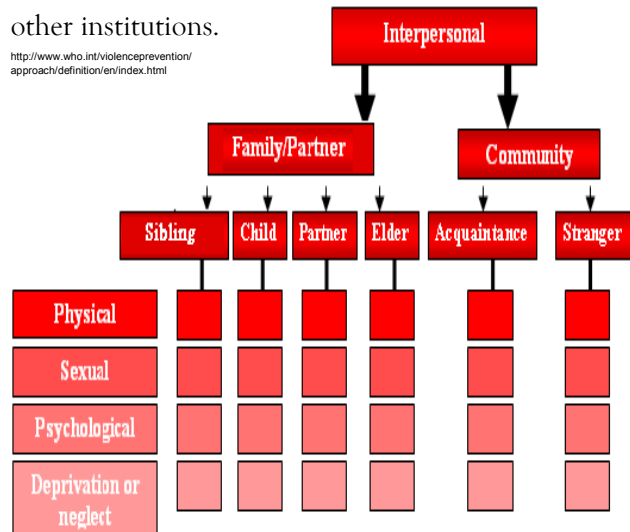


What is Interpersonal Violence?

Interpersonal violence refers to violence between individuals, and is subdivided into family and intimate partner violence, and community violence.

Family and intimate partner violence includes child maltreatment, intimate partner violence, and elder abuse. Community violence is broken down into acquaintance and stranger violence and includes youth violence, assault by strangers, violence related to property crimes, and violence in workplaces and other institutions.

<http://www.who.int/violence/prevention/approach/definition/en/index.html>



Drugs, Alcohol and Violence

Although drugs and alcohol are not the *cause* of violent behavior, using such substances increases the likelihood that a person might act in a violent way. If you find that you become violent while drinking or taking drugs, you might want to look at ways to better manage your drug and alcohol intake. A counselor, or other mental health professional who specializes in addictions counseling, can help you do this.

http://us.reachout.com/info_and_real_stories/all_factsheets/interpersonal-violence-between-people.html

Shooting Violence: A Brief Timeline

- April 2009:** 2 dead in Michigan College shooting
- February 2008:** 6 dead in murder-suicide on NIU campus
- April 2007:** At least 22 people are killed as a gunman goes on the rampage at the campus of Virginia Tech
- October 2006:** A 32-year-old gunman goes on the rampage at an Amish school in Pennsylvania, shooting dead at least three girls before killing himself
- September 2006:** A gunman in Colorado shoots and fatally wounds a teenage schoolgirl, and then kills himself
- January 2002:** A student who had been dismissed from the Appalachian School of Law in Grundy, Virginia, killed the dean, a professor and a student, and wounded three others.

Who Can You Contact?

In an emergency, call 911.
 NMSU Police Department: 575-646-3111
 La Casa: 575-526-9513

You can also contact WAVE for more information about interpersonal violence at:
 575.646.2813 or peered@nmsu.edu



