

DO YOU KNOW WHAT DATING ABUSE OR DATING VIOLENCE LOOKS LIKE?

I think so.....
but I'd like to
know for sure

Nearly **HALF** of
all college women
and **A THIRD** of college men
report having experienced either abuse or
controlling behavior in a dating relationship.

...and what do I say to
a friend who tells me
about their abuse?

DATING ABUSE IS...

a pattern of coercive, intimidating, or manipulative behaviors used to exert power and control over an intimate partner.

COLLEGE STUDENTS

Young adults between 18 - 24 are in the highest risk age group for being in an abusive relationship at three times the national average. Domestic violence does not discriminate; anyone can experience dating abuse regardless of gender, sexual orientation, socioeconomic standing, ethnicity, religion or culture.

FORMS OF ABUSE

PHYSICAL - physical force meant to cause fear or harm such as hitting, shoving, strangulation, or using a weapon.

VERBAL OR EMOTIONAL ABUSE - insults, humiliation, guilt, threats or intimidation; giving the silent treatment

COERCIVE CONTROL - a pattern of controlling behavior intending to dominate, isolate and micromanage a partner in order to strip away their independence and sense of self.

SEXUAL ABUSE - controlling or forcing sexual activity including rape, coercion or restricting birth control.

DIGITAL/CYBER ABUSE - using social media or technology to intimidate, harass or threaten; sending threatening and controlling text messages; demanding to know passwords and account access

STALKING - monitoring activities, location and communication meant to establish complete control

RED FLAGS

EXTREME JEALOUSY

ISOLATION FROM FRIENDS & FAMILY

RELATIONSHIP MOVING FAST

CONSTANTLY TOGETHER

INCESSANT CALLS OR TEXTS

NEED TO KNOW EVERYTHING

PHYSICAL AGGRESSION

MOODY, EMOTIONAL ROLLER COASTER

BREAKING BOUNDARIES

STRICT AND ANTIQUATED GENDER ROLES



LGBTQ+



LGBTQ people are especially vulnerable to particular forms of coercive control and digital abuse. If the controlled person has not publicly disclosed their sexual orientation or gender identity, the abuser might exert control by threatening to "out" them to family members or friends.

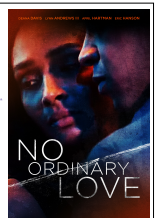


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PROJECT
#RaiseAwareness

Using film to RAISE AWARENESS
of Domestic Violence.
NoOrdinaryLoveMovie.com





How do I help a friend?

The most important thing to remember is you don't need to be an expert - you need to be a friend.

1. Believe them, let them know that you do. *"I believe you. I'm so sorry this is happening."*
2. Listen without judgment or advice, and validate their feelings. *"I'm glad you told me. I'm here for you."*
3. Avoid victim-blaming. *"This isn't your fault. You don't deserve to be treated like that."*
4. Take it seriously. Concerned about their safety? Tell them. *"I'm worried this could become dangerous for you."*
5. Offer to help. Honor their autonomy. Support and respect their decisions. *"How can I help you?"*
6. Have the National Domestic Violence Hotline number in your phone. *"Would you consider talking to someone? Here's the number: 800-799-7233"*

Don't be afraid to reach out to someone you think MIGHT NEED HELP

QUESTIONS TO ASK

- How have things been with you two lately?
- What's it like when you argue?
- Do you wish something could be different?
- Do you feel safe when you're together?
- How do you see things getting better between you?

Don't be afraid to reach out to someone you think MIGHT BE ABUSING THEIR PARTNER

SEE SOMETHING? SAY SOMETHING

- Observer silence helps abusers deny their behavior is wrong.
- Suggest looking at an issue from their partner's perspective
- Resist passive agreement by ignoring abusive talk, jokes and behavior
- Encourage seeking counseling to help figure things out
- Set an example for a healthy relationship

WHERE CAN I LEARN MORE?

NATIONAL RESOURCES

National Domestic Violence Hotline

800-799-7233 thehotline.org
 Call; Text "START" or [CHAT ONLINE](#).
[@ndvhofficial](#) [@ndvh](#)

Dating Abuse Helpline

866-331-9474 loveisrespect.org
 Call; Text "loveis" or [CHAT ONLINE](#)
[@loveisrespectofficial](#) [@loveisrespect](#)

LOCAL RESOURCES

SafeHaven of Tarrant County (Hotline)

877-701-7233 safehaventc.org
[@SafeHavenTC](#)

TCU CARE (Campus Advocacy, Resources & Education)

817-257-5225 care.tcu.edu
[@tcu_care](#)

NNEDV - National Network to End Domestic Violence
nnedv.org

NCADV - National Coalition Against Domestic Violence
ncadv.org

NOMORE.org [@nomoreorg](#)
DomesticShelters.org [@domesticshelters](#) [@domesticshelter](#)

CALL THE HOTLINE

to speak confidentially with trained professionals who will start by believing you.

JOIN THE MOVEMENT

Learn how to recognize the signs of abuse.

Have national & local hotline numbers in your phone - to share.

Follow DV groups on social media.

Support your local DV agency.

Social Media: [#JoinTheChorus](#) [#StartByBelieving](#)

[#DVAM](#) Domestic Violence Awareness Month - October

[#DatingViolenceAwarenessMonth](#) - February

[#DomesticViolenceAwareness](#)

[#tcu_care](#)

Thank you

for watching *No Ordinary Love* - an award-winning movie filmed in Fort Worth, Texas. **USA Today** named the film one of the "biggest summer movies." Domestic violence advocates and film critics alike rave about the film and say it answers the question *"Why doesn't she just leave?"*

Follow on social media: [@NoOrdinaryLoveMovie](#) [@NOLMovie](#) Share the film with friends and help us **RAISE AWARENESS!**
NoOrdinaryLoveMovie.com - for more information and direct links to streaming sites.