

Identifying and Responding to Dating Violence

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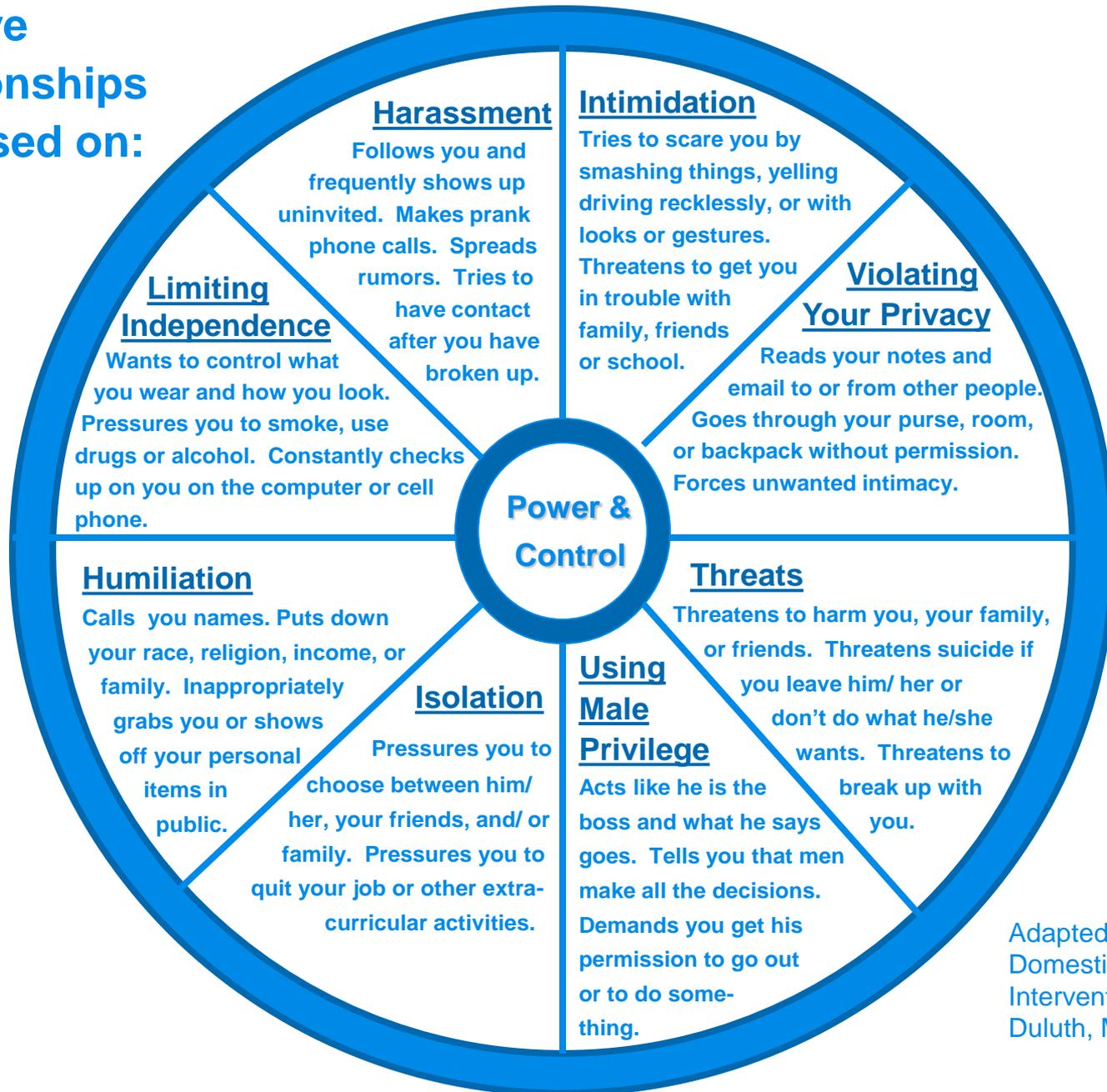
Statistics for Dating Violence

