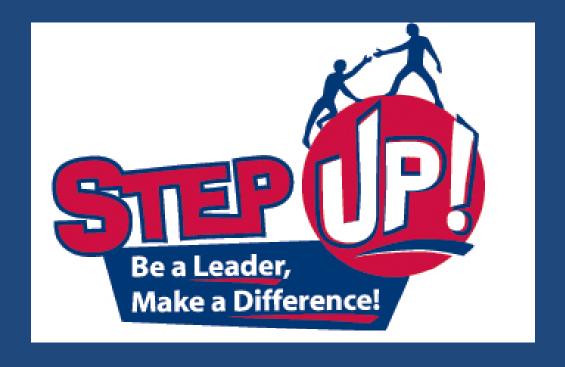
Step UP!



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.

VIDEO

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

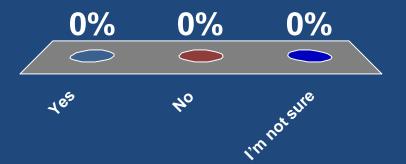


Early Warning Signs

- **□** 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.

- ı. 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

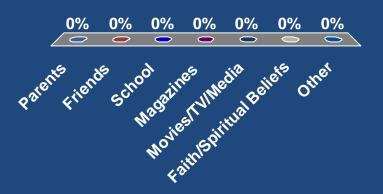


If you could have intervened but didn't why didn't you?

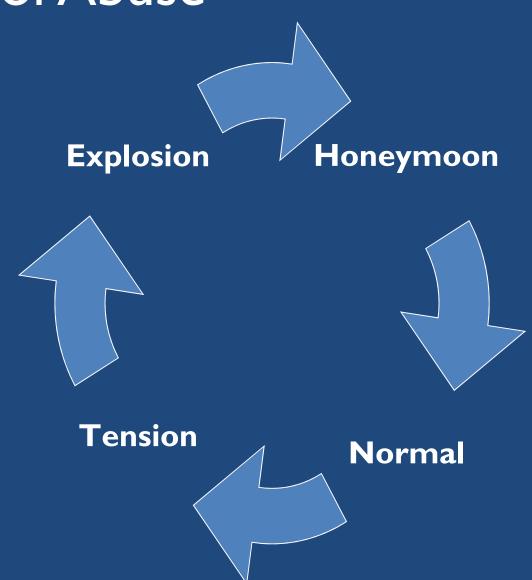
- □ Didn't know what to do
- □ Didn't think it was my business
- □ Was afraid of how they might react
- □ Wasn't sure if it was really what I thought
- □ Didn't want to get involved

Who taught you about healthy relationships?

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



Cycle of Abuse



PHYSICAL VIOLENCE SEXUAL **USING COERCION** USING AND THREATS INTIMIDATION Making and/or carrying out threats Making her afraid by using to do something to hurt her looks, actions, gestures . threatening to leave her, to . smashing things . destroying commit suicide, to report her property . abusing her to welfare . making USING pets . displaying her drop charges . making USING weapons. **ECONOMIC** her do illegal things. **EMOTIONAL** ABUSE ABUSE Preventing her from getting or keeping a job . making her Putting her down . making her feel bad about herself . calling her ask for money . giving her an allowance . taking her money . not names . making her think she's crazy letting her know about or have access · playing mind games · humiliating her to family income. · making her feel guilty. **POWER** AND CONTROL **USING ISOLATION** USING MALE PRIVILEGE Treating her like a servant . making all the Controlling what she does, who she sees big decisions . acting like the "master of and talks to, what she reads, where the castle" . being the one to she goes . limiting her outside define men's and women's roles involvement • using jealousy to justify actions. USING MINIMIZING. CHILDREN DENYING Making her feel guilty AND BLAMING about the children • using Making light of the abuse the children to relay messages and not taking her concerns · using visitation to harass her about it seriously . saying the · threatening to take the abuse didn't happen . shifting responchildren away. sibility for abusive behavior . saying she caused it. VIOLENCE SEXUAL PHYSICAL

HONVIOLENCE

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict • accepting change • being willing to compromise.

ECONOMIC PARTNERSHIP

Making money decisions together • making sure both partners benefit from tinancial arrangements.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels sate and comfortable expressing herself and doing things.

RESPECT

Listening to her nonjudgmentally - being emotionally affirming and understanding - valuing opinions.

EQUALITY

SHARED RESPONSIBILITY

Multially agreeing on a fair distribution of work • making family decisions together.

RESPONSIBLE PARENTING

Sharing parental responsibilities - being a positive non-violent role model for the children.

TRUST AND SUPPORT

Supporting her goals in life + respecting her right to her own feelings, friends, activities and opinions.

