What can I do as her friend?

What is WRONG with you? This is not acceptable.

I'm so confused...

What can I do as her friend?

FRIENDSHIP!
ROMANCE!!
RED FLAGS!!!

TURN THE PAGE TO FIND OUT!
Voices Against Violence (VAV) is a program of the UT Counseling and Mental Health Center at The University of Texas at Austin.
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Voices Against Violence (VAV) is a program of the Counseling and Mental Health Center at The University of Texas at Austin. VAV addresses the issues of:
- Dating/Relationship Violence
- Sexual Violence
- Stalking
Our programs are designed to serve the needs of the diverse UT population with information, education, training, advocacy, counseling, and referral services.

Voices Against Violence (VAV)

Why is this important?
Research indicates:

75% of 16-24 year old Texans either have personally experienced dating violence or know someone who has.

Every two minutes someone is sexually assaulted.

Stalking is more common on college campuses than in the population at large and has been found to affect 12% of students on campus.
(CALCASA, 2008 & Brownstein, 2000)

Unhealthy relationships often develop and establish themselves as a system of behavior that is repeatedly used by one person to exert power and control over someone else. We often identify this system by RED FLAGS—behaviors that are sometimes easy to spot, and sometimes quite subtle.

You can spot the RED FLAGS in this guide by looking for this icon:

RED FLAG
Meet Sam, a third-year accounting student at UT-Austin. She’s concerned about her best friend Kris, who’s in a new relationship.

**SAM NOTICES RED FLAGS IN KRI S & FRANKY’S RELATIONSHIP...**

Hey, how are you? I haven’t seen you for a while...

Sorry, I’ve been busy. I’m just so excited about me and Franky--

That guy you just met?

It feels like we’ve known each other forever... He wants me to meet his parents!

Already?!
Hey stranger... where have you been lately?

Just spending time with Franky...

I know, but I miss you.

He really wants us to work on our relationship-- he says we need to spend more time together.

Every day?

Franky and I are having dinner with his friend tonight-- do you want to come?

Yeah, that sounds cool.

Great, I'll see you later!
That Night, at Dinner...

I hate it when this happens...

Where is she? This is ridiculous...

Are you sure it's okay that I'm coming with you?

His friend's gonna be there, so I'm sure it will be fine.

You're late!
Where have you been?
You always do this to me.

I'm sorry.
We--

Why is SHE here?
This was supposed to be a night out with Alex.

But--

This was really rude, Kris. You always embarrass me like this!

Red Flag: Blames Partner
Other RED FLAGS of Unhealthy Relationships can sound like...

**Jekyll and Hyde:** “He is so nice around everyone else, but when we are alone, he completely changes and somehow, I’ve always caused the problem.”

**Hypersensitivity:** “I don’t know what’s wrong with my partner, but I can’t seem to say anything right.”

**Pressure to Have Sex:** “I know if we don’t have sex, she’ll begin to question my sexuality.”

**Threats of Violence:** “He said that if I didn’t stay at his place last night, he would make me.”

**Verbal Abuse:** “My partner always says I’m lucky to have him-- nobody else would ever love me.”

**Manipulation:** “She was the one who was late, but then somehow it became all my fault.”

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**ONE MONTH LATER...**

What’s been going on?

I don’t know...

I’m just kinda worried-- I haven’t seen you in class--

I know, I’m really confused.

Do you want to talk?

Something happened the other night...
What am I supposed to think when I see you with other guys?

I told you, he’s my lab partner!

How am I supposed to believe that?

Who else would he be?

Look at me, Kris. This is NOT acceptable!

**RED FLAG: JEALOUSY**
How do I help a friend?

LISTEN without judgment. Instead of focusing on your own reactions, center the conversation on your friend’s concerns. If you need support regarding your friends’ relationship, turn to someone you trust.

* Unhelpful: “I can’t believe she would treat you that way! You have to break up now -- I don’t know why you let it go on this long!”

* Helpful: “Do you want to talk about it? I’m ready to listen whenever you want to share what you are experiencing.

BELIEVE and validate your friend’s experience and feelings. Abusive relationships can be very confusing. Instead of criticizing your friend’s partner, point out the behaviors that aren’t healthy.

* Unhelpful: “I would be so mad if I were you! He is such a jerk when your friends are around! You must want to break up with him.”

* Helpful: “I understand that you might feel confused. Do you want to know what I think?” (pause--if yes) “Respect is an important part of a good relationship. I don’t think it’s respectful when he yells at you.”

