

SIGNS OF AN UNHEALTHY RELATIONSHIP

TIPS TO HELP A FRIEND

Supporting a friend through an unhealthy is hard. Your friend may not recognize their relationship as unhealthy or abusive at first. Even if/when they do, they may struggle to end the relationship or they may decide that ending the relationship isn't the safest or best option for them.



Abuse is about power and control, and one of the best ways to support a friend in an unhealthy or abusive relationship is to empower them to make their own decisions, provide support, and offer resources to help them regain their power and control.



The differences between a healthy, unhealthy, and abusive relationship can be difficult to determine. Some warning signs that a friend may be in an unhealthy or abusive relationship are:

- **Control.** One person makes all the decisions and tells the other what to do, what to wear, or whom to spend time with.
- **Jealousy.** They are jealous, and/or try to isolate the other person from their friends and family.
- **Dependence.** One person feels that they “can’t live without” the other. Or they threaten to do something drastic if the relationship ends.
- **Dishonesty.** One person lies to, steals from, or keeps information from the other.
- **Disrespect.** One person makes fun of the other, puts them down, or talks about them behind their back.
- **Hostility.** One person picks a fight with the other. This may lead to one person changing their behavior to avoid upsetting the other.
- **Intimidation.** One person tries to control the other by making them fearful or timid. They may attempt to keep the other person from friends and family or threaten violence or a break-up.
- **Physical violence.** One person uses force to get their way (such as hitting, slapping, grabbing, or shoving).
- **Sexual violence.** One person pressures or forces the other into sexual activity against their will or without consent.

adapted from youth.gov

If you know someone who might be in an unhealthy or abusive relationship, it may also be helpful to help your friend develop a safety plan.

WHAT IS A SAFETY PLAN?

A safety plan is a personalized, practical plan to improve safety while experiencing abuse, preparing to leave an abusive situation, or after leaving. This plan includes vital information tailored to the unique situation and will help prepare for and respond to different scenarios, including telling friends and family about the situation, coping with emotions, and various resources suited to the individual circumstances.

adapted from loveisrespect.org



You can also provide essential emotional support by:

- Acknowledging that their situation is difficult, scary, and brave of them to regain control.
- Not judging their decisions and refusing to criticize them or guilt them over a choice they make.
- Remember that you cannot “rescue them,” and that decisions about their lives are up to them to make.
- Not speaking poorly of the abusive partner.
- Continuing to be supportive of them if they do end the relationship and are understandably lonely, upset, or return to their abusive partner.
- Offering to go with them to any service provider or legal setting for moral support.

adapted from thehotline.org

A full description of Marymount University policies, resources, and reporting options, can be found on the Title IX Office website at www.marymount.edu/titleix.

Contact the Title IX Office at titleix@marymount.edu

CONFIDENTIALITY

At Marymount University, there are individuals on campus that can offer confidentiality while others ("Mandatory Reporters") have an obligation to report any sexual misconduct when they receive a report. If you are unsure if someone is a confidential source or a mandatory reporter, ask them before you talk.

Confidential resources do not have to report that you came forward for help or support so you can talk to them in confidence that your privacy will be maintained unless someone's life is in immediate danger.

On Campus Confidential Resources:

- Student Counseling Services | Berg Hall 1014 | 703-526-6861
- Student Health Services | Berg Hall 1014 | 703-284-1610
- University Chaplain | Gerard Hall | 703-284-1607

Off-Campus Confidential Resources:

- Doorways for Women and Children | 24-hour Sexual Violence Hotline | 703-237-0881
- Fairfax County Domestic and Sexual Violence Hotline | 703-360-7273
- Virginia State Domestic & Sexual Violence Hotline | 800-838-8238
- National Domestic Violence Hotline (NDV) | 800-799-7233 (SAFE)
- Marymount University Employee Assistance Program for Faculty and Staff | 888-267-8126



REPORTING OPTIONS

The Title IX Office receives, responds to, and addresses all reports of sexual misconduct and concerns about gender equity that affect members of Marymount community. They do this by responding to incidents, supporting those who have been harmed, and educating community members on how to create a safe and supportive campus that encourages healthy and respectful relationships. You may submit a report through our online report system by using the QR code.

CAMPUS SAFETY

Available 24/7 at the
Guardhouse
(703) 284-1600

Call 911 if you are in
immediate danger

LOCAL POLICE

- Arlington County PD:
703-558-2222
- Fairfax County PD:
703-691-2131
- Virginia State Police:
703-803-0026

TITLE IX OFFICE