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self - acknowledging past use of violence - admitting being wrong - communicating openly and truthfully.

NONVIOLENCE

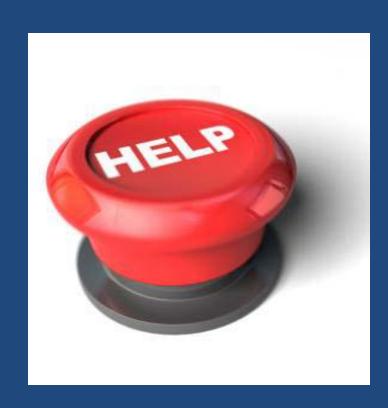


www.loveisnotabuse.com

Consider the costs of NOT intervening



Strategies for Effective Helping



The 5 Decision Making Steps

Notice the Event

Interpret it as a problem

Assume Personal Responsibility

Know How to Help

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



INDIVIDUAL LEADERSHIP



G!

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



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?

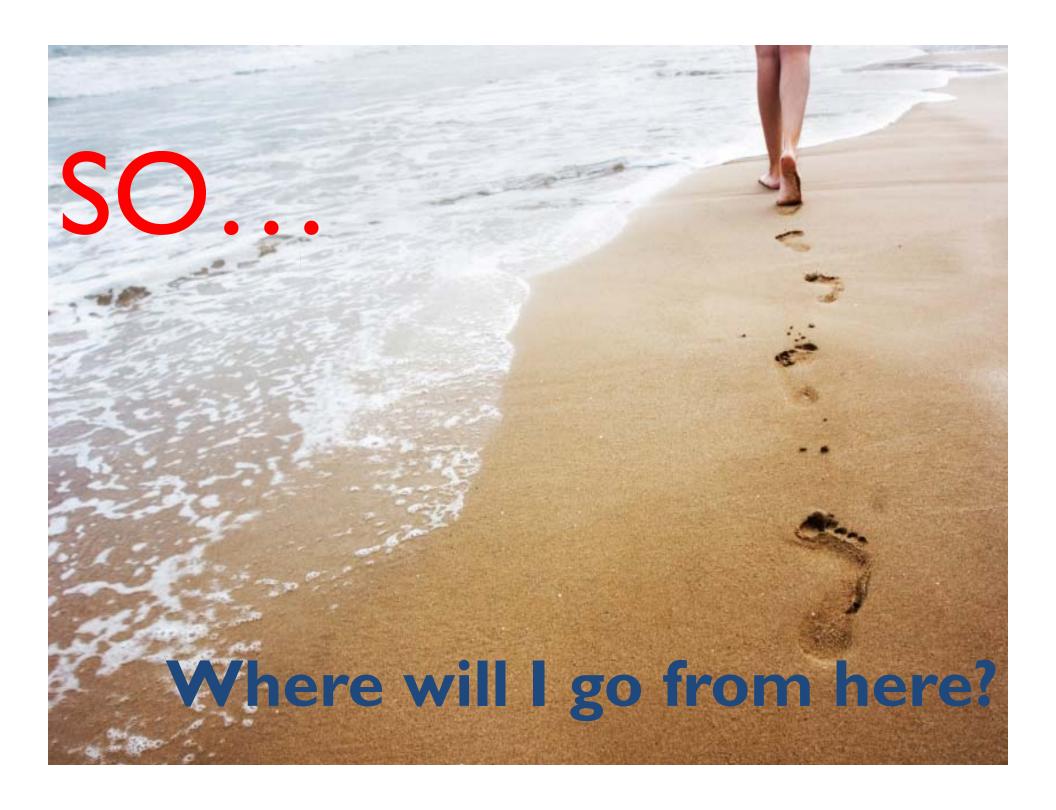
Scenario

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?



THE UNIVERSITY OF ARIZONA®

Home About - Facilitators - Students - Topics - Order Contact Search Facebook 🖪

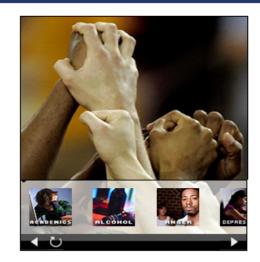


eam-work (to

Developed by:

The University of Arizona C.A.T.S. Life Skills Program

In Partnership with the NCAA



Have you ever been concerned about a situation and wanted to help... but didn't?

You're not alone.

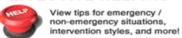
This situation is more common than you might think, and is known as the **bystander effect**. <u>Step UP!</u> is a comprehensive bystander intervention program that will teach you:

- · 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 feathletes.



STRATEGIES FOR EFFECTIVE HELPING



What are the costs







2010 Gold Winner

www.stepupprogram.org