- **1 in 3 teens** know somebody who has been physically, sexually, or verbally abusive in a dating relationship (Liz Claiborne Survey, 2005).
- Dating violence occurs **across** race, religious, gender, sexual orientation, and income levels
- **Both** males and females are victims
- 73% to 86% of young adults in an abusive relationship said they would discuss it **with their friends** (Liz Claiborne Survey, 2005; Zwicker, 2002)

What Dating Violence Is:

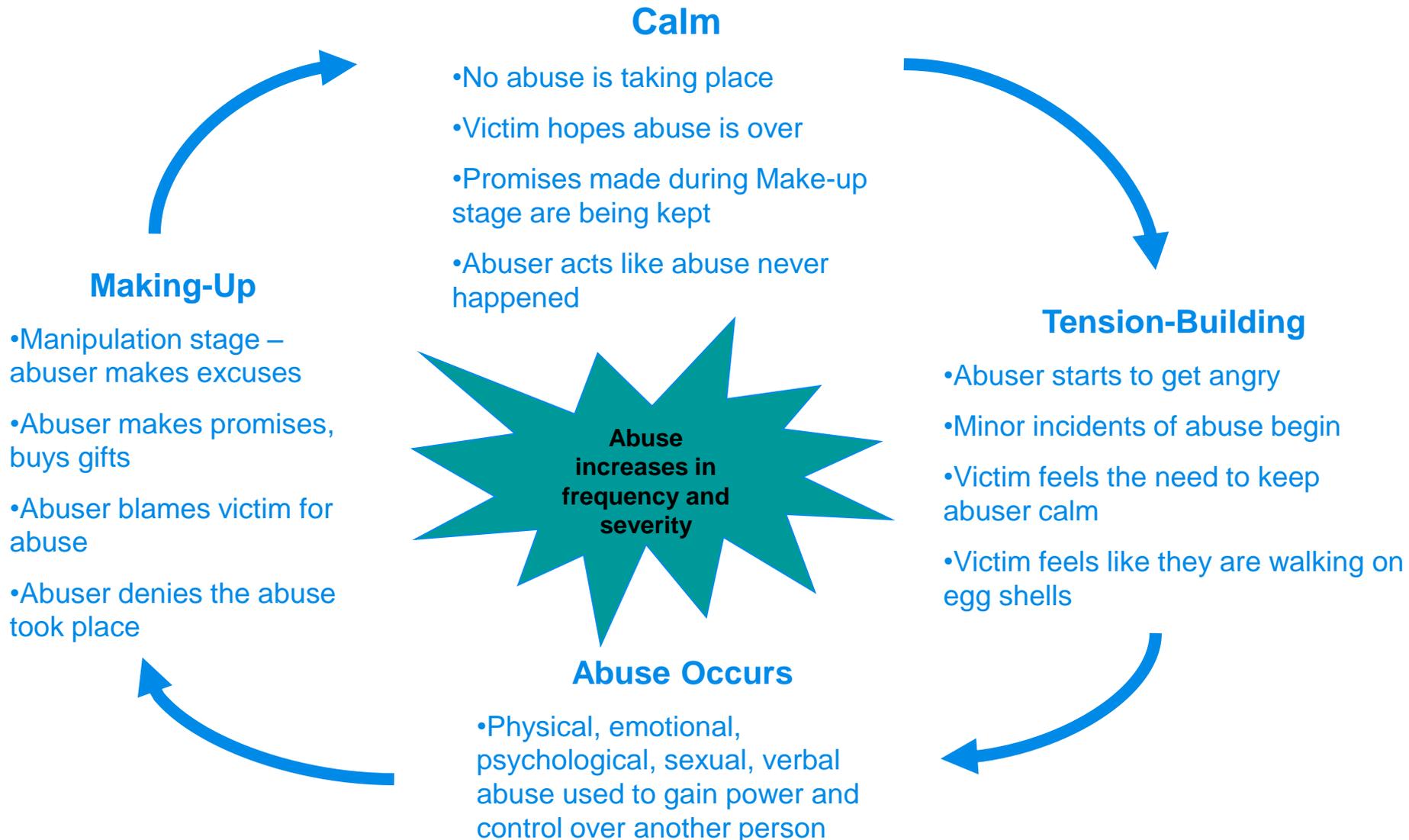
- Dating violence is a **pattern** of **manipulative behavior** used to maintain power and control over his or her partner
 - This manipulative behavior may include: verbal abuse, emotional abuse, physical abuse, sexual abuse, limiting independence, isolation, threats, intimidation, harassment, stalking, minimization, denial, and blame

