Supporting a Friend

How to help a friend who may be being harmed in a relationship:

• Talk with your friend about what you see. Say, “I am afraid for your safety” and “You do not deserve to be abused.”
• Be specific — avoid putting down their partner’s whole personality. Say, “When so-and-so insults you in front of us, I get worried.”
• Listen; your friend may be confused about their relationship.
• Find and offer options to them.
• Avoid taking control of the situation.
• Talk with the Office of Victim Assistance (OVA) or Safehouse (SPAN). They can give you information and talk through the issues. It can be very hard to see someone you care about in this kind of relationship, especially if they go back and forth a lot.

How to help a friend who might be harming someone:
If you have concerns or information about someone hurting another person, physically, sexually, financially and/or emotionally, please talk with OVA and/or SPAN about what you are seeing and they can give you referrals.

Campus Resources
Office of Victim Assistance (OVA)** 303-492-8855
Counseling & Psychiatric Services** 303-492-2277
Center for Inclusion and Social Change 303-492-0272
Center for Student Involvement 303-492-6366
CU Police, Emergency 911
CU Police, Non-emergency 303-492-6666
Disability Services 303-492-8671
Health Promotion 303-492-2937
Housing/Residence Life 303-492-7260
Medical Services° 303-492-5101
Office of Institutional Equity & Compliance 303-492-2127
Student Conduct and Conflict Resolution 303-492-5550
Student Legal Services* 303-492-6813
Ombuds Office* 303-492-5077
Veteran and Military Affairs 303-492-7322

Community Resources
Boulder Community Hospital 303-415-7000
Boulder Police, Emergency 911
Boulder Police, Non-emergency 303-441-3333
Boulder Valley Women’s Health 303-416-4112
Boulder District Attorney 303-441-3700
Moving to End Sexual Assault** 303-443-7300
Out Boulder 303-499-5777
Planned Parenthood 303-447-1040
Safehouse Progressive Alliance for Non-Violence** 303-444-2424

*Confidential Resources
°24/7 Phone Support

Office of Victim Assistance
Non-Discrimination Statement
The Office of Victim Assistance values diversity and inclusion. We support students, graduate students, faculty and staff from diverse backgrounds. The Office of Victim Assistance shall maintain and promote a policy of non-discrimination on the basis of race, color, national origin, sex, pregnancy, age, disability, creed, religion, sexual orientation, gender identity, gender expression, veteran status, political affiliation or philosophy. We acknowledge that culturally relevant trauma services are an ongoing process of learning that begins by looking within ourselves and honoring basic human rights. As individuals and as an agency, we are committed to responding effectively to social-cultural diversity.
What is Intimate Partner Abuse?

Intimate partner abuse happens in relationships. There is a pattern of one person inflicting emotional and/or physical pain on another in order to control their partner. Abuse can take many forms: emotional, psychological, financial, physical, reproductive and sexual. The people involved could be past/present partners, co-parents or in a casual relationship. People of all genders and sexual orientations can end up in a destructive relationship.

Warning Signs for Intimate Partner Abuse

One may feel…

- Constantly put down or criticized by their partner.
- That they are giving up things important to them, such as school, family or friends because of their relationship.
- Often worried about their partner’s anger.
- Scared of partner’s unpredictability.
- Constantly scanning for when the next eruption of anger will come.
- Embarrassed for people to know how their partner treats them.

Their partner may…

- Want to make all decisions.
- Try to control what their partner does, how they look, who they see and talk to.
- Read their partner’s emails, texts and calls to frequently check up on them.
- Manipulate with insults, guilt, and/or threats.
- Prevent their partner from working, studying or socializing.
- Use money to control their partners.
- Threaten to hurt their partner, loved ones or themselves.
- Keep close track of where and what their partner is doing at all times.
- Force their partner into unwanted sexual activity.
- Destroy partner’s property, threaten pets.
- Push, shove, slap and/or hit their partner.

How to Access Help

It can be hard to take a look at relationships and ask, “What crosses the line?” If you see some of these things happening in your relationship, you may be thinking about where to find information and support. If you would like free, confidential help sorting out your options, please contact counselors at the Office of Victim Assistance (OVA) at 303-492-8855, colorado.edu/ova, or contact Safehouse Progressive Alliance for Nonviolence (SPAN) at 303-444-2424, safehousealliance.org.

When seeking help, first ask what their confidentiality policy is and who they are required to tell if you disclose intimate partner abuse. That way, you can maintain control and make an informed decision about what to do next.

Some Options Include:
- Getting medical treatment.
- Getting information to help you assess the situation, and figure out what you want.
- Reporting to the police.
- Reporting to the university.
- Talking with OVA about:
  - Making a safety plan - Managing your academics
  - What you are feeling and thinking - Options and resources
  - Options on changing your residence

Medical

Your health is important. If you have injuries please consider medical attention. Be aware, if medical providers believe injuries are related to a crime, they may report to the police. OVA or SPAN can discuss these issues with you confidentially.

Noncitizen survivors of domestic violence may be eligible for the U Nonimmigrant Status or a VAWA green-card self-petition. For those with limited income legal services may be available from Colorado Legal Services or the Immigration Clinic at CU Boulder.

OVA provides free and confidential information, support, advocacy, and short-term counseling to CU students, grad students, staff and faculty.

Reporting

- If you or a bystander reports to law enforcement, police are required to investigate. If the police have “probable cause” (meaning they have reason to believe a crime has been committed), they are required to arrest the person they think is the offender or the “predominant aggressor.” Most likely, that person will be taken to jail and a no contact order will be put in place.
- The jail is supposed to notify the victim when the arrested person is released. Boulder jail can be reached at 303-441-4650 or visit vinelink.com – this is an online option where you can register to be contacted when someone has been released from jail.
- Once someone is released from jail, a criminal “no contact order” will be put in place. The DA’s office will decide what to do with the case. For more information, contact OVA or the Boulder DA’s Victim Witness program at 303-441-3700.

To consult with OVA, call 303-492-8855 or complete a confidential form online at: colorado.edu/confidentialreporting

Completing this form does not constitute a report to the university and will not initiate any investigation.

Protection orders

OVA and/or SPAN can help provide information on civil protection orders (also known as restraining orders). SPAN has a Protection Order Clinic at 303-441-4867. The DA’s office also has an information line in English & Spanish: 303-441-3775.