Step UP!

Be a Leader, Make a Difference
STEP UP! to:
Relationship Abuse
BEFORE WE BEGIN

This presentation is meant to generate thought and promote discussion. We recognize that this topic may be sensitive material. Some of you may have had personal experience with this issue. Through the course of this discussion, dialogue may occur that causes an emotional reaction. It is important that the emotional reaction doesn’t impact the learning process. Therefore, if you need to leave the room for something other than a reaction to what is being discussed, please give a cue to the instructor or let a person next to you know that everything is “OK.” Also, please be respectful that someone in the room may have a reaction to what is being said.
Do you have a friend that has been abused?

www.youtube.com/watch?v=q0uC89uqkxl
Types of Abuse

- Physical
- Verbal
- Emotional
- Sexual
- Economic/Financial
- Spiritual
- Stalking
- Cyberstalking
- Texting
Types of Stalkers

- Rejected Stalker
- Resentful Stalker
- Predatory Stalker
- Intimacy seeker Stalker
Types of Stalkers

- Incompetent Suitor Stalker
- Infatuated Stalker
- Cyberstalker
3 Key Elements

- Intimidation
- Humiliation
- Physical Injury
Early Warning Signs

- Jealousy
- Monitoring activities
- Not respecting boundaries
- Possessiveness
- Threats of destroying property
- Questioning beliefs and choices
- Putting the person down
I know someone who is/has been in an abusive relationship.

1. Yes
2. No
3. I’m not sure
If you answered yes
was the abuse...? Click all that apply

1. Physical
2. Emotional/Psychological
3. Verbal
4. Financial
5. Sexual
6. Stalking
7. Isolation
8. Other
If you could have intervened but didn’t why didn’t you?

- Didn’t know what to do
- Didn’t think it was my business
- Was afraid of how they might react
- Wasn’t sure if it was really what I thought
- Didn’t want to get involved
Who taught you about healthy relationships?

1. Parents
2. Friends
3. School
4. Magazines
5. Movies/TV/Media
6. Faith/Spiritual Beliefs
7. Other
VIOLENCE

USING COERCION AND THREATS
Making and/or carrying out threats to do something to hurt her • threatening to leave her, to commit suicide, to report her to welfare • making her drop charges • making her do illegal things.

USING ECONOMIC ABUSE
Preventing her from getting or keeping a job • making her ask for money • giving her an allowance • taking her money • not letting her know about or have access to family income.

POWER AND CONTROL

USING MALE PRIVILEGE
Treating her like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles

USING CHILDREN
Making her feel guilty about the children • using the children to relay messages • using visitation to harass her • threatening to take the children away.

USING ISOLATION
Controlling what she does, who she sees and talks to, where she goes • limiting her outside involvement • using jealousy to justify actions.

USING MINIMIZATION, DENYING AND BLAMING
Making light of the abuse and not taking her concerns about it seriously • saying the abuse didn’t happen • shifting responsibility for abusive behavior • saying she caused it.

USING INTIMIDATION
Making her afraid by using looks, actions, gestures • smashing things • destroying her property • abusing pets • displaying weapons.

USING EMOTIONAL ABUSE
Putting her down • making her feel bad about herself • calling her names • making her think she’s crazy • playing mind games • humiliating her • making her feel guilty.
www.loveisnotabuse.com
Consider the costs of NOT intervening
Strategies for Effective Helping
The 5 Decision Making Steps

1. **Notice the Event**
2. **Interpret it as a problem**
3. **Assume Personal Responsibility**
4. **Know How to Help**
5. **Step UP!**
The S.E.E. Model

- Safe Responding
- Early Intervention
- Effective Helping
Perspective Taking

What would you want someone to do for you?
Obedience to Perceived Authority
Our Goal

DO SOMETHING!
Action Steps

- **Save all messages if being cyber stalked**
  - Block user from social networking sites
  - Don’t confront stalker – it could escalate

- Encourage any person in an abusive relationship to get professional help.

- Be aware of tone of voice and volume – stay calm

- Know resources
Friends Helping Friends

I care
I see
I feel
I want
I will

Adapted from BACCHUS Network's Certified Peer Educator Training
Scenarios
Scenario

You and a teammate live on the same wing in the dorms. You walk by her room and hear her crying. In the past, she has shared with you that her boyfriend yells at her, humiliates her, and always wants to know where she is and who she’s with. She also says he won’t let her do things she wants to do. It appears she has some fresh bruises around her eye and on her arms. What do you do?
Scenario

A friend pushes and then slaps his girlfriend at a party. Other people see it and are upset but don't do anything. He's not a very close friend, but someone you've taken several courses with and have had cordial discussions. What do you do?
Scenario

You live in the dorms and overhear your RA having a conversation with his girlfriend, who you also know. The conversation is getting pretty heated and you hear him call her “slut”. The RA demands that she give him her cell phone so he can check her text messages. The girlfriend tries to leave but the RA says, “You’re not going anywhere until we get to the bottom of this,” and blocks her from leaving. What do you do?

(Adapted from The University at Albany Counseling Center)
Discussion Questions

- What issues could be significant in relationship abuse situations?
- Why do some men try to control their girlfriends through force or intimidation?
- How do cultures differ with regard to gender roles?
- Why is it hard for some women or men who are abused to end the relationship?
- How could you support the alleged victim and the alleged abuser?
SO...

Where will I go from here?
Have you ever been concerned about a situation and wanted to help... but didn’t?
You’re not alone.

This situation is more common than you might think, and is known as the bystander effect. Step UP! is a comprehensive bystander intervention program that will teach you:

- The 5 Decision Making Steps
- Other Factors that Affect Helping, including Perspective Taking
- Strategies for Effective Helping
- The S.E.E. Model: Safe, Early, Effective
- Warning Signs, Action Steps and Resources

Step UP! is used by athletics, Greek life, student affairs, campus health, violence prevention centers, residence life and many others. Learn more now: students or facilitators.

www.stepupprogram.org