

TRIDELTA



RELATIONSHIP ABUSE

DESCRIPTION

Current research shows us that college-aged women have the highest per capita rate of relationship violence (Liberton, 2017). Sadly, many students are not aware of the prevalence of relationship abuse since it is not often discussed on college campuses. This module will provide members with an opportunity to openly discuss relationship violence, identify warning signs and learn intervention strategies.

LEARNING OUTCOMES

- Participants will define relationship abuse.
- Participants will recognize relationship abuse and warning signs.
- Participants will discover how to trust their instincts about relationship abuse.
- Participants will practice intervention strategies.

MATERIALS

- Laptop (internet is required for this module)
- Projector and screen
- Speakers
- Warning signs handout (one per member)
- Relationship abuse scenarios (printed or on a PowerPoint)
- Flip chart paper
- Markers

ROOM SET UP

- The room can be set up theatre style and should have enough space for members to break up into small groups.

PREPARATION

- Familiarize yourself with campus resources such as the women's center, counseling center, etc.
- Contact campus professional to assist with the program (recommended).
- Read through this facilitation guide thoroughly.
- Print warning signs handout and relationship abuse scenarios.
- Prior to the module, locate the following video on YouTube:
https://www.youtube.com/watch?v=h_r72v3LA44

FACILITATOR(S)

- It is strongly recommended that the chapter reaches out to a professional staff member who works on campus in an office such as the counseling center or women's center. The chapter can determine if they want the professional staff member to be present for the program or

assist with the facilitation of the program. The staff member should be contacted at least three weeks in advance and provided with a facilitator guide.

- The member development chair (MDC) or vice president of chapter programming and development (VP/CPD) will identify which officer(s) should facilitate the workshop. The selected officer(s) should receive the facilitation guide at least two weeks prior to the workshop.
- If a campus professional is assisting with facilitating the program, the MDC or VP/CPD should meet with them beforehand to provide them with a facilitation guide.

OVERVIEW [TOTAL TIME: 55 MINUTES]

- Welcome and Introductions – 8 minutes
- “Love Labyrinth” Video – 20 minutes
- Trust Your Gut – 9 minutes
- Time to Practice – 16 minutes
- Closing – 2 minutes

HOW TO USE THIS FACILITATOR GUIDE

- Text formatted in standard font is identified as a “talking point” and is intended to be read aloud by the facilitator.
- Text formatted in *italics* is intended as a note for the facilitator; italicized text is not meant to be read aloud.
- Text formatted in **bold** denotes a series of questions to engage participants in a dialogue.

WELCOME AND INTRODUCTIONS

FACILITATOR TALKING POINTS

2 minutes

- *The facilitator should welcome everyone to the workshop and introduce any campus professionals assisting with the presentation.*
- Thank you for your time and commitment to learning more about sexual violence by participating in the *Not Anymore* Program.
- Today we are going to continue the conversation by discussing relationship abuse.
- This is a sensitive topic, so we ask you to show respect by putting away phones or other electronic devices.
- **Does anyone want to share why they think it's important to discuss relationship abuse as a chapter?**
- Thank you for sharing!
- Unfortunately, relationship abuse is not often discussed on college campuses. You may not have heard the statistic that college-aged women experience the highest per capita rate of relationship violence.¹
- Research shows that 52 percent of people who know someone experiencing abuse believe it is not appropriate to get involved. Many people fear that reporting abuse may harm their friendship or increase violence from the abuser.
- Not Anymore. By educating ourselves on warning signs of relationship abuse and intervention strategies, we seek to change these jarring statistics.
- We recognize that this discussion might be triggering for some people. Please feel free to leave at any time. If you need to talk to someone further please visit one of our campus resource partners (e.g., counseling center, women's center, survivor network, etc.).
- We would like to have this discussion in an open and honest way. In order to do that, we need to create a space where we can feel brave and speak openly about the topic. Let's create some group agreements to set-up an environment of trust and respect for the workshop.

1 Adapted from Liberton, A. (2017). *The truth about domestic violence on college campuses*. Retrieved from:

<https://hawcdv.org/the-truth-about-domestic-violence-on-college-campuses/>.

