Healthy relationships are free from violence or abuse. You deserve to feel safe and be happy in all of your relationships!

Crisis Line: 541-485-6513 or 1-800-281-2800
Address: 1577 Pearl St. Suite 200 Eugene, Or. 97401
Definitions

- **Dating/Intimate Partner Violence (abuse):** A pattern of actions and attitudes used by one partner to frighten, intimidate, confuse, isolate, and/or hurt their partner in order to get power and control in the relationship.

- **Partner:** Boyfriend, girlfriend, date, romantic partner, spouse, etc. Includes partners of the same sex, as well as individuals that have various gender identities.

- **Abuser:** An individual that uses manipulation and violence to get power and control in their relationship and over their partner. Abusers choose to intentionally hurt their partners, even though they know it is harmful.

- **Survivor:** An individual that has had power and control taken from them by their partner. Survivors are in no way to blame for abuse, even if they choose to stay in the relationship.

- **Sexual Harassment:** Unwanted sexual behaviors including physical/sexual comments, sexual invitations, uncomfortable contact, or even jokes about sex that you don’t want said.

- **Physical Abuse:** Using physical force against someone. This can include pushing, slapping, kicking, pinching, punching, biting, hair pulling, chasing, threats against you, restricting movements, use of weapons, not allowing someone to call for help, or unwanted sexual contact.

- **Emotional Abuse:** An extremely dangerous form of abuse. Use of threats, humiliation, manipulation, put-downs, belittling, and guilt to abuse a partner.

- **Protective Order (PO):** A legal restraint granted by the court system to protect a person from an abusive partner. In Oregon, minors can get a PO against someone, but ONLY if that person is over 18 AND if the relationship was sexual.
Why is talking about dating violence and healthy relationships important?

“It’s not a big deal”

Dating violence is repeated verbal, emotional, physical, and/or sexual abuse used to frighten, intimidate, isolate, and control a dating partner. Abuse is extremely dangerous in all forms (physical, emotional, sexual, etc.) and can affect your whole life. Dating abuse can happen to anyone, no matter their gender, sexual orientation, ethnicity, religion, social status, or educational background. The current statistics are that 1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner (loveisrespect.org).

“I just lost control”

Abusive behavior is a choice and not the result of a loss of control or an anger problem. The methods of abuse are planned and the abuser knows that what they are doing is wrong. Abusers CHOOSE to hurt their dating partners. It is important to know that abusers desire to be in control at all times, and abuse is not the result of self-esteem issues or insecurities.

“They deserved it”

We often hear things like, “they deserved it,” “if they had only done __,” “they pushed my buttons too far,” or even, “it’s for their own good.” These are just a few excuses people use to justify unhealthy behavior. NO ONE deserves abuse under any circumstance and excuses are unacceptable.

“There is no help for me”

If you feel like you are in immediate danger, calling 9-1-1 or talking to a trusted adult is always an option. If you are in an unhealthy relationship and want to get more information about dating violence, reading this packet is a great way to get informed about how to promote your emotional and physical safety.

You may contact Womenspace directly through our Crisis Line at (541) 485-6513. Our Crisis Line is free, anonymous, and available 24/7 for anyone with questions or in need of support. You can also come in to one of our Womenspace offices and speak to someone in person. We have multiple offices in Lane County, and will meet with you regardless of your age.

If you feel like you are being abusive to a partner and want to change, talk to someone! Talk to your counselor, parent, teacher, or a trusted adult. Changing abusive behavior is difficult, but everyone has the power to change themselves.

“I’m not worth it”

Everyone deserves to live a healthy, happy life free from violence and abuse. Remember that it is not your fault and that no one deserves to be abused under any circumstance.
• **Peer Pressure:** Making jokes that hurt, threatening to tell friends or family your secrets, friends and family encouraging you to stay in the relationship when you don’t want to.

• **Emotional/Verbal Abuse:** Putting you down, making you feel bad about yourself, calling you names, saying everything you do is wrong, making you feel bad about things you like, guilting you into giving your passwords or phone/email/internet history. Emotional and Verbal abuse is often one of the first signs of an unhealthy relationship.

