

How can I help?

Dating/Domestic Violence and Intimate Partner Abuse

Recognize.

Unsupportive behaviors in a past or present dating, sexual, or romantic relationship where a partner may:

- Try to make all the decisions
- Control what their partner does, who they see and talk to
- Manipulate with insults, guilt and/or threats to harm themselves or others
- Prevent their partner from working, studying or socializing
- Keep close track of where and what their partner is doing at all times
- Be physically, verbally, emotionally and/or sexually abusive

Respond.

Someone experiencing these behaviors in a relationship may have mixed emotions about their partner and the harm.

- Listen to understand the impact that they're experiencing
- Check in on safety
- Talk with them about what you are observing/hearing, share specific examples:
"I am concerned for your safety."
"You do not deserve to be treated that way."
"I am concerned when I see your partner control who you can go out with."
- Inform them they have rights and options
- Support them in doing what they decide is best for them

Reach out.

CU Boulder's Office of Victim Assistance (OVA) is a free and confidential advocacy and trauma counseling center on campus for for all students, staff, and faculty. Reach out for support and guidance on how to help someone, or for yourself.



Scan to learn more



Contact: (303) 492-8855 | colorado.edu/ova

