"I thought he might be having trouble with his partner, but since he never said anything about it, I didn’t know what to do."

Abuse comes in many forms—and anyone can be a victim. If you see something, say something.

Warning signs of abuse include:

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Erratic mood swings
- Physically inflicting pain or hurt
- Possessiveness
- Telling someone what to do
- Repeatedly pressuring someone to have sex

did you know

If you or someone you know needs help contact:
“It was fun at first when he was really into me. But after a while, if I didn’t answer his texts right away, he’d accuse me of hooking up with other guys.”

A healthy relationship includes clear communication, mutual trust, respect, and honesty and should make you feel good about yourself.

If you or someone you know needs help contact:
“How is it my responsibility to make sure everyone gets home okay?”

Safety is a community responsibility. If you’re in a group setting and you see someone walking alone, ask that person to join your group. At college, it’s not just about how to be safe, it’s also about how to work together to keep the campus community safe.

If you or someone you know needs help contact:
“It’s not like every female on this campus is going to get raped. What’s the big deal?”

It’s not just about rape. 52% of college women report knowing someone who has experienced violent and abusive dating behaviors including physical, sexual, cyber/tech, verbal or controlling abuse. And 22% of college women (that’s over 1-in-5) report physical abuse, sexual abuse or threats of physical violence.

did you know

If you or someone you know needs help contact:
I think my friend is in an abusive relationship. What can I do to help?

Let your friend know that you care about them; you’re there for them, they can come to you anytime they need to talk, and you’re someone they can trust. Do not make judgmental comments about your friend’s desire to make the relationship work. Do let your friend know that you support them and that you believe they deserve better.
“Someone else’s dating life or relationship is really none of my business. And even if I knew something was happening, it’s not like I could do anything about it.”

Abuse is never okay in any form. If you suspect a friend is a victim of dating violence or if you’re in an abusive relationship, you have the right to seek help. There are resources on your campus that can help. Your dean of students’ office, campus counseling center, or healthcare center are safe, anonymous places to find information or get help. Other resources on dating violence or abuse include:

- MyStudentBody.com
- BreaktheCycle.org
- KnowYourIX.org

did you know

If you or someone you know needs help contact: