**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
  - 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) 106
    - Phone: 274-8214
    - http://www.iupui.edu/~iupuihealth
  - Office for Women
    - University Library (UL) 1140
    - Phone: 278-3600
  - 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/

**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
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.

Acknowledgement 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

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 bodily injury to another person, it is a Class A misdemeanor.

Domestic Battery. See Indiana Code: 34-42-2-1.3.
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.

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 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.

Stalking. See Indiana Code: 34-45-10-5.
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.

Source: Indiana Coalition Against Domestic Violence And The Resource Center

Domestic Violence
in the Workplace

- 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.
- 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/

- 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 $772.8 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/

Facts about violence on college campuses

- Over 13% of college women report they have been stalked.
- 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/