

## 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.

## 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.

## 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*

[colorado.edu/ova](https://colorado.edu/ova)

## Office of Victim Assistance (OVA)

Center for Community (C4C), Fourth Floor, N450  
303-492-8855

Updated 11/2022

Information and Resources for CU Boulder

# Intimate Partner Abuse



Office of Victim Assistance  
UNIVERSITY OF COLORADO BOULDER

## 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](http://colorado.edu/ova), or contact Safehouse Progressive Alliance for Nonviolence (SPAN) at **303-444-2424**, [safehousealliance.org](http://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 the person hurting you is affiliated with CU Boulder, campus disciplinary actions could be pursued by reporting to the Office of Institutional Equity and Compliance. [colorado.edu/institutionalequity](http://colorado.edu/institutionalequity)
- You can also visit the Don't Ignore It website: [colorado.edu/dontignoreit](http://colorado.edu/dontignoreit)
- 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](http://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 and the District Attorney's (DA) 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](http://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**.