

How to help a friend who may be in a harmful relationship

- Talk with your friend about what you see. Say, “I am afraid for your safety” and “You do not deserve to be abused.”
- Be specific—avoid putting down their partner’s whole personality. Say, “When so-and-so insults you in front of us, I get worried.”
- Listen; your friend may be confused about their relationship.
- Find out and offer options to them.
- Avoid taking control of the situation.
- Talk with the Office of Victim Assistance (OVA) or Safehouse (SPAN). They can give you information and talk through the issues. It can be very hard to see someone you care about in this kind of relationship, especially if they go back and forth a lot.

How to help a friend who might be harming someone

If you have concerns or information about someone hurting another person, either physically, sexually, financially and/or emotionally, please talk with OVA and/or SPAN about what you are seeing and they can give you referrals.

Office of Victim Assistance (OVA) Non-discrimination Statement

The Office of Victim Assistance values diversity and inclusion. We support students, faculty and staff from diverse backgrounds. The Office of Victim Assistance shall maintain and promote a policy of nondiscrimination on the basis of race, color, national origin, sex, pregnancy, age, disability, creed, religion, sexual orientation, gender identity, gender expression, veteran status, political affiliation or philosophy. We acknowledge that culturally relevant trauma services are an ongoing process of learning that begins by looking within ourselves and honoring basic human rights. As individuals and as an agency, we are committed to responding effectively to social-cultural diversity.

Campus Resources

*CU Office of Victim Assistance <i>(after-hours phone service available)</i>	303.492.8855
*Center for Community Counseling and Psychiatric Services (CAPS/C4C)	303.492.6766
Cultural Unity & Engagement Center	303.492.5667
Community Health	303.492.2937
CU Police, Emergency	911
CU Police, Non-emergency	303.492.6666
Department of Housing	303.492.7260
Disability Services	303.492.8671
Gender and Sexuality Center	303.492.1377
Institutional Equity & Compliance	303.492.2127
Office of Student Conduct	303.492.5550
Student Legal Services <i>nominal fee required</i>	303.492.6813
*Ombuds Office	303.492.5077
Religious Campus Organization rco@colorado.edu	
Veteran Services	303.492.7322
Wardenburg Health Services	303.492.5101
*Wardenburg Counseling and Psychiatric Services (CAPS/WHS)	303.492.5654
Women’s Resource Center	303.492.5713

Community Resources:

*Safehouse Progressive Alliance for Non-Violence (SPAN)-Boulder <i>(24-hour hotline and shelter)</i>	303-444-2424
*Safehouse Protection Order Clinic	303-441-4867
*Safe Shelter of St. Vrain Valley <i>(24-hour hotline and shelter)</i>	303-772-4422
*Moving to End Sexual Assault (MESA) <i>(24-hour hotline)</i>	303.443.7300
Police, Emergency	911
Boulder Police, Non-Emergency	303-441-3333
Boulder District Attorney restraining-order information line	303-441-3775
Boulder District Attorney	303-441-3700
Boulder Men’s Center (counseling for men who have been abusive)	303-444-8064
Boulder Community Hospital	303-415-7000
*Survivors Organizing for Liberation	303-852-5094

*confidential resources

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Office of Victim Assistance
UNIVERSITY OF COLORADO BOULDER

Intimate Partner Abuse



Victim Assistance

*Information and resources
for all CU Boulder*

**Office of Victim Assistance
(OVA)**

**Center for Community
Fourth Floor, S440
303.492.8855**

<http://cuvictimassistance.com>

What is Intimate Partner Abuse?

Intimate Partner Abuse happens in relationships. There is a pattern of one person inflicting emotional and/or physical pain on another in order to control their partner. Abuse takes many forms; emotional, psychological, financial, physical, reproductive, and sexual. The people involved could be past/present partners, co-parents, or in a casual relationship. People of all genders and sexual orientations can end up in a destructive relationship.

Warning Signs for Intimate Partner Abuse: One may feel . . .

- constantly put down or criticized by partner.
- that they are giving up things that are important to them, such as school, family or friends, because of their relationship.
- often worried about their partner's anger.
- scared of partner's unpredictability.
- they are scanning for when the next eruption of anger will come.
- embarrassed for people to know how their partner treats them.

Their partner may . . .

- want to make all decisions.
- try to control what their partner does, how they look, who they see and talk to.
- read their partner's e-mails, texts and calls to frequently check up on them.
- manipulate with insults, guilt, and/or threats.
- prevent their partner from working, studying, or socializing.
- use money to control their partners.
- threaten to hurt their partner, loved ones, or themselves.
- keep close track of where and what their partner is doing at all times.
- force their partner into unwanted sexual activity.
- destroy partner's property, threatens pets.
- push, shove, slap, and/or hit their partner.

How to Access Help

*It can be hard to take a look at relationships and ask, "What crosses the line?" If you see some of these things happening in your relationship, you may be thinking about where to find information and support. If you would like **free, confidential help** sorting out your options, please call counselors at Office of Victim Assistance (OVA) at 303-492-8855 <http://cuvictimassistance.com> or contact Safehouse Progressive Alliance for Nonviolence (SPAN) at 303-444-2424 www.safehousealliance.org.*

When seeking help, first ask what their confidentiality policy is and who they are required to tell if you disclosed intimate partner abuse. That way, you can maintain control and make an informed decision about what to do next.

Some options include

- Getting medical treatment
- Getting information that will help you assess the situation, and figure out what you want.
- Reporting to the police.
- Reporting to the University.
- Talking with OVA about:
 - options and resources
 - what you are feeling and thinking
 - managing your academics
 - making a safety plan
 - options on changing your residence

What is the Office of Victim Assistance?

OVA provides free and confidential information, support, advocacy, and short-term counseling to CU students, staff, and faculty.

Medical

Your health is important. If you have injuries please consider medical attention. **Be aware**, if medical providers believe injuries are related to a crime, **they may report to the police**. OVA or SPAN can discuss these issues with you confidentially.

Reporting

- If the person hurting you is affiliated with CU-Boulder, campus disciplinary actions could be pursued by reporting to the Office of Institutional Equity and Compliance. <http://www.colorado.edu/institutionalequity/> OR through the "Report it" website: <http://www.colorado.edu/reportit/>
- If you or a bystander reports to law enforcement, police are required to investigate. If the police have "probable cause" (meaning they have reason to believe a crime has been committed), **they are required to arrest the person they think is the offender or the "predominant aggressor"**. Most likely that person will be taken to jail and a *no contact order* will be put in place.
- The jail is supposed to notify the victim when the arrested person is released. Boulder jail can be reached at 303-441-4650 OR
- Visit <https://www.vinelink.com> – this is an online option to see and registrar to be contacted when someone has been released from jail.
- Once someone is released from jail, a criminal "no contact order" will be put in place and the District Attorney's (DA) office will decide what to do with the case. For more information contact OVA or the Boulder DA's Victim Witness program at 303-441-3700.

To inform OVA call directly or complete an online confidential form at: <http://www.colorado.edu/confidentialreporting> - *Completing this form does not constitute a report to the University and will not initiate any investigation.*

Protection orders

OVA and/or SPAN can help provide information on civil protection orders (also known as restraining orders). SPAN has a Protection Order Clinic at 303-441-4867. The DA's office also has an information line in English & Spanish: 303-441-3775