Relationship Resource Packet

UNCW CARE: Collaboration for Assault Response & Education
910-962-CARE (2273)
www.uncw.edu/care
# Table of Contents

Introduction from CARE’s Advocate .................................................. 3
What is Relationship Abuse? ............................................................ 4
Relationship Violence Statistics ....................................................... 5
Signs of an Abusive Personality ....................................................... 6
How Healthy is my Relationship? ..................................................... 9
The Cycle of Abuse ........................................................................ 11
Barriers to Leaving an Abusive Partner ........................................... 12
UNCW’s Gender-Based/Sexual Misconduct Policy ............................... 13
NC State Laws for Relationship Violence ........................................... 14
Protective Orders/No Contact Orders ............................................... 15
Safety Plan ..................................................................................... 16
How to Help a Friend ...................................................................... 19
Resources ..................................................................................... 20

*CARE would like to acknowledge Dr. Hallenbeck’s Fall semester 2011 English 204 classes in helping create this informative packet. Their hard work was instrumental in providing education to the UNCW community.*
Hello! My name is Katie Vance and I am the CARE Advocate at UNC Wilmington. CARE is UNCW’s program for the prevention of and response to interpersonal violence and the campus resource for healthy relationships.

When someone is involved in an abusive relationship, it can be difficult to accept that the person they love can be so sweet and charming at times and yet they can also be so degrading and mean at other times. This contradiction can make it difficult to understand what is happening and even harder to know what to do about it. Often students will say that nobody can understand or they feel they are to blame for the problems in their relationship. People are never to blame for the abuse they experience and we all deserve respect and love in our relationships – without any strings attached.

As the Victim Advocate, it is my job to help people understand the complexities of their relationships and to be an ally to them through the entirety of the relationship. I work with you, at your pace, to understand the dynamics of the highs and lows of relationships and the impact they can have on you. I understand that leaving a relationship is incredibly difficult, regardless of whether it is healthy or unhealthy, and I will support you, without judgment, no matter what you choose to do.

While I can help you to examine options and assist you with utilizing the resources available on campus and in the community, ultimately I want to support you in making decisions that work for you. At the CARE office we work hard to make sure you are provided with the best support possible. We are able to be reached 24/7 at our Crisis Line (910) 512-4821. Please don’t hesitate to utilize our services.

Sincerely,

Katie Vance

CARE Advocate
DePaolo Hall, 2nd Floor
962-7514

Gender-Based/Sexual Misconduct Policy
UNCW takes issues related to interpersonal violence very seriously. Sexual misconduct (including attempted sexual assault), relationship abuse and stalking are prohibited at UNCW under the Code of Student Conduct. Incidents of sexual misconduct, relationship abuse, and stalking must be reported by all faculty and staff with three confidential exceptions; CARE, Counseling Center, and Student Health. For more information on the Gender Based/Sexual Misconduct Policy go to http://uncw.edu/noharm/policies/index.html.
What is Relationship Abuse?

Relationship violence, or domestic violence, includes any number of behaviors used by one person to control their current or former romantic partner. *Social isolation, economic deprivation, psychological abuse, sexual abuse, and physical abuse* are all included in the term **domestic violence or relationship abuse**. Any one or combination of these is never okay and is against the law.

**Social Isolation**
Isolation can result from the abuser’s manipulation and/or playing on their partner’s sympathies. It can also come from the frustration and/or fear of the abuser’s reactions to their partner going out or seeing friends and family. Isolation takes away a person’s control as they lose resources and support available to them.

**Financial Control**
Economic abuse can occur by theft or manipulation, destruction of property, or by acting in a way that prevents the victim from obtaining/maintaining employment. Again, the effect is that the survivor has fewer resources, and is further under the control of the abuser.

**Psychological Abuse**
Psychological or emotional abuse involves attacks on the victim’s self-esteem and feelings of self-worth. This often takes the form of put-downs and controlling, belittling and/or intimidating behaviors. Often after a victim’s self-worth has been broken down, they may feel responsible for further abuse and mistreatment. Many people believe that as long as a person isn’t being hit that the abuse isn’t that bad; however, the effects of psychological abuse often last much longer than those of physical abuse.

