

How can I help?

DOMESTIC VIOLENCE & INTIMATE PARTNER ABUSE

Recognize.

Their partner may:

- Want 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.

- Your friend may have mixed emotions about their relationship
- Listen and check in on safety
- Talk with your friend about what you are observing
- Give specific examples:
 - » “I am afraid for your safety” and “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 your friend they have rights and options
- Support your friend 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 counseling center on campus for students, grad students, staff and faculty. You can reach out for support and guidance on how to help a friend, or for yourself.

colorado.edu/ova

303-492-8855



Office of Victim Assistance
UNIVERSITY OF COLORADO **BOULDER**



BUFFS
SUPPORTING
BUFFS