

HOW TO HELP A FRIEND

WHAT TO DO:

- Be there for your friend; listen without giving specific advice.
- Encourage your friend to get help.
- Acknowledge your friend's feelings, and recognize that many survivors still feel love for their abuser.
- Allow friends to make their own decisions.
- Spend time with your friend.
- Talk to someone about the best way to help out.

You can call the Social Worker for support.
973-720-2578

WHAT NOT TO DO:

- Do not pressure your friend to break up.
- Do not make blaming statements like, "You're stupid for staying."
- Do not tell your friend they cannot love someone who is abusive.
- Do not place conditions on support, such as "I'll only be your friend if you end it."
- Do not tell your friend how they *should* be feeling.

HOW A SURVIVOR MIGHT FEEL

Scared	Helpless
Fearful	Vulnerable
Shameful	Numb
Guilty	Isolated
Depressed	Sad
Anxious	Hyper-alert
Angry	Confused
Like their life has changed forever	

You
are
not
alone.

CAMPUS VICTIM SERVICES

The Social Worker for Student Support & Resources is a confidential victim advocate available to identify, advocate for, coordinate, and follow up on services for victims/survivors of domestic/dating violence, stalking and sexual violence. Advocacy is a supportive service intended to help students who are impacted by violence.

Campus Victim Services can provide:

- Emotional support
- Referrals to campus and community resources
- Administrative support throughout the reporting, investigation, and hearing process
- Psychoeducation on the impact of trauma and cycle of violence

Advocacy is:

- Trauma-informed
- Survivor-centered
- Empowerment-based
- Confidential
- Available to any student in the campus community, regardless of where and when an incident took place

Advocacy is not:

- An official report to the school
- Counseling or therapy
- Legal advice
- Medical advice

Confidentiality may be breached under the following circumstances:

- When it is necessary to prevent you from injuring yourself or someone else
- To comply with laws regarding the reporting of abuse or neglect of minors
- For the purposes of confidential consultation

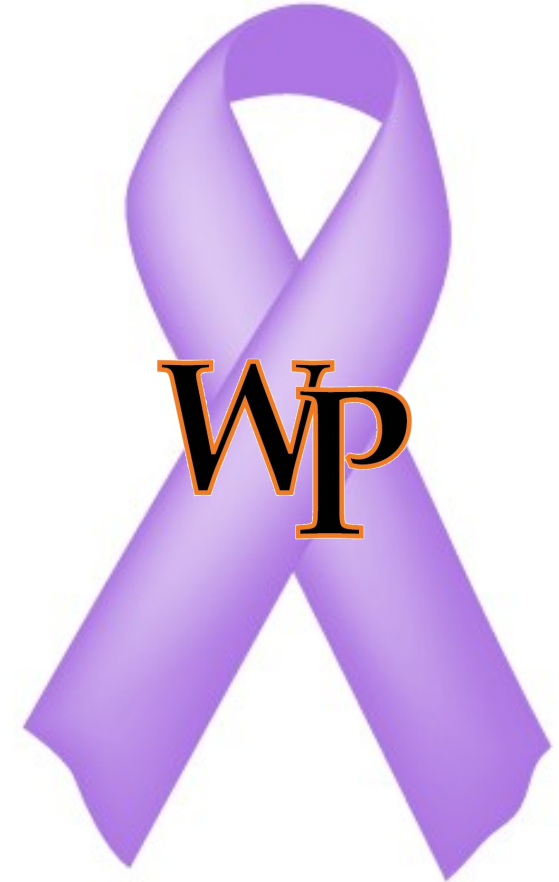
Social Worker for Student Support & Resources
Theresa A. Bivaletz

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Student Center Suite 117
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Website: <https://www.wpunj.edu/enrolled/student-development/dean-of-students/social-worker>

How Healthy is Your Relationship?



William Paterson University

WHAT IS A HEALTHY RELATIONSHIP?