**Sexual Abuse**
Sexual abuse is present when the abuser forces or coerces any sexual acts or contact. Just because someone is in a relationship does not make him or her obligated to any sexual behavior. Abusers will sometimes use threats, guilt trips, or violence to “convince” their partner to engage in sex. Also, abusers often feel a sense of guilt and remorse after a bout of violence and want to "make love" to make things right. Out of fear of further violence or harassment, a survivor may comply.

**Physical Violence**
Physical abuse can include any actual or threatened physical attacks, even when these physical attacks are not directed at the person, but instead at a wall or valued possessions. It may often begin by "playful" pinching or pushing, but can escalate to restraining, shoving, and striking.

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I have lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.”

– Eleanor Roosevelt
**Relationship Violence Statistics**

*You're not alone...*

“Every person who thinks he/she is the only victim of violence has to know that there are many more.”

– Salma Hayek

- 1 in 4 women (24.3%) and 1 in 7 men (13.8%) aged 18 and older in the United States have been the victim of severe physical violence by an intimate partner in their lifetime.


- Nearly half of all women and men in the United States have experienced psychological aggression by an intimate partner in their lifetime (48.4% and 48.8%, respectively).

- In a 1996 study of college students, 32% of students reported experiencing dating violence by a previous partner and 21% report violence by a current partner.¹

- Females ages 18 to 24 and 25 to 34 generally experienced the highest rates of intimate partner violence.

  [http://www.bjs.gov/content/pub/pdf/ipv9310.pdf](http://www.bjs.gov/content/pub/pdf/ipv9310.pdf)

- In one year, more than 13% of college women indicated they had been stalked, 42% by a boyfriend or ex-boyfriend.²

- 13% of college women report they were forced to have sex by a dating partner.³

- 60% of acquaintance rapes on college campuses occur in casual or steady dating relationships.⁴

---

³ No More Factsheet, Liz Claiborne Inc., [www.loveisnotabuse.com](http://www.loveisnotabuse.com)
Signs of an Abusive Personality

Warning signs of possible abuse in a new relationship can be difficult to recognize when you are experiencing the euphoria of a new relationship. These signs may be nothing more than a gut feeling that something is off, or a slight concern about a partner’s temper.

Be aware if unhealthy patterns emerge. For example, be wary of a partner who comes on too strong and gets too intense about the relationship very quickly. You may notice that you are becoming more isolated from friends and family because your partner wants all of your time and attention. It is important to be aware of whether you are acting in a way because you want to, or you are acting in a way due to fear or pressure.

These are some red flags and traits that are typical in people who tend to form abusive relationships, but abusive traits are not limited to those on this list.

