

# 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=q0uC89uqkxI](http://www.youtube.com/watch?v=q0uC89uqkxI)

# 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



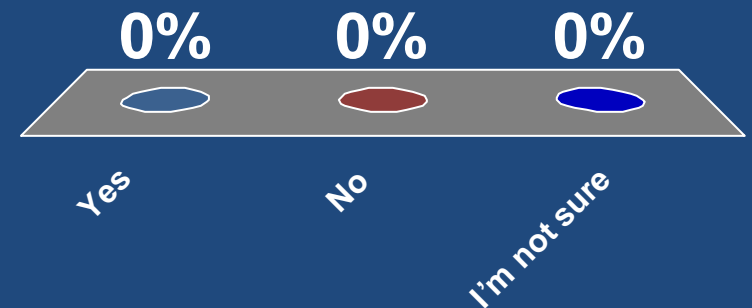


# Early Warning Signs

- **Jealousy**
- **Monitoring activities**
- **Not respecting boundaries**
- **Possessiveness**
- **Threats of destroying property**
- **Questioning beliefs and choices**
- **Putting the person down**

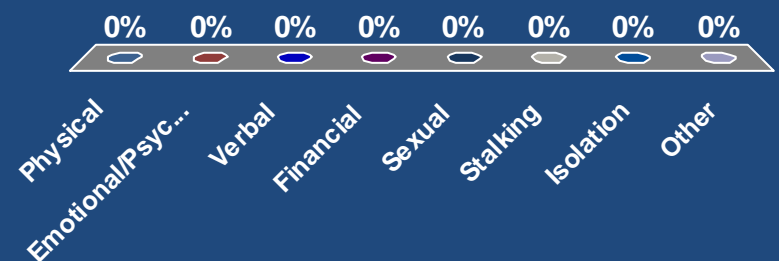
I know someone who is/has been  
in an abusive relationship.