2 Adapted from "Abuse Defined" <https://www.thehotline.org/is-this-abuse/abuse-defined/>.

ACTIVITY INSTRUCTIONS

3 minutes

Materials:

- Flip chart paper
- Pen

- *Write "Group Agreements" at the top of the flip chart paper prior to the workshop.*
- *Record answers to the following questions on the Group Agreements so they can be seen during the workshop.*
- **What do you need to feel brave when discussing this topic?** (e.g., *keep an open mind, confidentiality, etc.*)
- **What do we agree to do to show respect to each other today?**
- **Are there any other agreements that the group would like to set together?** (e.g., *no interrupting, giving full attention to people sharing, no side conversations, etc.*)

<p>FACILITATOR TALKING POINTS 30 seconds</p>	<ul style="list-style-type: none"> • Thank you for agreeing to create a respectful and open learning environment today. • To get started, it's important for us to be on the same-page about what relationship abuse is.
<p>ACTIVITY INSTRUCTIONS 3 minutes</p>	<ul style="list-style-type: none"> • <i>Have the participants pair up and share how they would define relationship violence and relationship abuse. Do these terms mean the same thing? How are they similar or different?</i> • <i>After about a minute of talking, bring the group back together and ask for a few partners to share what they discussed.</i>
<p>TRANSITION 30 minutes</p>	<ul style="list-style-type: none"> • Thank you for sharing how you define relationship abuse. • During today's workshop, we will use the National Domestic Violence's definition which says that domestic violence, also known as relationship violence or relationship abuse, is "a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship."² • A lot of people tend to think that relationship abuse is only physical violence. That just isn't true. Abuse takes many different forms. • In the next activity, we will watch a video about relationship violence so we can recognize some common abusive behaviors.

LOVE LABYRINTH

FACILITATOR TALKING POINTS 30 seconds	<ul style="list-style-type: none">• The video we are going to watch is called <i>Love Labyrinth</i> because abusive relationships often make people feel like they are stuck, alone or confused – like they’re in a “love labyrinth.”• This video may be difficult to watch as it depicts a realistic and emotional scenario. Please feel free to excuse yourself at anytime during the video.
ACTIVITY INSTRUCTIONS 15 minutes Materials: - Warning Signs Handout	<ul style="list-style-type: none">• <i>Prior to the module, locate the following video on YouTube:</i> https://www.youtube.com/watch?v=h_r72v3LA44• <i>The facilitator should play the YouTube video.</i>• <i>After the video concludes, hand out a list of 10 warning signs of relationship abuse (found at the end of this module).</i>• <i>Instruct the participants to work with a partner to identify any of the 10 behaviors they saw in the Love Labyrinth video.</i>
DEBRIEF 5 minutes	<ul style="list-style-type: none">• How did it feel to dive deeper into relationship violence by watching Love Labyrinth video?• What stuck out to you the most in this video?• Is this type of abuse what comes to mind when thinking about relationship violence? Why or why not?• If this situation was happening with a friend, what warning signs might you see?
TRANSITION 30 seconds	<ul style="list-style-type: none">• Thank you for sharing your thoughts and reactions.• Warning signs aren’t always obvious to an outsider, and there may be other signs that a relationship is unhealthy that aren’t on the warning signs handout.• We’re going to transition to an activity that will help us discover how we can trust our instincts when situations don’t seem right, even if we don’t observe the warning signs.

TRUST YOUR GUT

FACILITATOR TALKING POINTS

1 minute

- You've probably heard the expression "go with your gut" at some point.
- **What does this phrase mean to you?**
- While the phrase may be used in less serious circumstances, the truth is, trusting your gut can be a strategy to help you determine if you should intervene to help another person or make a different decision for yourself.
- Now let's test the "go with your gut" strategy!

ACTIVITY INSTRUCTIONS

3 minutes

- *Instruct the participants to close their eyes and listen to your instructions. Ask them to try to refrain from giggling and try to concentrate.*
- *Ask the participants to think about a positive moment in their life or someone who has had a positive influence on them.*
- *Have them think of a moment when they realized they were doing the right thing at the right time or when they felt love, safety and trust for the person they've identified.*
- *Ask the participants to open their eyes and discuss with a partner how their mind and body felt while they were thinking of the positive memory or person (e.g., relaxed, peaceful, warm fuzzy feeling, etc.).*
- *Have the participants close their eyes again and think about a negative situation from their past or about someone who's been an unpleasant force in their life.*
- *Think of moments when you knew this situation or person was wrong for you.*
- *Ask the participants to open their eyes and discuss with a partner how their body and mind felt while they were thinking of these negative memories (e.g., racing heart, stomach drops, sweaty hands, etc.).*

DEBRIEF

3 minutes

- **How did this activity feel?**
- **Should you trust your gut? Why or why not?**
- **Would anyone like to share a time when trusting your gut was a helpful strategy?**

TRANSITION

1 minute

- Whether certain behaviors were listed on the warning signs handout or not – if a relationship or a situation makes you feel anxious, alone or hurt, those are signs that something isn't quite right.
- If your gut tells you that something isn't right, it's important not to ignore that feeling.
- Trust your gut.
- Now that we've seen an example of relationship abuse and learned to trust our instincts in situations that don't seem right, we're going to practice how we can intervene if we suspect relationship abuse.

