

FAQ'S

What if I did everything on this list and my friend didn't leave?

You are an amazing friend and you are doing all you can. Though it is difficult, you need to understand that only your friend can decide what they are going to do, and your role is to be there for them regardless of what they decide and to help them to be as safe as possible under the circumstances.

I am sick of the back and forth. I already helped and I am done.

Keep in mind that it takes an average of seven times of leaving before a victim/survivor leaves for good. While your friend's health and safety is not your responsibility, remember that isolation is a key component to victim's staying, so try to ensure they know who they can go to the next time they need help. A local domestic violence agency is always a good resource for this.

If my friend calls a domestic violence agency or talks to the Campus Advocate will they call the police or notify Title IX?

No. The domestic violence agency's advocates as well as the Campus Advocate will empower the victim/survivor to make a police report or Title IX complaint only if they want to do so. The only time a report will be made without permission is under mandated reporting laws.

If someone you know has been affected by an abusive relationship, we offer confidential Survivor Advocacy Services on campus:

- Crisis intervention
- Education on reporting options
- Advocacy with law enforcement, Student Conduct and Ethical Development, housing and academic assistance
- Accompaniment to interviews with law enforcement, court, Student Conduct and Ethical Development, Title IX, and the hospital
- Assistance with restraining orders and Victim Compensation applications
- Referrals to campus and community services

For more information or to speak with the campus advocate, you may contact:

(909) 537-5040 Marina.Wood@csusb.edu

There are also confidential services off-campus.
Option House's office number: (909) 383-1602
National DV 24 hour hotline: (800) 799-7233
Chat with a DV advocate at www.thehotline.org

Cal State University San Bernardino
Advocate Services
5500 University Parkway,
San Bernardino, CA 92407
HC-165



How do I help a friend in an abusive relationship?

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1.Approach Your friend

Sometimes we think that if people want or need help, they will approach us, but the dynamics of abusive relationships are very complicated and victims often don't realize their relationships are abusive. Just letting your friend know you noticed the way they are being treated can validate the gravity of the situation and make them think about it from a new angle. An example of what you can say is: "I see the way your partner treats you and I'm worried about you."

2.Believe Your friend

One reason victims and survivors do not speak out or ask for help is because they have either been disbelieved or blamed in the past, witnessed victims/ survivors being disbelieved or blamed and fear it will happen to them. Unfortunately we live in a victim-blaming society, so believing our friends can potentially contribute to them seeking help.

3.Listen Non-judgmentally

If your friend feels comfortable to talk about what they are going through it is important to actively listen. Remember that this is about them- so try not to interrupt, judge them, ask "why" questions, or provide advice. Some key parts of healing are the two "V's": Ventilation and validation. Allow your friend to let it all out and then validate their experience with statements such as: "I would be scared too" or "Wow that sounds hurtful."

4.Do Not buy into their denial

Most victims/ survivors of intimate partner violence will minimize the seriousness of the situation, deny the abuse, or blame themselves. They often do this because the abuser is. You can help to identify the abusive behavior and reiterate, "No one deserves to be treated that way."

5.Provide Support

Let them know that you are available to help when they need it and remind them how strong they are. Examples of supportive statements are, "I'm here for you" or "you are not alone." In offering support it is also important to maintain appropriate boundaries and take care of yourself. Only offer to provide



what you feel comfortable with such as rides, accepting late night phone calls, etc.

6.Provide Options

Since dating/domestic violence is all about power and control it is important that you do not give advice, but instead offer options so that victim/survivors may take their power back. Options are going to vary based on the circumstances, but some examples would be:

- Talk to the Campus Advocate
- Identify safe support people
- Obtain a restraining order
- Call a DV hotline
- Go to a DV agency/shelter
- Get counseling
- File a police report
- Stay at a friend or family members house

7.Safety Plan

Help your friend create a plan for how to stay as safe as possible. You would want to consider if the options they choose could put them at greater risk or in harm's way. Some examples for safety planning are below:
I will tell (name) and (name) about the abuse and ask them to help me if I use the code word: _____.

I will let my friends and family know not to "check me in" on Facebook, post photos Online, "tag" me or otherwise make public where I am and what I am doing.

I will memorize the phone numbers of (name) and (name) in case I am left without my phone.

If I decide to leave, I will go to either of the following places that are unknown to my abuser:

1. _____
2. _____

I will keep spare items, supplies, copies of important papers, etc. With (name) in case I decide to leave.

8. Take Care of Yourself

Just as the survivor needs support while experiencing many different feelings, you also may want to talk to someone you trust about the feelings you have about the abuse. You have the right to get support for yourself. The more you work through your own feelings, the more you will be able to help your loved one. The Campus advocate and domestic violence crisis hotlines are available for friends and family members as well as survivors themselves. It is very difficult to watch a loved one go through something this painful, so make sure you have your own self-care plan which includes planning nourishing activities for yourself after any emotionally draining conversation or event.