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**

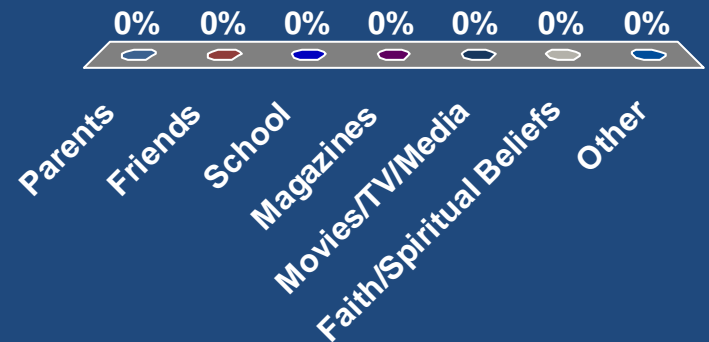


# If you could have intervened but didn't why didn't you?

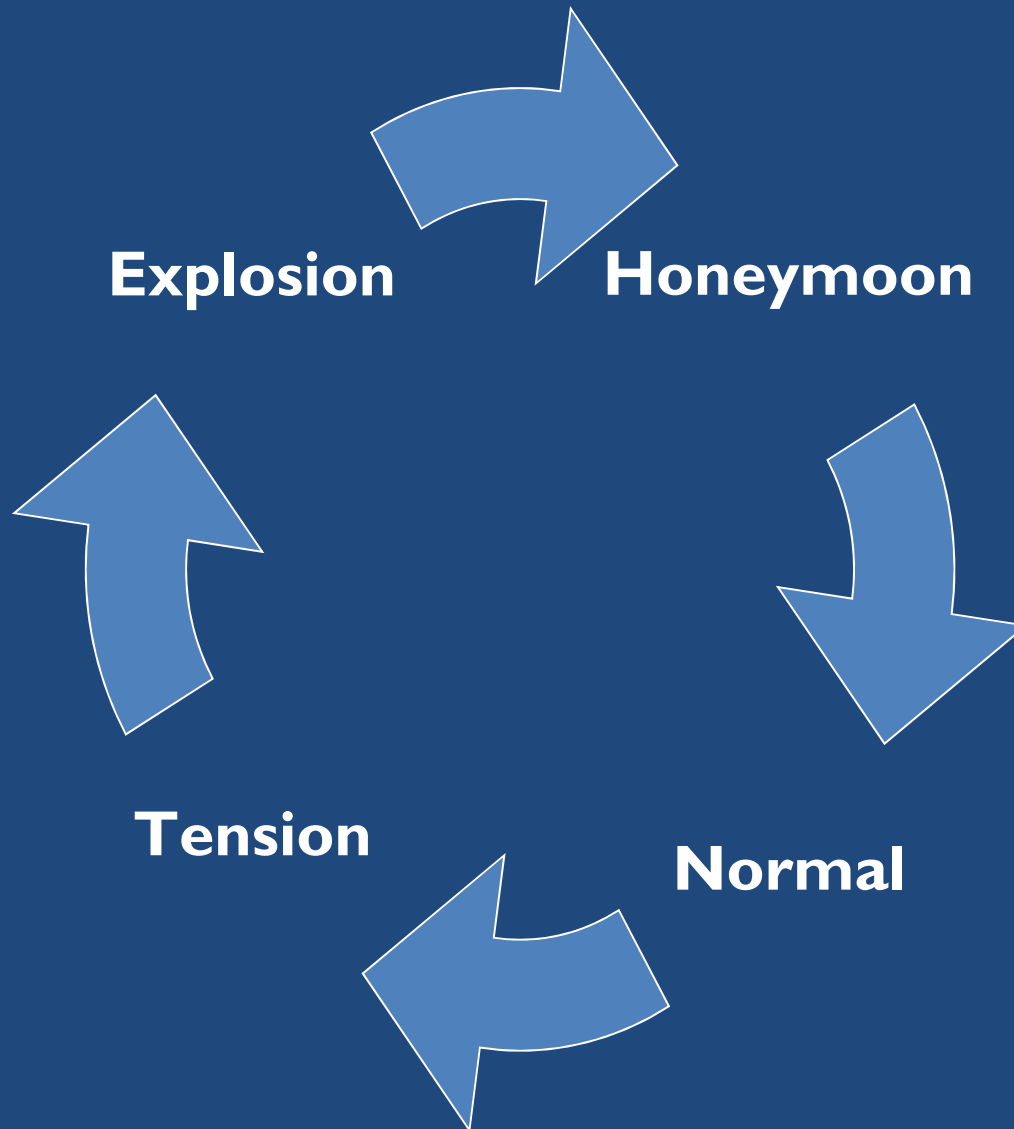
- Didn't know what to do
- Didn't think it was my business
- Was afraid of how they might react
- Wasn't sure if it was really what I thought
- Didn't want to get involved