TIME TO PRACTICE

<p>FACILITATOR TALKING POINT 1 minute</p>	<ul style="list-style-type: none"> • We might be able to identify warning signs, or realize when a situation doesn't feel right, but the hardest part is intervening. • While there are many intervention strategies, often the first step is to engage in a conversation with a friend when you have concerns.
<p>ACTIVITY INSTRUCTIONS 10 minutes</p> <p>Materials</p> <ul style="list-style-type: none"> - Printed scenarios (or displayed on PowerPoint) 	<ul style="list-style-type: none"> • <i>Instruct participants to find a partner and distribute the printed scenarios to each partner. Alternatively, you could display the scenarios on a PowerPoint.</i> • <i>Instruct the partners to read the scenario and discuss what they would say or do to intervene and help the friend get away from an abusive situation.</i> • <i>Prompt the participants to think about how and when they would have the conversation, what obstacles they might have, how the friend might respond and what they could do if the conversation was not successful.</i> • <i>After five or six minutes, have the participants return to a large group and have some partners share what they would say in the different situations described.</i> <p>Scenarios:</p> <ul style="list-style-type: none"> • You're at a party and notice your friend appears to have been crying. Their partner is holding their hand tightly and keeping them close. You have a bad feeling about it because you haven't seen them much since the two started dating. • Your friend mentions that their partner is "clingy" and gets upset if they don't respond to text messages or calls right away. You notice that their partner calls and texts constantly. They mentioned they've had a hard time studying since their relationship began. • You overhear your roommate's partner yelling at them, humiliating them and questioning them on where they've been and who they've been with. They brush it off when you ask if they're okay.
<p>DEBRIEF 5 minutes</p>	<ul style="list-style-type: none"> • What was difficult about this activity? • Do you feel more confident about intervening in the future? Why or why not? • Would anyone like to share a strategy you learned today that you could use to intervene? • How can you help your sisters and friends to trust their gut? • Was there anything you learned today that was surprising?

CLOSING

1 minute

- Thank you so much for your time and attention today.
- **Would anyone like to share a key takeaway from today's workshop?**
- **Does anyone have any questions or a final thought about relationship abuse?**
- *The facilitator can close with any final thoughts or words of encouragement.*

References

Liberton, A. (2017). *The truth about domestic violence on college campuses*. Retrieved from: <https://hawcdv.org/the-truth-about-domestic-violence-on-college-campuses/>.

What is domestic violence? (n.d.). Retrieved from <https://www.thehotline.org/is-this-abuse/abuse-defined/>



NOT ANYMORE RELATIONSHIP ABUSE

WARNING SIGNS

1. Intensity. Your partner's reactions don't seem to fit the situation. They may often lie. They may express intense feelings to you often ("I would die without you").
2. Jealousy. Your partner is upset or irrationally angry when you show attention to other people that they perceive as a threat to your relationship. They may consistently accuse you of cheating on them.
3. Control. Your partner wants to be in charge of many aspects of your life. This may include what you wear, who you are friends with, where you go and what you do.
4. Isolation. Your partner insists that you only spend time with them. They may try and discourage your relationships with friends and family.
5. Sabotage. Your partner makes you miss school, work or sorority events. They do this by starting a fight, breaking up with you or hiding your phone or keys.
6. Criticism. Your partner calls you mean names, is negative about your appearance and doesn't value your hobbies.
7. Blame. You consistently feel responsible for your partner's negative behaviors.
8. Anger. Your partner overreacts to small issues. They may have violent outburst – even if they aren't directed at you (punching a wall, throwing a glass, etc.).
9. Alcohol. Your partner becomes overly emotional after drinking. They may engage in destructive or self-destructive behavior when intoxicated.
10. Group Behaviors. Your partner acts differently when in a group than when you two are alone. ¹

¹ This information is adapted from the One Love Foundation at <http://www.joinonelove.org>.