

DANGERS OF DATING VIOLENCE

Dating violence can happen to anyone—straight, gay, male, or female, and can include verbal, emotional, physical, or sexual abuse. 32% of college students report dating violence by a previous partner, and 21% report violence by a current partner. The Red Flag Campaign encourages college students to intervene and say something when they see a warning sign (“Red Flag”) of dating violence.

Stalking – repeated following, harassment, or other unwanted communication

Isolation – limiting who someone can hang out with

Coercion – using emotional pressure or physical threats to engage in sexual/other acts

Sexual assault – pressuring or forcing someone into sexual activity against his/her will

Emotional Abuse – put-downs, name-calling, and other degrading comments

Jealousy – all-consuming possessiveness or suspicion

Victim Blaming – treating someone poorly and then blaming them for it

Warning signs:

- You find yourself crying a lot, being depressed or unhappy.
- You find the physical or emotional abuse getting worse over time.
- You feel afraid to make decisions or bring up certain subjects so that the other person won't get mad.
- You tell yourself that if you just try harder and love your partner enough that everything will be just fine.

A partner who:

- Tries to isolate you and control whom you see or where you go.
- Blames you for how they treat you, or for anything bad that happens.
- Doesn't listen to you or show interest in your opinions or feelings...things always have to be done their way.
- Tells you to shut up or tells you you're dumb, stupid, fat, or call you some other name.

When you see a **Red Flag**
For dating violence,
say something.

TheRedFlagCampaign.org

What can you do?

- **Speak Up.** When peers say things that support disrespect or violence, choose respect and speak up.
- **Step In.** When one person is mistreating another verbally, physically or emotionally, step in politely to stop the situation if it is safe to do so..
- **Lend a listening ear.** Tell your friend that you care and are willing to listen. Don't force the issue, but allow your friend to confide in you at her/his own pace. Give her/him emotional support. Emphasize that s/he deserves a life that is free from violence. If your friend decides to end the relationship, help her/him make a plan to be safe.
- **Stay Informed.**

Resources:

- **University Counseling** 458-8590
- **Student Health Center** 458-8401
- **Public Safety** 458-8999
- **Project Horizon** 463-2594
- **CAIR** cair.wlu.edu 458-5800
- **Carilion Stonewall Jackson Hospital** 458-3300
- **Lexington Police Department** 463-2112
- **Rockbridge County Sheriff's Office** 463-7328

<http://go.wlu.edu/redflagcampaign>