• **Using Social Status:** Treating you like a servant, making all the decisions, threatening to turn friends and family against you if you do something they don’t like.

• **Intimidation and Threats:** Making you afraid by looks, actions, or gestures, threatening to leave or commit suicide, threatening to use weapons.

• **Economic Abuse:** Promising to pay you back and never doing so, making you pay for clothes/ items/ food, forcing you to take their money and then using it as an excuse for a favor later.

• **Minimizing, Denying, and Blaming:** Not taking your thoughts, concerns, or opinions seriously, saying that events never happened, making you think you are going crazy, blaming you for everything that goes wrong.

• **Isolation and Exclusion:** Telling you what to tell friends or family, demanding that you don’t see certain people, making you tell lies to people you trust.

• **Sexual Coercion:** Making threats to get sex, trying to get pregnant without your knowledge, or trying to get you pregnant without your consent, getting you drunk or high to get sex, making you feel bad for being too experienced or not experienced enough.

**Wheel of Power and Control**

One way we can begin to look at unhealthy relationships is through the Wheel of Power and Control. Each piece of the Wheel shows a different way that someone may control their partner. While each piece may seem like nothing to worry about, these symptoms of unhealthy relationships are very serious and can lead to real danger.
• **Respect:** Refraining from making jokes you are uncomfortable with, respecting your feelings at all times, not pressuring you, standing by requests to keep private things between you, respecting your boundaries or your rights.

• **Trust and Support:** Keeping private conversations private, not humiliating you on purpose, giving you emotional support when you need it.

• **Negotiation and Fairness:** Discussing changes in the relationship, respecting your personal boundaries, willing to discuss problems openly.

• **Non-Threatening Behavior:** Using respectful language and communication to solve problems, never using threats to manipulate you, respecting your right to deny giving them your passwords, never using weapons against you.

• **Economic Partnership:** Making decisions together, paying you back when they promise to, never using money as an excuse for a favor you are uncomfortable with.

• **Shared Responsibility:** Taking responsibility for their own actions, taking your thoughts seriously, understanding there are things that are out of your control.

• **Encouraging Independence:** Respecting your right to do/wear/see/say what you want, encouraging you to do things you like, letting you make your own decisions.

• **Healthy Intimacy:** Respecting your right to say “no,” being honest to you about birth control methods, respecting you for past intimate experiences.

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**Wheel of Equality**

Sometimes it is also helpful to know what a healthy relationship would look like as well. Below is the Wheel of Equality, one way a healthy relationship could look. When looking at the Wheel of Equality, begin to think what qualities you want in your partner, in your relationships, and in your life.
The Cycle of Violence

• The cycle of violence begins very calm, when everything in the relationship feels normal.

• Over time, the relationship starts to become tense, where the survivor may begin to feel like they are walking on eggshells around their partner. In this phase the abuser may call their partner names, pinch, pull, shove, steal, or make demands.

• After the tension begins to build, there is often a blow up. This phase can include severe violence, violent language, name calling, or threats to tell friends or family the survivor’s secrets.

• When the explosive incident calms down, the abuser will often apologize for their actions. During this time the abuser appears sorry for what they did and promises it will not happen again. These promises are like a hook to keep the survivor in the relationship. The abuser is using these promises as a way to keep their partner in the relationship, not because they are really sorry for what they did. Eventually this can lead to the abuser making excuses for their actions and even blaming the survivor.

• After the “hook” phase, the cycle begins again and does not stop unless the survivor successfully leaves or the abuser decides to stop hurting their partner.
Warning Signs of Unhealthy Relationships

Each one of these statements is a warning sign of a potentially unhealthy relationship. It is important to note that the list does not show every warning sign, but these are some of the most common ones seen in abusive relationships. Remember, no one knows your relationship better than you do! Listen to your natural instincts, and when something feels wrong or you aren’t comfortable, it is okay to seek help!

