

What is Dating Violence?

Dating violence is also referred to as intimate partner or relationship violence. It is defined as a pattern of behavior in an intimate relationship that is used to gain or maintain power or control over a partner. Abuse can be physical, sexual, emotional, economic, or psychological acts or threats of action. This includes any behavior that frightens, intimidates, terrorizes, manipulates, hurts, humiliates, coerces, blames, or injures someone.

Dating violence occurs between two partners involved in a dating or intimate relationship. It may be hard to recognize if the abuse does not happen continuously. However, it is still abuse even if your partner has exhibited abusive behavior or threatened violence only once. Violence generally escalates over time. Leaving a violent relationship can be difficult due to feelings of guilt, denial, love, hope, or economic factors. If you feel threatened by violence or abuse in an intimate relationship, even occasionally, you are a victim of dating violence. If you are in a relationship where violence is occurring, get help. Support and resources are available to you and are just a phone call away.

Types of Dating Violence:

Verbal & Emotional- Emotional abuse originates in the aggressor's desire to control the other person's behavior. The abuser tries to limit a dating partner's ability to act independently and undermines her confidence. Verbal abuse can include swearing at a partner, insulting and belittling her, and threatening or terrorizing her with words.

Physical- Typically, males use physical force to assert control, while females use it to protect themselves, to retaliate, or because they fear an assault. This type of abuse includes hair-pulling, biting, shoving, slapping, choking, strangling, punching, kicking, burning, using or threatening use of a weapon, and forcibly confining someone.

Sexual- Sexual abuse includes unwanted sexual touching, force or pressure to get a partner to consent, rape or attempted rape, and attempting or having sex with a person who is under the influence of alcohol or drugs.

For more information and to view our Sexual Misconduct Policy, please visit www.shu.edu/titleix

A College Student's Guide to Safety Planning

WHY DO I NEED A SAFETY PLAN?

- Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you can take action to keep yourself as safe as possible.

WHAT IS A SAFETY PLAN?

- A safety plan is a practical guide that helps lower your risk of being hurt by your abuser. It includes information specific to you and your life that will help keep you safe. A good safety plan helps you think through lifestyle changes that will help keep you as safe as possible on campus, in the residence halls, and other places that you go on a daily basis.

HOW DO I MAKE A SAFETY PLAN?

- Take some time for yourself to develop a safety plan that works for you. You can pick up a safety planning workbook in the Dean of Student's Office, from a Title IX Coordinator, or download it yourself by visiting www.shu.edu/titleix. You can fill out the workbook on your own or work through it with someone you trust.

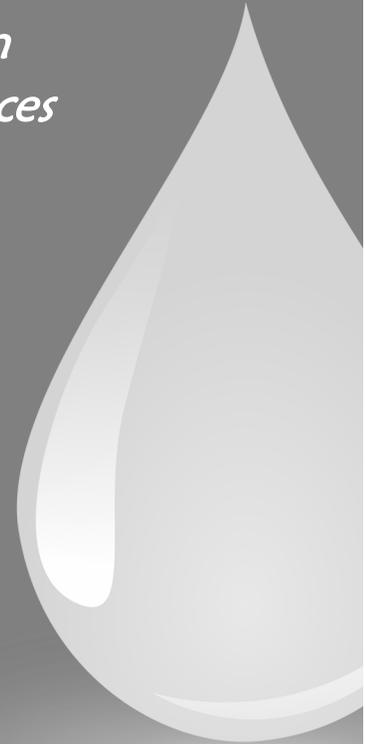
*Adapted from www.lovelisrespect.org



For more information, visit www.shu.edu/titleix

Dating Violence

Information and Resources



STUDENT LIFE
Student Services

SETON HALL UNIVERSITY

Seton Hall University is committed to providing an atmosphere in which students can pursue their educational goals and achieve personal growth. Maintaining a safe environment for students, faculty and staff has long been recognized as an essential part of University life.

The University has established policies and procedures and offers comprehensive services to ensure the well-being of all members of the University community. All forms of discrimination, harassment (including sexual misconduct) and retaliation are prohibited on the campus. See Seton Hall University's Anti-Discrimination, Harassment (Including Sexual Misconduct) and Retaliation Policy at www.shu.edu/titleix.

Resources and Contacts

On Campus

Public Safety and Security
(973) 761-9300

Office of the Dean of Students
(973) 761-9076

Counseling and Psychological Services (CAPS)
(973) 761-9500

Health Services
(973) 761-9175

Campus Ministry
(973) 761-9545

Off Campus

South Orange Police Department
(973) 763-3000

Essex County Rape Care Center
1-877-733-2273

Babyland Family Violence Prevention
(973) 399-3400

Rape, Abuse, Incest National Network (RAINN)
www.rainn.org

Important Contacts

Lori Brown
Director of Insurance & EEO Compliance,
Title IX Coordinator
Phone: (973) 313-6132

Karen Van Norman
AVP & Dean of Students,
Deputy Title IX Coordinator
Phone: (973) 761-9076

Rachelle Paul
Sr. Associate Athletics Director, SWA,
Deputy Title IX Coordinator
(973) 761- 9494

Danger Signs of an Abusive Relationship

You may be in an abusive relationship if your partner:

- Acts jealous when you talk to others, even friends.
- Criticizes what you do, what you wear and whom your friends are.
- Does not listen to what you say or want.
- Controls you in small ways, such as by holding you too tightly or pulling you around by your hand.
- Always needs to know where you are and whom you are with.
- Easily becomes angry or violent.
- Tries to force you into sexual activity that you do not want.
- Insults you and calls you hurtful names.
- Degrades your gender with jokes.
- Threatens to hurt you or someone/something you care about.
- Emotionally or physically harms you and then

Common Myths About Dating Violence

Myth: *People who are abused contribute to the abuse in some way.*

Fact: Many people who are abused blame themselves for causing the violence, saying things like, "I shouldn't have brought that subject up; I know how mad he gets." No one is to blame for another person's violence. Being abusive is always a choice and the sole responsibility of the person who is abusive.

Myth: *Since there has never been any physical abuse, I am not a victim of domestic/dating violence.*

Fact: Dating violence can take many forms, including emotional abuse, sexual abuse, and verbal abuse.

Myth: *People abuse their partners because they can't control their anger.*

Fact: People who abuse others are not usually out of control. They do it to gain power and control over the other person. They often use tactics besides violence such as threats, intimidation, psychological abuse, and isolation from friends or family to control their partners.

Myth: *If a person stays in an abusive relationship, it must not be that bad.*

Fact: People stay in abusive relationships for many reasons, including fear, economics, dependence, confusion, lack of self-esteem, denial, or the belief that the abuser needs their help.

Myth: *Jealousy and possessiveness are signs of true love.*

Fact: Jealousy and possessiveness are signs that a person sees you as a possession. It is the most common early warning sign of abuse.

If Dating Violence Occurs:

- If you are in immediate danger, get to a safe place immediately.
- Call 911 or Public Safety at 973.761.9300.
- Obtain medical care if needed.
- Trust your instincts. Don't downplay the danger. Take threats seriously.
- Report the incident to the Dean of Students office or the Title IX Coordinator. They can help you make a safety plan, give you information about the laws in New Jersey, the campus judicial process if you decide you want to go forward with University disciplinary proceedings, refer you to other support services, and weigh options such as seeking an order of protection.
- Save all relevant digital communication (i.e. text messages from the abuser, other electronic evidence).
- Photograph any injuries.
- Seek counseling services.