Abusive Relationships are based on:



Adapted from:
Domestic Abuse
Intervention Project.
Duluth, MN

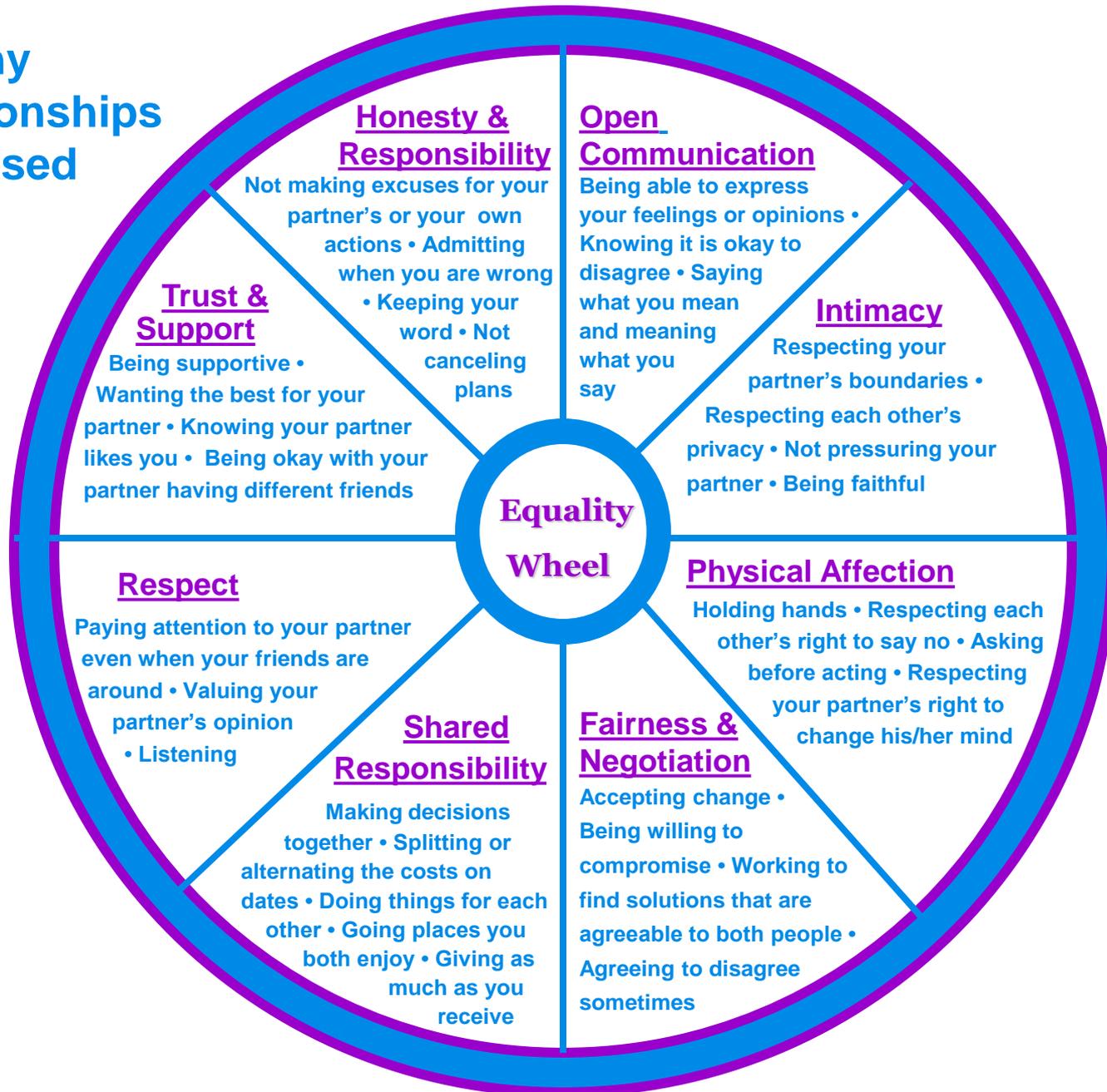
Cycle of Abuse



What Dating Violence is **NOT**:

- An anger management problem
 - A result of alcohol or drug use
 - Getting angry or having a disagreement
- 
- The background of the slide features several concentric, light blue circular ripples that resemble water droplets hitting a surface, scattered across the lower half of the frame.