Is your partner:

• Controlling or bossy; giving you orders or making all the decisions?
• Demanding attention at inappropriate times or when you are unable to give attention?
• Logging into Facebook, e-mail, or your phone without your permission; pressuring you to give them your passwords; making frequent “check-ins”?
• Calling, texting, or checking in on you more than you feel is normal?
• Pressuring you to take things faster than you want to?
• Starting fights in the car; driving dangerously to scare you?
• Using alcohol and drugs; pressuring you to participate?
• Always angry or getting into fights quickly; bragging or joking about being hurtful to others?
• Refusing to break up?
• Calling you names; making jokes about you that you don’t like?
• Not taking your opinions, concerns, or interests seriously?

Changing Your Unhealthy Behavior

Changing abusive behavior is a long and hard process that you cannot do alone. It is extremely important that you get help and understand that your partner cannot do it for you.

It will take time to learn how to have healthy relationships, but you must make the commitment to end your abusive behavior immediately.

First steps to changing your unhealthy behavior:

• Remember that physical and sexual violence aren’t the only types of abuse.
• Remember that violence is always a choice. There are no excuses for your unhealthy behavior and no one else to blame for your actions and words.
• Focus on how your abuse affects your partner, family, and friends. Fully accept how seriously you have hurt the people you care about.
• Remember that you are not alone at this time. Your family/friends can support your wish to change and help you in difficult times.
• Respect your partner’s right to be safe and healthy as you work toward change, even if this means you can’t be together.
• Because change is hard, there may be times when you justify your actions or feel like giving up. Remember that those who really want to change are more likely to be successful.
Other Kinds of Abusive Relationships

Friend Abuse
Using Power and Control to take advantage of friends is NOT okay. Similar to what would happen in intimate relationships, friendships should be equal and respectful. When equality and respect is not happening in a friendship, that friendship may be unhealthy. Friends should never make you feel stressed, unwanted, or guilty. Friend abuse often follows a pattern, similar to the Cycle of Violence, and can show some of the same warning signs as intimate partner violence. If a friend is using put-downs, threats, peer pressure, manipulation, or money to control you or take advantage of you, then that friendship is toxic and possibly dangerous.

Abuse in the Home
Whether you have experienced abuse at the hands of a parent/guardian, or have witnessed violence between your parents, abuse in the home can be scary and very overwhelming. Some signs of violent homes are: being physically hurt or seeing one family member hurt another; being called names by a parent or seeing/hearing parents call each other names; not being allowed to talk to anyone outside the family about events that made you feel scared, guilty, or unloved; a parent using extreme physical/verbal violence to punish you or another member of the home; a parent not providing enough food or force-feeding you or other family members; and not wanting to go home because you are afraid. If you feel like you, a friend, or a family member is living in a violent home there may be some options for you. If you feel like safety is an immediate issue, 9-1-1 can be called from any charged phone that has a signal, even if that phone has no paid service. You can also talk to teachers or school counselors, and even call the Womenspace Crisis Line at (541) 485-6513. Remember, abuse in the home is NEVER your fault! You have the right to feel safe at home regardless of your age!
Relationship Bill of Rights

I have the right:

• to refuse a date without feeling guilty or pressured.
• to express my opinions and have them be respected.
• to grow as an individual in my own way.
• to have my needs be as important as my partner’s.
• to say “no” to physical contact and expect my partner to listen.
• to be myself.
• to not take responsibility for my partner’s behavior.
• to be and feel safe.
• to an equal relationship.
• to not be dominated or controlled by my partner.
• to break up without fear.
• to take the relationship slow if I want to.
• to act one way with one person and a different way with another.
• to not be physically, emotionally, or sexually manipulated or abused.
• to have friends away from my partner.
• to change my goals whenever I want to.
• to fall out of love.
How to Support a Friend

Some Common Dos and Don’ts in Helping a Friend:

<table>
<thead>
<tr>
<th>Don’t:</th>
<th>Do:</th>
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<tbody>
<tr>
<td>× Ignore the abuse</td>
<td>✓ Believe your friend</td>
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<tr>
<td>× Blame your friend</td>
<td>✓ Listen!</td>
</tr>
<tr>
<td>× Judge or label your friend</td>
<td>✓ Tell them they don’t deserve abuse</td>
</tr>
<tr>
<td>× Gossip</td>
<td>✓ Make a safety plan</td>
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<td>× Make promises not to tell anyone</td>
<td>✓ Tell an adult if you fear for their physical safety!</td>
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<tr>
<td>× Put yourself in danger</td>
<td>✓ Give resources</td>
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<tr>
<td>× Give advice or tell them what to do!</td>
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How to Support Myself

Creating a Safety Plan for yourself is important even in healthy relationships. Safety Plans can help guide us through tough or dangerous times.

Some things to include in a Safety Plan could be:

✓ Your rights in relationships
  ex: safety, freedom, boundaries and independence, love, trust, honesty etc.

✓ Ways to maintain your physical and emotional safety
  ex: trying to stay in rooms with an exit when feeling unsafe, practice healthy and safe intimacy, using a hotline to talk, writing in a journal, talking to an adult/friend, etc.

✓ Places you could go if you did not feel safe
  ex: library, school, neighbors, etc.

✓ People you could talk to if you did not feel safe
  ex: a friend, a teacher, a hotline, etc.

✓ List of hotlines or community support you could access if you needed help
  ex: hotlines, school counselors, food banks, clothing closets, etc.
Resources

Looking Glass/Station 7
- 1790 W 11th Ave #200 Eugene, Or 97402
- www.lookingglass.us
- Crisis Line: 541-689-3111
Looking Glass offers support, treatment, and guidance to youth in need of assistance. Programs include counseling, rural offices, crisis response programs, a night shelter for teens 11-17, a day drop-in center with transitional housing aid (teens 16-21,.) and a 24/7 Crisis Line.

Looking Glass New Roads Program
- 941 W 7th Ave. Eugene, Or 97401
- www.lookingglass.us
- 541-686-4310
Transitional and independent living services for homeless youth ages 16-21. Education offered through New Roads School for homeless youth. Meals served Tuesdays and Thursdays (call for more details.)

Hosea Youth Services
- 834 Monroe St. Eugene, Or 97402
- www.hoseayouth.org
- 541-334-5583
Hosea offers a number of services for youth in need. They provide meals free of charge Mondays, Wednesdays, and Fridays from 3pm-6:30pm. They also offer case management and various forms of support for youth up to 22yrs old.

Victim Services
- 125 E 8th Ave, Room 400 Eugene, Or 97401
- www.laneclounty.org
- 541-682-4523
Victim’s Services offers support and comprehensive services to crime victims including help with getting a Protective Order.

Alternative/National Resources:
- National Teen Dating Abuse Hotline: 1-866-331-9474
- Rape Abuse and Incest National Network (RAINN): 1-866-656-HOPE
- Love is Respect: www.loveisrespect.org
- Break the Cycle: www.breakthecycle.org

Sexual Assault Support Services (SASS)
- 591 W 19th Ave Eugene, Or 97401
- www.sass-lane.org
- Crisis Line: 541-343-7277
- Business Line: 541-484-9791
SASS provides community education, outreach, advocacy and support to survivors of sexual violence and their partners, families and friends throughout Eugene-Springfield and the rest of Lane County.

Womenspace Inc.
- 1577 Pearl St. Suite 400 Eugene, Or 97401
- Womenspaceinc.org
- Crisis Line: 541-485-6513 or 1-800-281-2800
- Business Line: 541-485-8232
Womenspace offers services to individuals that have been affected by Intimate Partner Violence. Womenspace staff will talk or see you regardless of age, gender, or sexual orientation. Womenspace’s main office building in in downtown Eugene, but also offers rural offices. Please call the 24/7 Crisis Line for more information.

Ophelia’s Place:
- 1577 Pearl St. Suite 200 Eugene, Or 97401
- www.opheliasplace.net
- Business Line: 541-284-4333
A walk-in center for girls 10-18 that offers individual and family counseling, support groups, self-defense classes, and a safe place to hang out with other girls.