| Possessiveness | In the beginning, this jealousy may be seen as a sign of love. It is actually a sign of lack of trust. The abuser may question their partner about who they talk to, accuse them of flirting or others of flirting with them, and keep them from spending time with family and friends. They may call frequently or drop by unexpectedly and may even refuse to let them work or go out for fear that they will meet someone else. |
| Controlling Behavior | The abuser may say this behavior is due to their concern for their partner’s safety and well-being. They may get angry if their partner is “late” and question their partner closely about where they went and who they talked to. As this behavior progresses, they may not let their partner make personal decisions about their clothing, their schedule, or their social life. |
| Quick Involvement | Many individuals dated or knew their abuser for less than six months before they were married, engaged, or living together. The abuser comes in like a whirlwind claiming, “you're the only person I could ever talk to,” or “I've never been loved like this by anyone.” With this pressure of commitment, the abused individual may later feel that they are “letting down” their partner if they want to slow down involvement or break off the relationship. |
| Isolation | The abusive person may try to cut their partner off from all support and resources. The abuser may accuse close friends of their partner of causing trouble or not being good friends to their partner. The abuser may try to keep them from working or going to class and school functions. Victims may also isolate if they become depressed, which can be a natural consequence of dealing with relationship abuse. |
| Unrealistic Expectations | Abusive people often expect their partner to meet all of their needs. An abuser expects a perfect lover and friend. The abuser will say things such as, “if you love me, I’m all you need, and you’re all I need.” The abuser’s partner is expected to take care of all of their emotional and physical needs. |
| **Lack of Personal Responsibility** | If the abuser is chronically unemployed or doing poorly in school, they may blame others for these hardships. They may make mistakes and then blame their partner for upsetting them and keeping them from concentrating on the task at hand. Abusers may tell their partner that they are at fault for virtually anything that goes wrong in their life, including telling their partner that they are the cause of physical force and abuse in the relationship. |
| **Blames Others for Feelings** | The abuser may tell their partner, “you make me mad,” “you’re hurting me by not doing what I want you to do,” or “I can't help being angry.” The abuser is the one who makes the decision about what they think or feel, but they will use these feelings to manipulate their partner. |
| **Hypersensitivity** | An abuser is easily insulted, claiming their feelings are hurt when in actuality they are angry or taking the slightest setback as personal attack. They will rant and rave about the injustice of things that have happened, many of which are things that are just a part of everyday life (for example being asked to work late, getting a traffic ticket, being asked to help with chores, or being told some behavior is annoying). |
| **Past Abuse** | The abuser may say they have hit their past partners, but blame them for the abuse (e.g., “they made me do it”) or claim that they were the real victim in the relationship. An abuser will abuse any partner they have; situational circumstances do not make one’s personality abusive. |
| **Bruce Banner/The Hulk Dual Personality** | Many partners are confused by the abuser’s sudden changes in mood. They may think the abuser has some sort of mental health problem because one minute they are agreeable, the next they are exploding. Explosiveness and moodiness are typical of abusers. When they are not acting in abusive ways, however, abusers are often nicer and more charming than most people. This can make it difficult for loved ones to recognize when abuse is happening behind closed doors. |
| **Breaking or Striking Objects** | Breaking valued possessions can be used as punishment or to terrorize their partner into submission. The abuser may beat on the wall or table with their fists or throw objects around or near their partner. It can send the message that they’d be willing to use the same force with their partner. |
Signs of an Abusive Personality in Same-Sex Relationships

The signs and experience of abuse in both same-sex and heterosexual relationships are similar in many ways. However, it is important to acknowledge that there are additional abuse tactics that may appear exclusively in lesbian, gay, bisexual and transgendered relationships.

In a same-sex relationship, an abusive partner may:

- Threaten suicide, which is particularly potent given the already higher rate of suicide in LGBT communities
- Threaten to “out” partner to family, friends or employer
- Exploit partner’s lack of relationship experience or uncertainty about their identity
- Threaten to “out” partner at school where their children attend
- Attempt identity theft: pose as partner in order to wipe out their bank account
- Deny domestic partner benefits to which both members of the relationship are entitled

“Sexual, racial, gender violence and other forms of discrimination and violence in a culture cannot be eliminated without changing culture.”

-Charlotte Bunch
How Healthy Is My Relationship?

The following is a list of abusive qualities in a relationship. Circle which heart best defines the situation. Which areas are most important to you? What are the main things you want to work on? There is no master test to define whether your relationship works. It is up to you to decide if there are too many black hearts in your life.

Circle the heart that you feel is most accurate about the statement

❤️ A lot          ❤️ Somewhat        ❤️ Not a factor

Social:

Your partner purposely humiliates you in front of people
❤️ ❤️ ❤️

Your partner discourages you from going to places or seeing people
❤️ ❤️ ❤️

Your partner goes through your phone, looking at the call log/text messages
❤️ ❤️ ❤️

