

They should[☀]
plant kisses
not bruises



They should
watch your
back not your
every move.



You should
speak your
truths not
their lies.

You are not alone.

College women are more susceptible to intimate partner violence because, for many, this is a time where women experience their first serious romantic relationships. In fact, 1 in 3 women may experience an abusive relationship (Bekhet et al., 2019). Signs of abuse can include patterns of personal belittlement or insults, physical or verbal aggression, dominating jealousy, and irrational controlling behaviors (Kaukinen, 2014).



You can heal.

Depressive behaviors and symptoms are associated with those who have been on the receiving end of abusive relationships (Leone & Carroll, 2016). It is not uncommon to feel trapped, powerless, or depressed, and you are not weak for feeling these things or being in this situation.



You are capable.

You have the power to regain control in your life. You are autonomous and independent, and choosing to seek out help can change your life and help you work through trauma.



Bekhet, A., Kailunas, C., & Atayan, A. (2019). Escalation: Raising the college students' awareness regarding early signs of abusive relationships. *Heart Mind* 2020;4:1-6.

Kaukinen, C. (2014). Dating Violence Among College Students. *Trauma, Violence, & Abuse*, 15(4), 283–296. doi: 10.1177/1524838014521321

Leone, J. M., & Carroll, J. M. (2016). Victimization and suicidality among female college students. *Journal of American College Health*, 64(6), 421–428. doi: 10.1080/07448481.2016.1179197

Protect more than just your body.

Everyone possesses the ability to protect their mind. Practicing self compassion, self-esteem, and self efficacy have the ability to buffer one against trauma (Kaukinen, 2014). It is important to remember that even if the skin doesn't show scars anymore, the mind may still be littered with them.

Out of all the things you can be,
remember to be strong,
to be safe, and
to take action

It is OKAY to seek help.

Remember, that you are not alone and seeking help is a completely normal occurrence. It does not have to be a professional, although, if you have access to one then you should reach out. It can be your mom, best friend, your professor, or even the school nurse. Having high levels of family and other social support lower the risk of continued victimization (Kaukinen, 2014)

Hope is being able to see that there is
light despite all of the darkness.



Remember, you are in charge.

You. Are. In. Charge. Even when backed into a corner, you are in charge. It is possible to live a life with another person, but you should not be living their life. If you, or a loved one, feels as though it is time for a change, take charge and figure out a plan. Identify the problem, seek help, and most importantly, stay safe. There is no shame in admitting you need help or are in an unfavorable situation.



Helpful Resources



01

*The HER Shelter (Help and
Emergency Response)
(757)-485-1445*

This is an emergency shelter for women and children leaving situations of domestic or sexual violence.

02

*National Domestic Violence
Hotline (1 -800- 799- 7233)*

This is a 24/7 hotline that provides immediate support and tools for individuals experiencing any kind of abuse and is staffed by highly trained professionals

**NATIONAL
DOMESTIC
VIOLENCE
HOTLINE**

**eliminating racism
empowering women
ywca**

03

*YWCA of South Hampton
Roads
(757)251-0144*

The YWCA is an organization that provides crisis services to those affected by violence. They offer counseling, medical accompaniment, and childcare as well.

04

*Office on Women's Health Website
(1-800-994-9662)*

This website is a great resource for someone who is unsure if they are experiencing IPV or not. It lists different signs of abuse and signs of unhealthy relationships

OWH
OFFICE ON WOMEN'S HEALTH