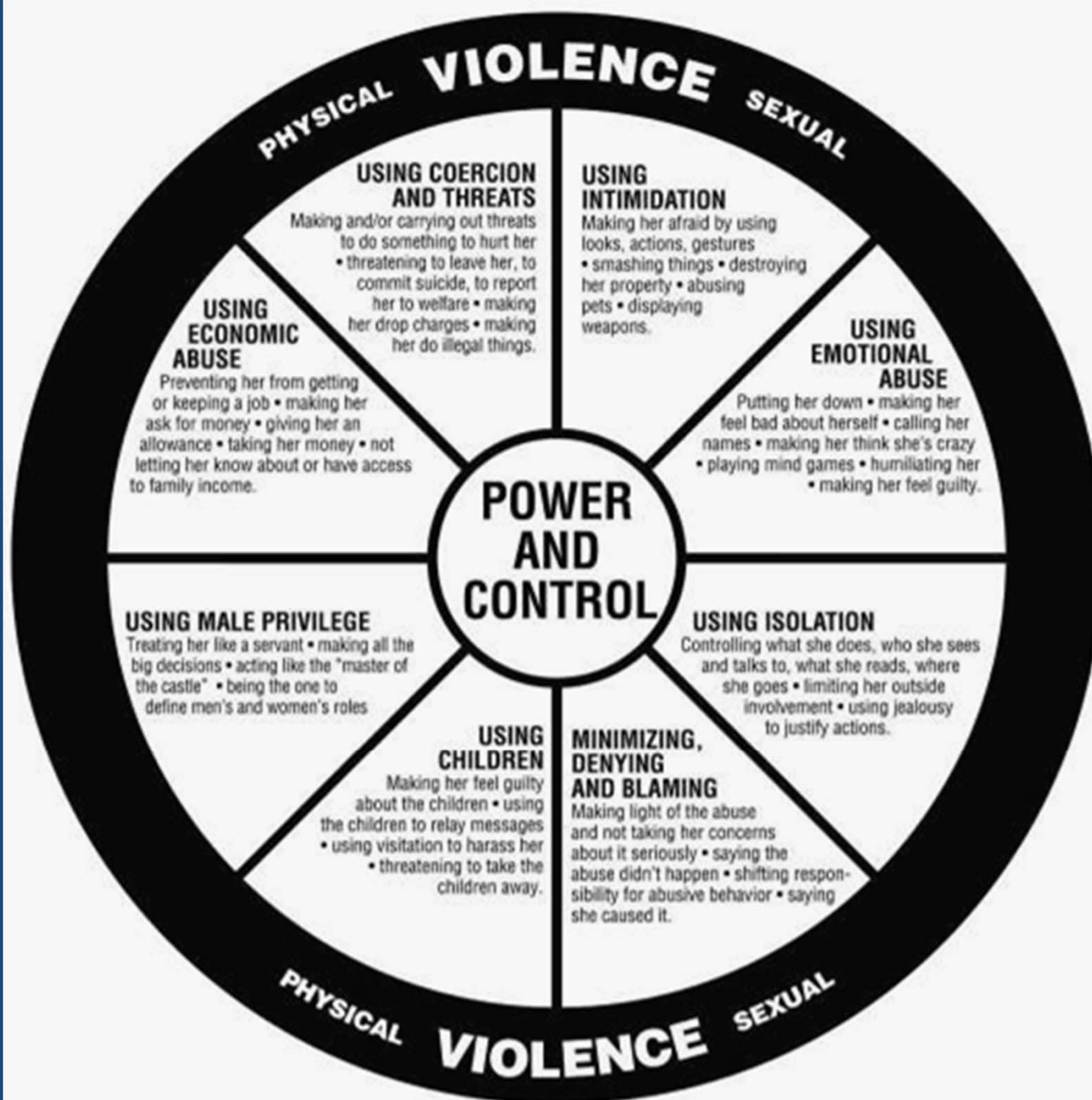
# Who taught you about healthy relationships?