Your partner hacks onto your Facebook or Twitter accounts
❤️ ❤️ ❤️

Your partner has followed or chased you
❤️ ❤️ ❤️

Your partner interrogates you when you come home
❤️ ❤️ ❤️

Your partner criticizes family and friends
❤️ ❤️ ❤️

Your partner has made threats against your friends and family
❤️ ❤️ ❤️

Your partner calls/harasses you at work
❤️ ❤️ ❤️

Emotional:

Your partner doesn’t take things that are important to you seriously
❤️ ❤️ ❤️

Your partner doesn’t have other friends and relies on you to meet all of their social needs
❤️ ❤️ ❤️

Your partner doesn’t listen to you
❤️ ❤️ ❤️
Your partner belittles you like a child
Your partner blames you for making them act irrationally
Your partner cheats on you
Your partner has threatened to kill themselves if you leave
Your partner makes negative remarks about your physical features or appearance

**Physical:**
Your partner has restrained you or held you down
Your partner has dragged you somewhere against your will
Your partner has gestured physical violence towards you
Your partner has displayed weapons
Your partner has thrown something at or near you
Your partner has shoved you to the ground
Your partner has slapped you

**Sexual:**
Your partner has pressured you into sex
Your partner has used sex to humiliate you
Your partner expects sex after an argument
Your partner has physically harmed you during sex
Your partner has forced you to watch pornography
Your partner forced you to have sex in ways that are uncomfortable
**The Cycle of Abuse***

Most abusers follow a distinct pattern, but not all relationships follow the same cycle. Individual experiences may vary; for instance, the honeymoon phase (also called the hearts and flowers phase), may become shortened or even disappear completely as time progresses.

Once this cycle begins, it becomes difficult to break, and the pattern may repeat continuously. It can take anywhere from a few hours to a year or more to complete all of the phases. This diagram can help you identify the different phases in the cycle, which typically occur during and after an abusive episode.

*graphic found at http://www.cchers.org/cap/about.html*
Barriers to Leaving an Abuser

When considering abusive partners, many people ask, “Why doesn’t the victim leave? Why do they stay?” as if it is that simple. It is important to understand that there are many barriers to leaving an abusive partner. Leaving can sometimes be dangerous, and there are many factors a victim must consider in deciding how to respond to an abusive partner.

The better question is, “Why does the abuser do this, and what kind of help does the survivor need to gain access to safety?” This puts the responsibility on the abuser for choosing to abuse their partner instead of blaming the victim for remaining in the relationship.

These are some of the many barriers that may keep an abused partner from gaining the independence and confidence to leave an unhealthy relationship:

- Isolation from friends, family, community support, and resources
- Fear of retaliation
- Fear of being alone
- Threats: the abusive partner may threaten to commit suicide or hurt their partner/children/pets or other loved ones
- Love and concern for partner’s well-being
- Hope and belief that partner will change
- Social/religious/familial pressures to stay together
- Shame and guilt
- Depression
- Belief that the abuse is their fault
- Nostalgia for past good times/memories shared together
- Financial connections
UNCW's Code of Student Conduct:
Gender-Based/Sexual Misconduct Policy

UNCW takes issues of sexual misconduct, relationship abuse, and stalking very seriously. If a student wishes to make a report of a violation, they can submit a complaint to the Office of the Dean of Students (ODOS) or to the Title IX Coordinator/Deputy Coordinator. All non-confidential university employees (staff, faculty and RAs) who receive notice of alleged sexual misconduct, physical or sexual relationship abuse or the threat of such abuse, or stalking behavior must notify the Title IX Coordinator. There are three resources that can remain confidential: the CARE Office, the Counseling Center, and the Student Health Center.

- Title IX ensures gender equity on campus and protects students from hostile environments that can result from experiences of gender-based interpersonal violence.

- The Title IX Coordinator/Deputy Coordinator will reach out (generally via email) to the student who has experienced the interpersonal violence to suggest a meeting. A CARE Advocate and/or other support person can attend that meeting, and subsequent meetings, if the student chooses to participate.