www.nmsu.edu/~wave

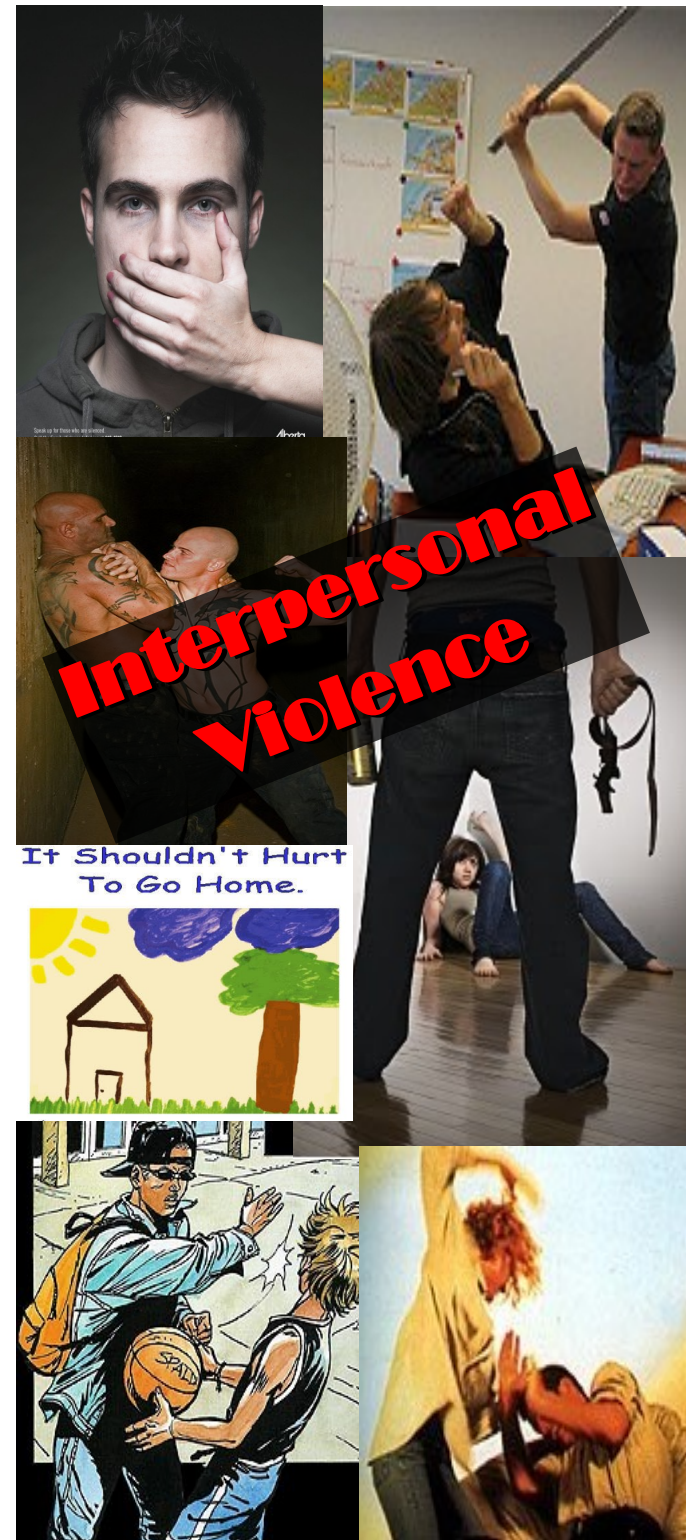
Feeling stressed? Need to talk?
 We are here to listen.



Local: 575-646-CALL (2255)

Toll Free: 1-866-314-6841

www.nmsu.edu/~wave/thecall/



Interpersonal Violence

It Shouldn't Hurt To Go Home.

Relationship Violence

A person who exhibits violent behavior in a relationship often:

- Has an explosive temper
- Is possessive or jealous of their partner's time
- Constantly criticizes their partner's thoughts, feelings, or appearance
- Pinches, slaps, grabs, shoves, bites or throws things at their partner
- Coerces or intimidates their partner into having sex
- Blames their partner for their own anger
- Causes their partner to be afraid
- Abuses family pets
- Destroys things that are important to their partner, friends, or family

A person in a violent relationship often is:

- Afraid of their partner's temper
- Afraid to break up because their partner has threatened to hurt themselves or others
- Constantly defending or apologizing for their partner's behavior
- Afraid to disagree with their partner
- Isolated from family and friends
- Intimidated by their partner and coerced into having sex



http://thefriendshipcenter.org/?page_id=4

Sexual Violence

Sexual Violence is any type of sexual activity that a person does not agree to, including:

- inappropriate touching
- stalking
- Nonconsensual sexual intercourse
- rape or attempted rape
- sexual harassment, threats, or peeping.
- Sexual coercion

Sexual violence can be verbal, visual, or anything that forces a person to join in unwanted sexual contact or attention, including:

- voyeurism (when someone watches private sexual acts)
- exhibitionism (when someone exposes him/herself in public)
- incest (sexual contact between family members)
- sexual harassment.



