

Where you can go for help  
or more info:

On Campus:

- ◆ The Center for Women and Gender Education located across from the main library. (949) 824-6000
- ◆ UCI Police Department (contact info on bottom of this page)

Off Campus (Look in yellow pages or white pages for updated contact info):

- ◆ Local battered women's shelters or rape crisis centers
- ◆ Legal Aid Foundation in your area
- ◆ National Domestic Violence Hotline: 1-800-799-7233
- ◆ Rape, Abuse and Incest National Network Hotline 1-800-656-4673
- ◆ Victims of Crime Resource Center:

1-800-VICTIMS



*Don't be a victim of abuse!!!*

150 Public Services Building  
Irvine, CA 92697-4900

Phone: 949-824-5222 (Dispatch)  
Phone: 949-824-6397 (CSO program)  
Phone: 949-824-7181 (crime prevention)

Website: [www.police.uci.edu](http://www.police.uci.edu)

# Dating Violence

How to know if you are in an abusive relationship and the ways to get out



UCI Police Department Community  
Service Officer (CSO) Program

## How do I know if I am a victim of dating abuse?

### Are you going out with someone who...

- Is jealous and possessive, won't let you have friends, checks up on you or won't accept breaking up?
- Tries to control you by being bossy, gives orders, makes all the decisions, or doesn't take your opinion seriously?
- Puts you down in front of friends or tells you that you would be nothing without him or her?
- Scares you or makes you worry about the things you say or do? Threatens you? Uses or owns weapons?
- Is violent? Has a history of fighting, loses his or her temper quickly, or brags about mistreating others? Grabs, pushes, shoves or hits you?
- Pressures you or is forceful and scary about sex? Gets too serious about the relationship too fast?
- Abuses alcohol or other drugs and pressures you to use them?
- Has a history of failed relationships and always blames the other person in the relationship for all of the problems?
- Believes that he or she should be in control of the relationship?
- Makes your family and friends uneasy and concerned for your safety?



*Unite. Don't fight.*

**If you answered 'yes' to any of these questions, you could be a victim of dating violence.**

## Tips on being safe if you think you may be in an abusive relationship:

- \* Do not meet your partner alone whether you are in your car, home, work, or school.
- \* Always tell someone where you are going and when you plan to be back.
- \* Understand that you have done nothing wrong. It is not your fault.
- \* Each time you feel that your partner has treated you in an abusive way, write the incident down in a diary. This way, you have more evidence against your partner.

## What If Your Partner Is Abusing You and You Want Out?

- \* Know that you are not alone. Young adults from all different backgrounds across the country are involved in or have been involved in a violent relationship.
- \* Know that the longer you stay in the abusive relationship, the more intense the violence will become.
- \* Talk with your parents, a friend, a counselor, spiritual leader, or someone else you trust. The more isolated you are from friends and family, the more control the abuser has over you.
- \* Know that no one is justified in attacking you just because he or she is angry. Always remember that being drunk is not an excuse for someone to become abusive.

You can get help from professionals at rape crisis centers, health services, counseling centers, or your family's health care provider. Look at the contact info on the back of this brochure.

## How to be a friend to a victim of dating violence

*Most young adults talk to their peers about their problems. If a friend tells you things that sound like his or her relationship is abusive, here are some suggestions on ways you can help:*

- ◆ Don't ignore signs of abuse. Talk to your friend.
- ◆ Express your concerns. Tell your friend you're worried. Support them and don't be judgmental.
- ◆ Point out your friend's strengths—many people in abusive relationships are no longer capable of seeing their own abilities and gifts.
- ◆ Encourage your friend to confide in a trusted adult. Offer to go with the friend for professional help.
- ◆ Find out what laws in your state may protect your friend from the abuser.
- ◆ Never put yourself in a dangerous situation with the victim's partner. Don't try to mediate or directly get involved.
- ◆ Call the police if you witness an assault. Tell an adult, such as a parent, guidance counselor, or school resource officer if you suspect the abuse, but don't witness it.



*Hellooo! Don't put up with abuse. You deserve better.*