WHEN SEXUAL ASSAULT HAPPENS

FOR FREE AND CONFIDENTIAL INFORMATION CALL
(515) 29-ALERT
(515-292-5378)
www.police.iastate.edu/sart

FREE SPECIALIZED MEDICAL FORENSIC EXAMS AVAILABLE AT:
IOWA STATE UNIVERSITY
Thielen Student Health Center

Mary Greeley Medical Center

FREE MEDICAL ADVICE 24/7

2647 UNION DRIVE
Corner of Sheldon & Union
Across from State Gym

CLINIC HOURS
MONDAY 8 am - 6 pm
TUESDAY 8 am - 5 pm
WEDNESDAY 9 am - 5 pm
THURSDAY 8 am - 5 pm
FRIDAY 8 am - 5 pm
SATURDAY 9 am - noon

PLEASE CALL TO MAKE AN APPOINTMENT

To schedule an appointment call (515) 294-5801.
When you call for an appointment, please be specific about your needs so that we can schedule you with the appropriate healthcare provider and an appropriate amount of time.

515-294-5801
FREE MEDICAL ADVICE 24/7

IOWA STATE UNIVERSITY
Thielen Student Health Center

Sexual and Domestic Violence

IOWA STATE UNIVERSITY
Thielen Student Health Center

CycloneHealth.org
SEXUAL AND DOMESTIC VIOLENCE

DOMESTIC VIOLENCE is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Domestic violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator – of domestic violence. It can happen to people who are dating, living together or who are married. It affects people of all socioeconomic backgrounds and education levels.

Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.

HOW IS YOUR RELATIONSHIP?

Does your partner:
- Embarrass you with bad names and put downs?
- Look at you or act in ways that scare you?
- Control what you do and where you go?
- Stop you from seeing or talking to friends or family?
- Take your money, make you ask for money, or refuse to give you money?
- Make all the decisions?
- Tell you you’re a bad parent or threaten to take away or hurt your children?
- Act like the abuse is not big deal, it’s your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives or other weapons?
- Shove, slap or hit you?
- Force you to drop charges?
- Threaten to commit suicide?
- Threaten to kill you?

If you checked even one, you may be in an abusive relationship.

POWER AND CONTROL DIAGRAM

This diagram is a helpful in understanding the pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

HELP A FRIEND OR FAMILY MEMBER

Do you think that someone you care about is experiencing abuse? Maybe you’ve noticed one or more of the warning signs, including:
- Their partner puts them down in front of other people
- They are constantly worried about making their partner angry
- They make excuses for their partner’s behavior
- Their partner is extremely jealous or possessive
- They have unexplained marks or injuries
- They’ve stopped spending time with friends and family
- They are depressed or anxious, or you notice changes in their personality

It can be very difficult to know what to do if someone you love is being abused. You instinctively want to “save” them from the relationship, but it’s not that easy. There are many reasons why people stay in abusive relationships, and leaving can be a very dangerous time for a victim.

It is all about power and control for the abuser. One of the most important ways you can help someone in an abusive relationship is to consider how you might empower them to make their own decisions.

OFFER SUPPORT IN VARIOUS WAYS

- Acknowledge that they are in a very difficult scary situation, be supportive and listen.
- Be non-judgemental.
- If they end the relationship, continue to be supportive of them.
- Encourage them to participate in activities outside of the relationship with family and friends.
- Help them develop a safety plan.
- Encourage them to talk to people who can provide help and guidance.
- Remember that you cannot “rescue” them.

FIND ADDITIONAL INFORMATION:
lovesrespect.org
thehotline.org

(515) 294-5801