

GENEQ dating violence

What is Dating Violence?

Dating violence/relationship violence is a pattern of assaultive and coercive behaviors, including physical, sexual, verbal, psychological, sexual and emotional attacks that individuals use against their dating partners (ie: hitting, yelling, pushing, stealing money, rape, sexual assault, sexual harassment, etc. See GenEq's *Sexual Assault and Rape, Stalking, and Sexual Harassment* info sheets). Dating violence often coincides with the isolation of one partner by another; be it through physical restraint, psychological isolation, or taking away mechanisms that would allow a partner to leave, like money or self-confidence. Dating violence occurs in all types of relationships, and people of all genders, sexualities, abilities, races, ages, and marital statuses can be perpetrators and survivors of dating violence.

In Dating Relationships:

- **Know that supportive and mutually respectful relationships are possible.** You have the right to be respected and to live free from fear and abuse.
- **Trust your instincts.** If you have concerns about a relationship, take time to get to know someone before you decide to be alone with this person. Leave if you feel uncomfortable.
- **When beginning to date, go to a safe, public place.** Let someone you trust know where you are going and when you will be back.
- **Communicate your expectations.** Make it clear that violent behavior is not okay in your relationship. Remember, you always have the right to set your own limits and say *no*.
- **Keep in touch** with your friends/family/support system, even in a long term dating situation.

Signs of a Potential Batterer:

- Jealousy and possessiveness, trying to keep you for themselves.
- Controlling or trying to control your behavior (ie: telling you what to wear, who to hang out with, where to go, how to behave, etc.)
- Isolating you from your friends, family, support system, money, or kids.
- Current or past violence against other people, animals, or property.
- Heavy drinking or drug use.
- Insulting you, calling you names, putting you down, or criticizing you.
- Threats of violence or explosive temper.
- Demanding that you put their needs above your own, demanding obedience, or insisting that you fit into a rigid relationship role (ie: "be a good wife" or "act like a man").

If You Are Being Abused:

- **Violence is not your fault. Don't blame yourself.**
- **Admit that you are being abused.**

- **Remember that your partner seeming apologetic and nice at times does not excuse any abusive behavior.** In fact, it is often an example of the cycle of violence in which abusers apologize for their behavior and act nice until the next episode of violence.
- **Reach out** for help from friends, family, or staff that you trust and tell them about what's happening.
- **Keep any evidence of physical abuse** (ie: ripped clothes, photos of injuries) as well as a log of all abusive behaviors with the time, date, behavior, where it occurred, and who was present.
- **Make a plan for your safety:** keep a spare set of keys, a set of clothes, photocopies of important documents, (driver's license, passport, green card, birth certificate, etc.), a list of people/places you can go for help, and some money in a safe place such as a neighbor's house or somewhere that your abuser can't find it.
- **Know your rights and options.** Contact any of the resources below for medical care, counseling, and other assistance.
- **Consider ending the relationship** and/or choosing not to see your partner. If you want to work it out with your partner, insist that your partner seek counseling and until they do, do not see them alone (See GenEq's *Stalking Info Sheet*).
- **If you have children, find out the best actions to ensure their safety by contacting the resources below.**
- **Know that you are saving your own life.**

How to Help Yourself If Your Are Abusing Someone:

- **Take responsibility** for your words and actions; admit that you are abusing your partner. Don't blame your behavior on your partner, drugs, alcohol, etc.
- **Contact any of the resources** below to talk to a counselor who can help you to find alternatives to violence in your relationship.
- **Consider separating** from the person(s) you are abusing for a while in order to sort out your emotions and behaviors with a counselor.

Also, see GenEq's "How To Help A Friend" resource sheet for more information.

Resources:

UC Berkeley Police Department

1 Sproul Plaza

Non-Emergency: 510/642-6760

Emergency: 911 or 510/642-3333

<http://police.berkeley.edu>

Family Violence Law Center

Crisis assistance, legal advice, referrals.

Crisis hotline: 510/208-0255

General: 510/208-0220

www.fvlc.org

Marin Abused Women's Services Men's Program

Crisis hotline for male perpetrators
or survivors of relationship violence.

415/924-1070

Emergency Shelter Program

Crisis Hotline: 868/339-SAFE (7233)

Crisis Hotline: 510/786-1246

Gender Equity Resource Center (GenEq)

Sexual Harassment/Assault Resource Specialist

202 Cesar Chavez

510/643-5727

<http://geneq.berkeley.edu>

Communities United Against Violence

Shelter, support & legal advice for LGBT people

Crisis hotline: 415/333-4357

General: 415/777-5500

www.cuav.org

Building Futures with Women and Children

Emergency & support services in Alameda County

866/A-WAY-OUT (292-9688)

www.bfwc.org

National Domestic Violence Hotline

800/799-SAFE (7233)