

# Wellness InSTALLments

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# May

## Relationship Violence



### Know Your Resources

If you or someone you know is experiencing physical, emotional, or sexual abuse, speak out and break the cycle. You can help!

1. Brandon Washington, Title IX Coordinator  
239-745-4366  
bwashington@fgcu.edu
2. CAPS: Counseling and Psychological Services  
CAPS@fgcu.edu  
239-590-7950
3. Assault and Rape Information Support and Education (ARISE)  
www.fgcu.edu/arise/
4. The National Domestic Violence Hotline  
1-800-799-SAFE (7233)

- 1.) You are not alone.
- 2.) It is NOT your fault.
- 3.) Help is available.



### Question of the Month

What are the three parts in the cycle of abuse?

Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!



Relationship violence is a term used to describe violence and abuse by family members or intimate partners such as a spouse, former spouse, boyfriend or girlfriend, ex's, or date. This is a pattern of behavior that is used by an individual in order to establish power and control over another person. This is often by the use of fear, intimidation, threats, or violence. **There is no "typical" victim of relationship violence. Victims of relationship violence vary in age group, culture, gender, religion, economic status, and educational level.**

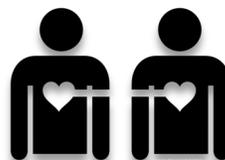
#### Statistically speaking:

- 21% of college students report having experienced dating violence by a current partner
- 1 in 3 women and 1 in 4 men experience violence from their partners in their lifetimes
- Nearly one third of college students report having physically assaulted a dating partner in the previous 12 months

## Is Your Relationship Healthy or Abusive?

### Healthy:

- Ability to communicate and speak up when something is bothering you
- Respecting your partner and their boundaries
- Compromise and solve conflicts fairly and rationally
- Support and encouragement; Build each other up!
- Respect each other's privacy; Healthy relationships require space



### Abusive:

- Checking a partner's cell phone, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Isolation from family and friends
- Making false accusations
- Physically or emotionally inflicting pain or hurt in any way
- Possessiveness
- Pressuring someone to have sex

Love shouldn't hurt. Relationships include feelings of safety, respect, and the ability to communicate with your partner. We all deserve to be in a relationship where we feel safe and loved. It is time to stand up and say NO MORE to violence and begin promoting love as respect. Speak up for those who can't.

"Love is about mutual respect, apart from attraction." ~George Best



**PEERS CARE**  
Educate. Engage. Empower.

# LOVE IS NOT ABUSE

