

DATING VIOLENCE

The Cycle of Violence

What is Dating Violence?

- Dating violence is the abuse inflicted by one partner on another in an intimate relationship.
- Dating violence includes any behavior that hurts someone physically, emotionally, or sexually.
- Most victims of dating violence are women but men can also be abused.

Forms of Dating Violence

- **Emotional Abuse** harms the person's self-esteem and sense of self. Examples: intimidation, put-downs and insults, extreme jealousy, mind games, threats, controlling behavior.
- **Physical Abuse** causes physical pain or injury. Examples: punching, kicking, slapping, hair pulling, grabbing, attacking with a weapon, restraining.
- **Sexual Abuse** is any type of unwanted sexual contact. Examples: forced sexual contact or advances, forced sexual intercourse (rape), non-consensual intercourse without the use of force (sexual assault).

Abusers often behave in a cycle of abuse and regret. They go back and forth between hurting, abusing, and insulting to apologizing, acting kind, and gift-giving.

These attempts to make up for the abuse lead the victim to want to believe each time that the abuse will never occur again.

In the long run, the victim feels helpless and loses a sense of self. Isolation from others occurs so that the abuse itself becomes more "normalized."

What to Do if You Are a Victim

- **Trust Your Judgements.** If you think you have been abused, be careful not to rationalize the abuser's behavior and/or minimize the abuse by saying "it wasn't that bad." If you deny abuse, it will not only continue but may even escalate.
- **Get Help.** Get medical attention if you have been injured. File a report with the police. It is important to tell someone (a friend, a counselor, or a hotline) so that you don't feel alone.
- **Get Away.** Abusive relationships only get worse. Get away from your partner and do not be tempted to give him/her another chance. Abuse usually does not stop. It often intensifies and becomes more frequent.

Campus Resources

Sexual Assault Services 334 William Pitt Union 412-648-7930

University Counseling Center 334 William Pitt Union 412-648-7930

Student Health Services 3708 Fifth Avenue 412-383-1800

University of Pittsburgh Police G1 Wesley W. Posvar Hall 412-624-2121 or 412-648-2121

On-Campus Emergency 811

Community Resources

Center for Victims of Violent Crimes (24 hrs) 412-392-8582

Pittsburgh City Police 911 (24 hrs)

Magee-Womens Hospital (Emergency Room) 412-641-4933

UPMC Presbyterian (Emergency Room) 412-624-2000