest per capita rates of intimate violence — 16 per 1,000 women.*
- 21% of college students report they have experienced dating violence by a current partner.*
- 30% of teens report that they or someone they know has experienced dating violence.*
- Over 13% of college women report they have been stalked.*
- * (Retrieved from *National Coalition Against Domestic Violence website*)
- Approximately 15-20% of female college students have experienced forced intercourse (rape) in their lifetime. (2005 *Campus Violence White Paper*, American College Health Association)
- See “Protect Yourself: Safety Plan” at:
<http://www.ncadv.org/>

Domestic Violence in the Workplace

- 21% of full-time employed adults were victims of domestic violence according to a 2005 national survey by the US Bureau of Labor Statistics.*
- The Centers for Disease Control and Prevention estimate that the annual cost of lost productivity due to domestic violence equals \$727.8 million.*
- One study reports that over 75% of domestic violence perpetrators used workplace resources to express remorse or anger towards, check up on, pressure, or threaten their victim.*
- *(Retrieved from *National Coalition Against Domestic Violence website*)
- See “Protect Yourself: Workplace Guidelines” at:
<http://www.ncadv.org/>

Suggestions for Helping

How to help a someone who is being abused:*

Don't be afraid to let them know that you are concerned for their safety. Help them recognize the abuse. Help them recognize that what is happening is not “normal and that they deserve a healthy, non-violent relationship.

Acknowledge that they are in a very difficult and scary situation. Tell them you are afraid for their safety. Reassure them that they are not alone and that there is help and support available.

Be supportive. Listen to them. Remember that it may be difficult for them to talk about it. Let them know that you are available to help whenever they may need it.

Be non-judgmental. There are many reasons why victims stay in abusive relationships. They may leave and return to the relationship many times. They will need your support even more during those times.

Encourage them to participate in activities outside of the relationship with family and friends.

Help them develop a “safety plan.”

See: <http://www.ndvh.org/help/planning.html>

If they end the relationship, continue to be supportive of them. Even though the relationship was abusive, your friend or family member may still feel sad once the relationship is over and need time to mourn the loss.

***Adapted from the National Domestic Violence Hotline website.**

Selected Relevant Domestic Violence Statutes

Battery. See Indiana Code: 35-42-2-1.

The crime of battery is defined as knowingly or intentionally touching someone in a rude, insolent, or angry manner, and is a *Class B misdemeanor*. If the battery results in in bodily injury to another person, it is a *Class A misdemeanor*.

Domestic Battery. See Indiana Code: 35-42-2-1.3.

A person who commits battery resulting in bodily injury against an individual who is or was a spouse of the other person, who is or was living as if a spouse of the other person, or has a child in common with the other person, commits Domestic Battery, a *Class A misdemeanor*.

Intimidation. See Indiana Code: 35-45-2-1.

A person who communicates a threat to another person with the intent that the other person engage in conduct against the other person's will; or of placing the other person in fear of retaliation for a prior lawful act, commits the crime of Intimidation, a *Class A misdemeanor*.

If the intimidation involves a witness (or spouse or child of a witness) in any pending criminal case against the person making the threat, it is a *Class D felony*.

If the intimidation is committed while using a deadly weapon, it is a *Class C felony*.

Harassment. See Indiana Code: 35-45-2-2.

A person who makes a telephone call, sends email, or otherwise communicates

with a person with the intent of harassing, annoying, or alarming that person commits the crime of Harassment, a *Class B misdemeanor*.

Stalking. See Indiana Code: 35-45-10-5.

The crime of stalking is defined by law as any repeated or continuing harassment causing the victim to feel terrorized, frightened, intimidated, or threatened, and is a *Class D felony*. If the act of stalking involves a threat placing the victim in fear of sexual battery, serious bodily injury or death; is in disregard of a protection order issued in Indiana or by another state or tribal court; or occurs while a criminal case of stalking against the same victim is pending in court, the crime is a *Class C felony*.

Penalties:

Class C misdemeanor: Fine up to \$500 and up to 60 days in jail.

Class B misdemeanor: Fine up to \$1000 and up to 180 days in jail.

Class A misdemeanor: Fine up to \$5000 and up to 365 days in jail.

Class D felony: Fine up to \$10,000 and 6 months-3 years in jail/prison.

Class C felony: Fine up to \$10,000 and 2-8 years in jail/prison.

Class B felony: Fine up to \$10,000 and 6-20 years in jail/prison.

Class A felony: Fine up to \$10,000 and 20-50 years in jail/prison.