- Victims have the right to access resources, options and appropriate remedies, as available. The Title IX Coordinator/Deputy Coordinator is responsible for ensuring the university's compliance with all Title IX requirements as well as promoting safety on campus related to these issues. If the situation entails a risk to campus safety and security, the university may need to investigate situations and adjudicate the accused student(s) while acting in the role of the complainant.

- Victims can request a no contact order. This is issued through the university and both parties must be students at the university. If the no contact order is violated, the student may face sanctions for a violation of the Code of Student Conduct.

- All students are entitled to a prompt, fair and impartial investigation and resolution of complaints.

- Possible sanctions for violating the policy include a range from written reprimand up to and including suspension or expulsion. UNCW considers these violations to be serious, thus typically the most severe sanctions are imposed.

- For further information about the policy and the procedures, or to file a Title IX report, refer to: http://uncw.edu/noharm/policies/index.html
North Carolina State Laws for Relationship Abuse

In North Carolina, relationship abuse is defined as occurring when:

• There is an attempt to cause bodily injury or intentional bodily injury.

• A partner or the partner’s family or household is placed in fear in imminent serious bodily injury.

• There is harassment which rises to the level of emotional distress.

• Any rape or sexual offense is committed.

Specific laws regarding relationship violence can be found at:

✓ http://www.womenslaw.org/statutes_detail.php?statute_id=2173#statute-top
✓ http://www.ncga.state.nc.us/gascripts/statutes/statutelookup.pl?statute=14

Charges Related to Relationship Violence:

• Simple Assault
• Assault on a Female
• Communicating Threats
• Violation of a DVPO
• Felonious Restraint
• False Imprisonment
• Harassing Phone Calls
• Stalking
• Cyberstalking
• Habitual Stalking
Options for Protective Orders / No Contact Orders

Title IX: no contact order
- This is issued through the university and both parties must be students at the university.
- If the no contact order is violated, the student may face sanctions for a violation of the Code of Student Conduct.

DVPO- Domestic Violence Protective Order (50B)
- A criminal order
- To obtain a Domestic Violence Protective Order, you and the defendant must be married or divorced, persons of the opposite sex who live together or have lived together, have a child in common, are parent and child or grandparents and grandchild, are current or former household members, or are persons of the opposite sex who are or were in a dating relationship.
- If the person violates this order, they will be arrested immediately.
- To obtain a year-long protective order, you will be assigned a date to appear before a district court judge within a week or two of applying for the order (these hearings are held on Fridays). Upon completing the application, a judge may grant an Ex Parte to provide immediate relief and make the Protective Order effective as soon as the defendant is served the paperwork.
  - You should request that the judge restrict the defendant’s access to UNCW campus (with only necessary exceptions if the defendant is a student).

Civil No Contact Order (50C)
- A civil order
- To obtain a No Contact Order, the defendant must have committed non-consensual sexual conduct or have followed you on more than one occasion or otherwise tormented, terrorized, or terrified you, placing you in reasonable fear for your safety.
- If violated, a court date will be set for possible punishment.
- To obtain a no contact order, you will appear before a district court judge within a couple weeks of turning in the application. An Ex Parte can be issued that provides immediate relief and puts the no contact order in place until that court date.

*If you receive a Domestic Violence Protective Order or a Civil No Contact Order, you should carry a copy with you at all times as well as provide copies to the UNCW Police Department and the Office of the Dean of Students. CARE is able to assist with making and distributing copies to UNCW departments.*

The process of filing for a protective order or a no contact order is not an easy decision to make because there are possible positive and negative effects that need to be taken into consideration. To discuss your options, please contact the Victim Advocate with the CARE office at 962-CARE.
Personalized Safety Plan
For Survivors of Relationship Violence

This is my plan for increasing my safety & preparing in advance for the possibility of further violence. Although I do not have control over my partner’s violence, I can find ways to reduce risk of harm for myself.

My important telephone numbers:
*Police: 911 and ____________ (non-emergency number.)

*DV Programs/Safe houses: CARE’s number is 910-962-CARE and The Open Gate Domestic Violence Shelter and Services’ phone number is ____________.