Healthy Relationships are based on:



Dating Violence is Hidden Because:

- Inexperience with dating relationships
- Incorrect beliefs:
 - We have the right to “control” our partners
 - “Masculinity” is physical aggressiveness
 - Young men may lose respect if they are attentive and supportive toward their girlfriends
 - Idea that jealousy and possessiveness are “romantic”
- Threats from abuser
- Embarrassment, shame, confusion

Warning Signs of Abuse

In Your Own Relationship:

- She tells you that “she can’t live without you”
- He is checking cell phone or email without permission
- She blames you for her problems
- He threatens to hurt himself or others if you break up
- He or she is jealous and possessive about the time you spend with friends
- She is isolating you from friends and family

In a Friend’s Relationship:

- He or she is giving up interests such as friends, hobbies, sports, or extra-curricular activities
- She changes in appearance or behavior
- He calls his partner names or makes demeaning comments
- She has unexplained injuries
- He or she hurts themselves, others or pets
- He or she has a history of violence
- He or she abused former partners

Dating Safety

- Consider dating in a group the first few times you go out with a new person
- Before going out, know the plan and tell others
- If you leave a party with someone – make sure you tell a friend who you are leaving with
- Assert yourself when necessary – be firm
- Trust your instincts
- Be aware of your decreased ability to react under the influence of alcohol or drugs

Helping Friends in Abusive Situations

- Bystander – a person who is aware that someone is being abused in a dating relationship
- Listen and do not be judgmental
- Let the victim know:
 - It is not their fault and they do not deserve the abuse
 - You are worried – be specific
 - Staying in the relationship will **NOT** stop the abuse – they **CANNOT** change someone who is abusive

Helping Friends in Abusive Situations

- People in these situations can benefit from professional help by:
 - Having a neutral party to confide in
 - Generating strategies for managing the situation
 - Treating anxiety, depression, and trauma symptoms that coincide with abusive situations
- What might happen if this is left unaddressed?

Making Referrals

- Often, just suggesting counseling to someone conveys that:
 - There is hope the situation can change
 - That you care about the person



Helping Friends in Abusive Situations

- Referring people to a counselor can sometimes be difficult
 - Usually, this is because the person doesn't know what it's like
 - Common myths about counseling?
 - It costs too much
 - Everyone will know
 - I don't have time
 - I will have to keep going forever
 - I will be forced to take medication

Strategies for Referral

- Arm yourself with information
 - Know where the counseling center is
 - On campus counseling is usually FREE
 - It's confidential – unless someone is in imminent danger or a child is being abused, the counselor MUST keep everything private
 - Counselors have special training that others don't have

Strategies for Referral

- Reduce the stigma associated with counseling
 - It does not mean that you are “crazy”
 - A lot of people can get the help they need in even 1 or 2 sessions
 - Nobody needs to know that you’ve even been to a counselor
 - You can go with your friend

What if they won't go?

- “Why don't you try it just once for me? It would mean a lot to me if I knew you were getting support.”
- Counseling center can reach out to the student
- Consult with other trusted adults on campus (faculty, Residential Life, Campus Safety, etc.)

Campus Judicial Procedures

- Dean of Students' office can facilitate police reporting if needed/desired
- More private options that don't require police, but still help victims feel safer
 - Keep away orders
 - Persona Non Grata (PNG)
 - Interim Suspensions

Residence Life Options

- Room changes can occur very quickly when someone's safety is in question
- Support from RAs and RDs



Helping Yourself

Emergency??? Call 911!!!

- Get help from your local domestic violence service provider, rape crisis centers, counseling centers, or family health care provider.
- Develop a safety plan
- Keep a log of the abuse
- Do not meet with the abuser alone
- Educate yourself on the internet:
 - www.opdv.state.ny.us www.loveisnotabuse.com
 - www.endabuse.org www.seeitandstopit.org