

FACTS

- Both women and men can be victims
- Women ages 16-24 experience the highest per capita rate in intimate partner violence
- 21% report violence by a current partner
- 22% all the rape victims are between the usual college ages of 18-24
- Of the women ages 15-19 murdered each year, 30% are murdered by their husband or boyfriend

*The National Center for Victims of Crime, 2007
Virginia Sexual and Domestic Violence Action Alliance, 2007*

GET HELP!

Telling someone about abuse is very important. Inform someone close to you so they can assist you in getting help. Reach for help by talking to:

- Parent/ Family member
- Close friend
- Counselor
- Police

Resources

- WAVE program
(575) 646-2813 www.nmsu.edu/~wave
- *La Piñon, 24-Hour Crisis Hotline*
Sexual Assault Recovery Services
1-575-526-3437 / 1-888-595-7273
- *La Casa*
1-800-376-2272
- The National Center for Victims of Crime
1-800-FYI-CALL www.nvc.org
gethelp@nvc.org
- 911 for emergency situations



Safe Relationships



NMSU WAVE Program
646-2813
nmsu.edu/~wave

What is Dating Violence?

Dating Violence is controlling, abusive, and aggressive behaviors in a relationship. It occurs in both heterosexual and homosexual relationships. It can include verbal, emotional, physical, or sexual abuse, or a combination of these.



Healthy vs. Unhealthy Relationships

Healthy

- Trust in partner
- Respect each other
- Not afraid to speak your opinion
- Understand each other
- You are comfortable in their presence

Unhealthy

- Jealousy issues
- Insults you
- Keeps you isolated
- Forces you to do things you don't want to

Different forms of Abuse

Verbal/Emotional Abuse

Type of abuse that lowers your self confidence without being physically hurt.

Behaviors of verbal/ emotional abuse:

- Name calling
- Humiliation in public /private
- Ignoring your feelings
- Yelling
- Threat of violence
- Blaming all faults on you
- Demanding attention
- Jealousy



Physical Abuse

Type of abuse that does physical harm to your body.

Behaviors of physical abuse:

- Hitting
- Slapping
- Choking
- Pinching
- Kicking
- Pushing
- Shoving
- Throwing objects
- Use of a weapon
- Murder



Different forms of Abuse

Continued

Sexual Abuse

Type of abuse that emotionally and physically harms you.

Behaviors of sexual abuse:

- Unwanted touching
- Unwanted kissing
- Forced sex
- Cheating
- Birth Control Sabotage
- Sexist jokes
- Demanding sex with threats
- Murder
- Sexual coercion

Birth Control Sabotage

Birth Control Sabotage is where the abuser destroys contraceptives from the victim by poking holes through the condoms, and disposing of birth control pills in the trash or flushing down the toilet.