*Friends I can call are ____________ and ____________.

Safety during an assault
There are a number of things to do to increase safety during violent incidents.

1. If I decide to leave, I can get out of the house/residence hall/apartment by _______________ ________________ _________________. (practice)
2. I can go to ________________.
3. In order to leave quickly, I can keep my purse and keys ready by putting them ________________ _________________.
4. I can tell ________________ (my neighbors) about the violence and ask them to call the police if they hear suspicious noises coming from the house/dorm room.
5. I can use ________________ as my code word with family and friends so they know when I need help.
6. When I expect an argument, I can try to move to ________________ ____, a space near an outside door that has no guns, knives or other weapons (usually bathrooms, garages and kitchens areas are dangerous places).
7. I can call the police and/or get a protective order from the court.

Safety when preparing to leave
Leaving must be done with careful planning to increase safety. Abusers often strike back when they believe that their partner is leaving.

I can do some or all of the following:
1. So I can leave quickly, I can leave money, an extra set of keys, extra clothing and important documents with ________________ _________________.
2. I can check with ________________ and ________________ to see who would let me stay with them or lend me some money.
3. I can plan to break up in a public place and will stay with ________________ after.
4. Other things I can do to increase my independence:
Checklist - What you may want to take with you, if it’s safe to do so:

- Identification
- Money
- Credit cards
- Medications
- Social Security Cards
- Keys (house/work/car)
- Drives license
- Birth certificate
- School records
- Copy of protective order
- Passport
- Pets (if possible)

Safety in my home or residence hall
There are many things that a person can do to increase safety in their home. It may be impossible to do everything at once, but safety measures can be added step by step.

1. I can inform ______________________ that the abuser no longer resides with me/is dating me and they should call the police if they are seen at my residence.
2. I can change the locks on my doors and windows as soon as possible.
3. I can alert my R.A to the situation to have the abuser trespassed from the residence hall and/or to alert the front desk staff not to let them in.
4. I can tell my roommate(s) about the situation and ____________________________

With a protective order
Protective orders are available from the court. An advocate is available at CARE to help obtain one. Many abusers obey protective orders, but some do not. I understand that I may need to ask the police and the courts to enforce my protective order. I can do some or all of the following to increase my safety:

1. I can keep a copy of my protective order with me at all times and make numerous copies.
2. I can make sure that CARE, the deans of student’s office and university police have a copy as well as the local county sheriff’s department.
3. If the abuser violates the protective order, I can call the police and report the violation. I can also call ______________________ for support.

Safety on the job or in class
Each person must decide for themselves if and when to tell others about the violence. Friends, teachers and co-workers can offer support and help protect you.

I can do any or all of the following:
1. I can tell my boss, professor or ______________________ about my situation.
2. I can ask _______________ to help screen my telephone calls while on the job.
3. When I leave work or class, I can walk with _______________ to my car or bike. I can park my car where I feel safest getting in and out.
4. I can work with CARE to have my information removed from the UNCW directory.

Safety and technology
* Partners may use technology as a means of controlling or monitoring their partner. Here are some steps that I can take to protect myself:

1. I will set up a new private email address. This email address will not contain my name or birth date, or other words that would identify me.
2. I will try to use a private computer or one that my partner cannot access. This computer is located _______________. If I can’t use a separate computer from my partner I will look up how to clear the history.
3. I will not store my passwords if my web browser is capable of doing so. I will change my passwords often.
4. I will change the privacy settings on Facebook and other social media sites to restrict access (especially from my ex-partner and his/her friends).
5. I will make sure that my phone number and address are unlisted by calling my telephone company.

Safety and my emotional health
* The experience of being abused and verbally degraded by partners is exhausting and emotionally draining. The process of building a new life for oneself takes much courage and incredible energy. To conserve my emotional energy and to avoid hard emotional times, I can do some of the following:

1. If I feel down and ready to return to a potentially abusive situation, I can call ______________________________ before making a decision.
2. I can remind myself daily of my best qualities. They are ___________ ________________________________.
3. I can read _______________ to help me feel stronger or better.
4. I can call ____________ and ____________ as other resources to be of support to me.
5. I can engage in counseling with the UNCW Counseling Center, my faith community, or a private therapist by calling _______________.