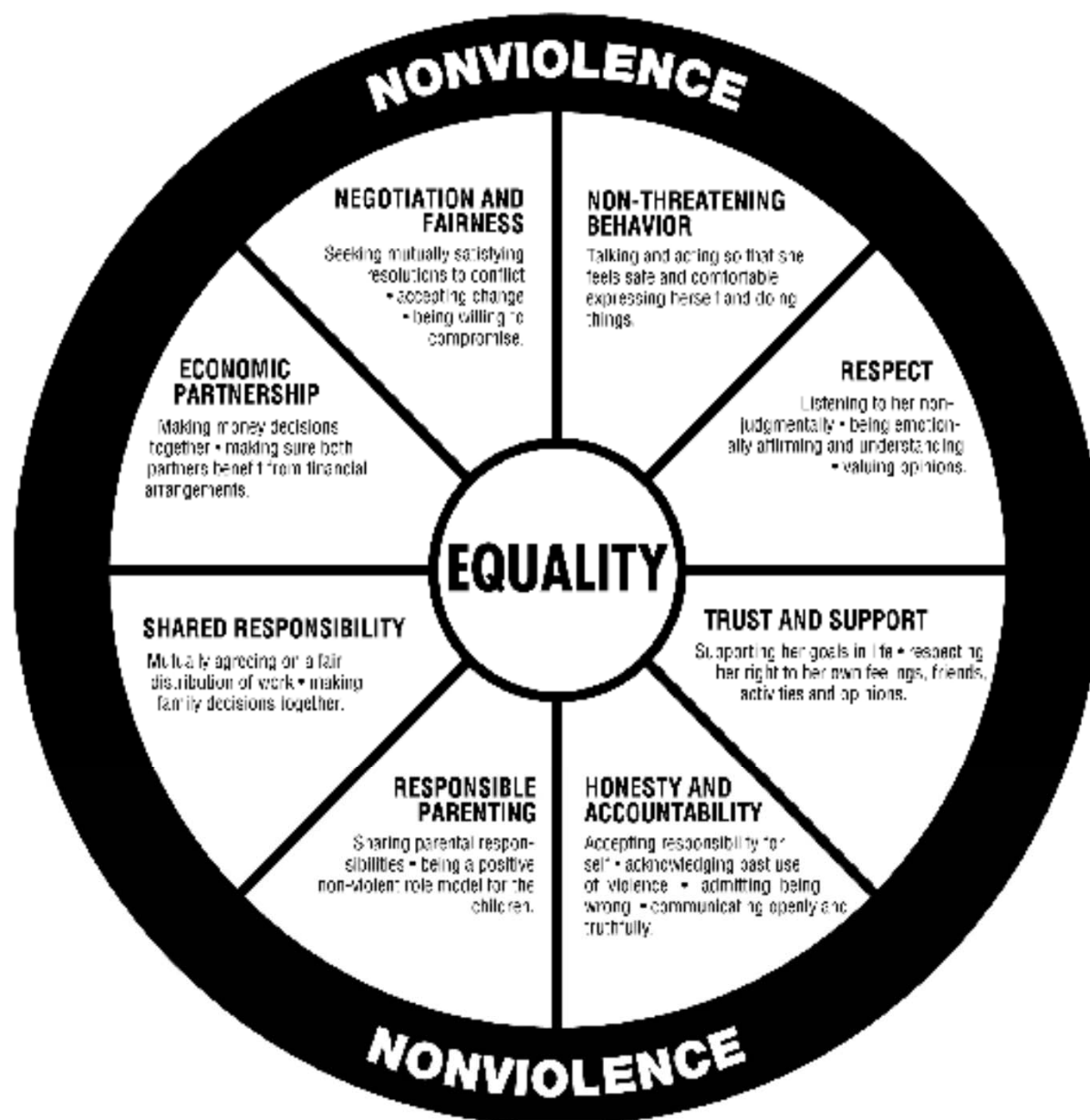
1. **Parents**
2. **Friends**
3. **School**
4. **Magazines**
5. **Movies/TV/Media**
6. **Faith/Spiritual Beliefs**
7. **Other**



# Cycle of Abuse









**LOVE  
IS NOT  
ABUSE**

[www.loveisnotabuse.com](http://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



DO  
INDIVIDUAL  
LEADERSHIP



SHARED  
RESPONSIBILITY

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**



# 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?**

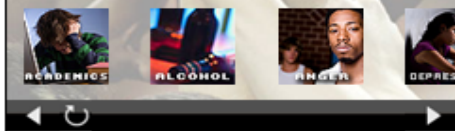
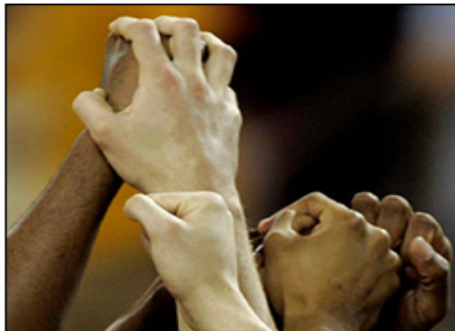




single...  
**team-work** (tēm'wōrk)  
which individual  
ciency; coordin  
with a team

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**. [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.](#)



### STRATEGIES FOR EFFECTIVE HELPING



View tips for emergency / non-emergency situations, intervention styles, and more!

What are the costs

of **NOT**  
intervening?



NASPA  
**excellence**  
awards

2010 Gold Winner

# www.stepupprogram.org