A **healthy relationship** is based on RESPECT and EQUALITY, in which no partner tries to control another. Key components of a healthy relationship include:

- ★ Trust & Support
- ★ Loyalty & Commitment
- ★ Communication & Honesty
- ★ Negotiation & Compromise
- ★ Affection & Comfort
- ★ Feeling Safe & Having Fun

Healthy relationships require commitment. They take work and dedication to make sure that each partner is treated equally and with respect.

5 Signs of a Healthy Relationship

Your Partner...

- ☺ Treats you as an equal and respects you.
- ☺ Asks for your opinion and is comfortable with you having different opinions.
- ☺ Apologizes when he/she is wrong and accepts your apology when you are wrong.
- ☺ Does not feel threatened by your friendships with people of any sex or gender.
- ☺ Encourages you in your goals and dreams.

DATING VIOLENCE

Dating violence (and domestic violence) is a **PATTERN** of behaviors used to exert **POWER** and **CONTROL** over a partner.

Dating violence can be physical, sexual, verbal, emotional, economic, or psychological actions or threats of actions that harm another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, wound someone, or destroy someone's property.

Intimate Partner Sexual Violence (IPSV) is any unwanted sexual contact or activity by an intimate partner with the purpose of controlling an individual through fear, threats or violence.

HOW TO END AN ABUSIVE RELATIONSHIP

- Create a **safety plan**, which will help make a break-up as safe as possible.
- Talk to the Social Worker about what steps to take beforehand and how to create a safety plan.
- Decide ahead of time what you will say, and when and where you will tell your partner. Pick a place with some privacy, but where others are nearby.
- Be clear and honest with your partner during the break-up, but also gentle. Being cruel and/or putting your partner down may make the situation worse.
- Prepare for your partner's reaction. Know how you will respond if your partner becomes violent.
- Keep a safety plan in place after the break-up too.

5 Signs of an Unhealthy Relationship

Your Partner...

- ☹ Calls/texts you constantly or checks your email/social media.
- ☹ Embarrasses you or insults you in front of others.
- ☹ Acts jealous and does not want you to spend time with others.
- ☹ Constantly criticizes you, your friends, your clothes, or interests.
- ☹ Threatens to commit suicide or hurt you if you break up.

PREVENTING DATING VIOLENCE

- Challenge stereotypes that make dating abuse acceptable
- Be an **ACTIVE** bystander
- Be **DIRECT**: Directly intervening, in the moment, to prevent a problem situation from happening
- **DELEGATE**: If you do not feel comfortable or safe intervening, delegate the intervention to someone else
- **DISTRACT**: Doing anything that distracts someone enough to discontinue the abusive behavior
- Know what a healthy relationship looks like and define what you want in a healthy relationship
- Respect yourself and others

REPORTING OPTIONS

Survivors have the option of reporting a sexual assault to campus officials including the Title IX Office or University Police. These types of reports may lead to an investigation.

Title IX Office

Responsible for ensuring the University's compliance with Title IX and overseeing and/or investigating complaints of sexual violence, dating/domestic violence, stalking, harassment, discrimination, and other sex-based complaints involving students and University employees.

College Hall, Room 120
973-720-2389

William Paterson University Police Department

A report to law enforcement may instigate criminal investigation and adjudication within the criminal justice system. A report to University Police will result in a report to Title IX.

Emergencies: 911, Non-emergencies: 973-720-2300

CONFIDENTIAL RESOURCES

Survivors have the option of talking to a confidential resource on-campus or off-campus to discuss options and to get emotional support. These resources are not required to report to school officials or to the police, unless directed to by the survivor.

Social Worker for Student Support & Resources

Student Center, Room 117
973-720-2578

Counseling, Health, and Wellness Center

Overlook South, 1st Floor
973-720-2257 or 973-720-2360

Passaic County Women's Center Hotline

973-881-1450

NJ Domestic Violence Hotline

1-800-572-7233

NJ Sexual Assault Hotline

1-800-601-7200

Voices Against Violence