How to Help a Friend

DO:

- LISTEN – It is a powerful moment when someone chooses to tell you their story. This is your time to let your friend talk. Actively listen; use your body to show you are listening, make eye contact, nodding and smiling/frowning. Be patient and allow them as much time as they need. Do not be afraid of silence; silent moments can actually be helpful.

- BELIEVE – It is not your job to investigate a case. It is your job to be a friend and believe what they are telling you. Statistics tell us that in almost every case, a victim is telling the truth. If you choose not to believe them, they may never tell anyone else out of fear of not being believed and therefore, not receive any services they need. Assure your friend that it is not their fault, no matter what happened.

- INFORM – Provide your friend with resources and information. Let them know that most staff, faculty and RAs on UNCW’s campus are mandated to report sexual misconduct, relationship abuse and stalking. Offer to accompany them to speak with confidential staff at the CARE office, Student Health Center or Counseling Center to discuss options without initiating a report. You can also offer to accompany them to the Police Department or Office of the Dean of Students so that they can start the reporting process, if they want. Accompanying a friend can make a real difference in whether or not your friend seeks out support; sometimes taking that first step alone can be scary.

- EMPOWER – At the core of any type of interpersonal violence is power and control. Victims of abuse, stalking, and assault have had their power and control repeatedly taken from them. As a friend, you can help them regain that sense of power by allowing them to make their own decisions about what they want to do. This can be hard since we might want our friend to report to police or tell their RA. However, they might not be ready to do that and it needs to be their decision.

- RESPECT – Assure your friend that you understand and respect their decisions and will respect their privacy. In order to help your friend, you need to acknowledge how scary it is to tell someone this information and how dangerous it could be for that person if you were to tell other people. It’s normal for you to want to talk about the situation and get support for yourself, but do so in a confidential manner with a CARE Advocate or Counselor from the Counseling Center in order to maintain your friend’s privacy.

DON’T:

- Panic or show too much emotion
- Blame them or ask blaming questions (i.e. Why were you there?)
- Assume that you know best for them
- Tell your friend what to do
- Make any promises that you can’t keep
Resources

**UNCW Resources**

[www.uncw.edu/noharm](http://www.uncw.edu/noharm)

**CARE Office:** (910) 962-CARE (2273)  
**After Hours Emergency:** (910) 512-4821  
Relationship education and supportive services including crisis response and advocacy related to relationship abuse, sexual assault, stalking and harassment.

**Title IX Coordinator:** (910) 962-3876  
Oversight of Title IX reports, investigations and adjudication.  
Title IX reports can be submitted to: [www.uncw.edu/sexualmisconduct](http://www.uncw.edu/sexualmisconduct)

**University Police:** (910) 962-2222  
Response to any campus safety and security issues, self-defense classes and support throughout off-campus investigative and judicial procedures.

**Office of the Dean of Students:** (910) 962-3119  
Support services and information about campus conduct procedures.

**Counseling Center:** (910) 962-3746  
Confidential individual and support group counseling for issues related to the healing process.

**Student Health Center:** (910) 962-3280  
Confidential medical care, including free STI testing and free preventative medication for STIs and pregnancy.

**Community Resources**

**The Open Gate Domestic Violence Shelter & Services, Inc.:** (910) 343-0703  
Public center for those seeking support for domestic violence-related issues.

**Wilmington Police:** (910) 343-3600

**New Hanover Sheriff’s Office:** (910) 798-4200

**District Attorney’s Office:** (910) 341-1401

**Rape Crisis Center:** (910) 392-7460

**Rape, Abuse, & Incest National Network (RAINN):** (800) 656-HOPE

**North Carolina Coalition Against Domestic Violence:** [www.nccadv.org](http://www.nccadv.org)