Physical and Emotional Abuse

Physical acts that hurt or scare another are considered abuse, whether they cause injury that can be seen or not.

- This can be things like holding, shoving, pushing, restraining, torturing, driving a car dangerously to scare someone, punching, biting, threatening, kicking, burning, throwing or smashing personal objects, punching holes in walls or doors, hurting or killing pets, breaking things or using a weapon.

Harming or threatening to hurt someone is a criminal offense.



Emotional or verbal abuse is when a person uses threats or put downs to get achieve what they want or to make on feel bad about oneself.

- This can be things like name calling, talking in a "scary" way, threatening to hurt or kill, giving "scary looks", using statements like, "you're crazy", "stupid" or "useless," or purposely making one feel bad about oneself.

Emotional abuse can hurt as much as physical abuse and can be very destructive.

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?pr=240&np=296&id=2115>

Just the Facts...

More than 4 in 10 college students have been the victim of relationship violence by a partner, friend, or acquaintance.

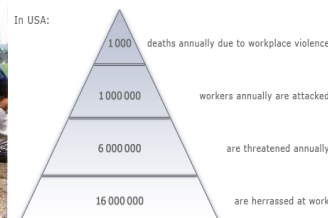
<http://www.webmd.com/sex-relationships/news/20080708/relationship-violence-common-college>

About 3% of American men – or 1 in 33 – have experienced an attempted or completed rape in their lifetime.

<http://www.rainn.org/get-information/statistics/sexual-assault-victims>

1 in 4 workers are attacked, threatened or harassed each year

<http://www.workplace-violence-bq.com/>



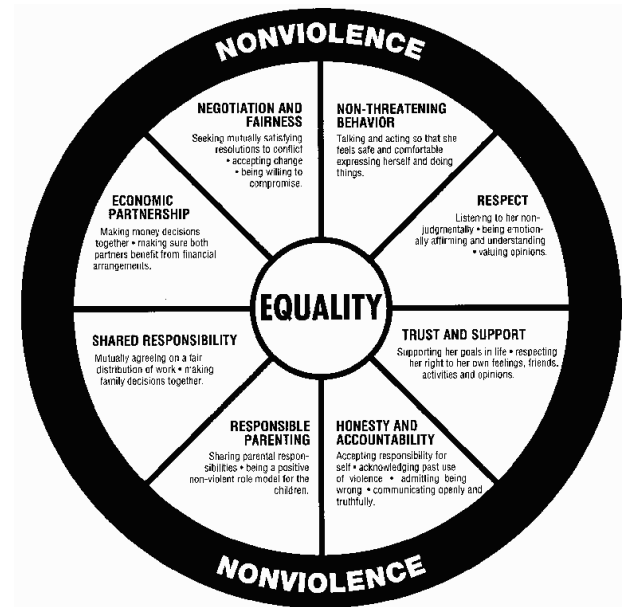
Source: Turner & Gelles, 2003

Your Violent Behavior

Violence is **not** O.K., and nobody should have to put up with it. Being angry, confused or frustrated are all normal emotions, and there are non-violent ways of expressing these emotions.

Deciding to do something about your violent behavior is a big step and it takes a lot of courage.

Look at what makes you violent. To stop this behavior, it might be useful to make a list of the things that trigger your violent behavior. This could be a person, a situation, a mood, or drugs and alcohol. By knowing what triggers your violent behavior, you can start to avoid these things or try to work out ways to deal with the situation.



Who is affected by your violent behavior? Does it hurt anyone physically or emotionally? Do you want to have safe and secure relationships, or do you want people to be scared of you? These questions might help you see how your violent behavior can negatively affect you and the people around you.

Talk to someone. Putting an end to violent behavior is not always easy, and having someone to support you can be helpful. You don't have to do it by yourself. A counselor might be able to help you find ways to deal with your violent behavior.

http://us.teachout.com/info_and_real_stories/all_factsheets/interpersonal-violence-between-people.html