OFFER information and resources that might help. It is important that your friend have the opportunity to decide what is necessary to do at this moment. Pushing your friend to take a specific action that you think is best gives you the power rather than your friend. Choice = Empowerment.

* Unhelpful: “You need to call a hotline right now -- come on, I’ll dial the number for you.”

* Helpful: “Here is a hotline number where they talk to people about what they are experiencing in their relationships. You can call anytime you are ready, 24/7.”

If your friend chooses to remain in the relationship, continue to offer support as you are able. Giving your friend an ultimatum about quitting the relationship to stay in your life may isolate your friend further. Pay attention to your own responses, needs and limits. Ask for help from someone outside the situation so that you can get the support you need. Take care of yourself.
**What are the rights and responsibilities of a person in a healthy relationship?**

**I have the right...**
- To be treated with respect — always
- To be in a healthy relationship
- To not be abused — physically, sexually or emotionally
- To enjoy friends and activities apart from my romantic partner
- To express myself honestly
- To recognize my culture and identities
- To determine my values and set limits
- To decide what I share with whom
- To say no
- To feel safe in relationships
- To be treated as an equal
- To feel comfortable being myself
- To leave or stay in a relationship

**I have the responsibility...**
- To communicate my values and limits
- To respect my romantic partner’s limits, values, feelings and privacy
- To accept my romantic partner’s culture and identities
- To not abuse — physically, sexually or emotionally
- To listen
- To be considerate
- To communicate clearly, honestly and respectfully
- To give my romantic partner space to enjoy activities and friendships outside of our relationship
- To not exert power or control in relationships
- To compromise when needed
- To admit to being wrong when appropriate
- To ask for help from friends, family and mentors

*Adapted from: chooserespect.org*

**A healthy relationship looks like...**

- Non-threatening behavior
  - Mutual respect
- Shared responsibility
  - Economic partnership
- Trust and support
  - Honesty and accountability
**Theatre for Dialogue**

- The Theatre for Dialogue program offers interactive performances that engage audiences in actively examining the complex issues of interpersonal violence. Performances unfold over 1-2 hours with a facilitator who guides the conversation with the audience.

- Scenarios are performed by students trained through a two-semester course offered for academic credit through the School of Social Work or the Department of Theatre and Dance. Previous acting experience or a social work background is not required to be in the class.

- To schedule a Theatre for Dialogue performance or find out more about participating in the Theatre for Dialogue course please call 512-475-6989.

**VAV Student Organization**

- The VAV Student Organization offers a way for interested students to participate in learning about the issues of interpersonal violence and to promote education and awareness on campus through events and meetings twice a month.

- To join the VAV Student Organization or find out more information (meeting times, upcoming events, etc.), check our website or contact vavcoordinators@gmail.com.

**VAV Training**

- VAV offers training in an on-going capacity for academic departments, staff across the university and student groups.

- To find out about training possibilities for your group or organization, please call 512-475-6957.

  cmhc.utexas.edu/vav.html

**VAV’s Annual Events**

- Dating Violence Awareness Month (October)
- Sexual Assault Awareness Month (April)
- Take Back the Night (April)
VOICES AGAINST VIOLENCE

Mission Statement
Voices Against Violence transforms the campus community by addressing interpersonal violence through dynamic programming that creates safety, cultivates support, and promotes growth.

VAV Counselor/Advocate: (512) 471-3515
Theatre for Dialogue: (512) 475-6989
Training and Outreach: (512) 475-6957
cmhc.utexas.edu/vav.html

OTHER HELPFUL RESOURCES

ON CAMPUS...

UT Counseling & Mental Health Center
5th Floor, Student Services Building (SSB)
www.cmhc.utexas.edu
(512) 471-3515

UT Telephone Counseling (24/7/365)
(512) 471-CALL (2255)

University Health Services
Appointments: (512) 471-2955
Nurse Advice Line: (512) 475-NURS

UT Police Department (24/7/365)
(512) 471-4441

Student Judicial Services
(512) 471-2841

IN THE COMMUNITY...

Austin Police Department
Emergency: 911
Non-emergency reports: 311

Sexual Assault Nurse Examiner (SANE)
On call 24 hours at St. David’s Emergency Room:
919 E. 32nd St.
Emergency Room: (512) 544-4240

Safe Place
www.safeplace.org
Hotline: (512) 267-SAFE (7233)

Know the Red Flags
www.knowtheredflags.com

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