

**Help is available if you
or someone you know is
experiencing violence in
an intimate relationship.**



resources

Campus Police.....(978) 665-3111
Counseling Services(978) 665-3152
Health Services(978) 665-3216

National Domestic
Violence Hotline 1-800-799-SAFE

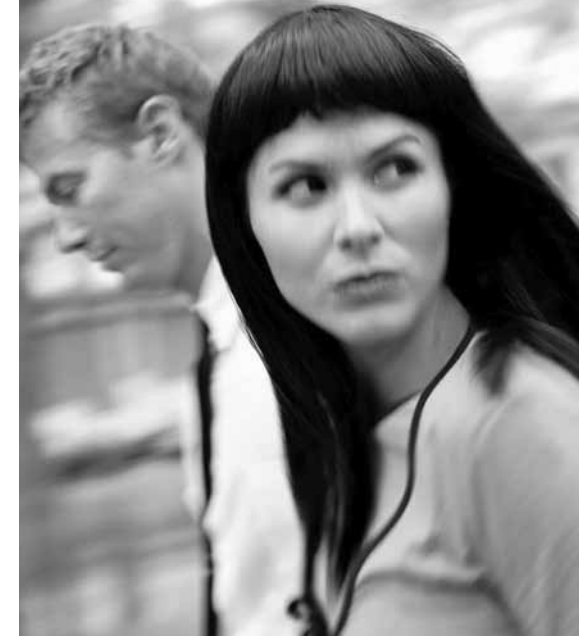
Rape Crisis Center
of Central Massachusetts..... 1-800-870-5905

Leominster Hospital
Emergency Room 978-466-2451

**For more information contact
Fitchburg State College
Counseling Services
(978) 665-3152**

**verbal abuse
sexual assault
physical abuse
emotional manipulation
stalking**

RELATIONSHIP violence



**28% of high school
and college students
experience violence
in intimate relationships**

(Bureau of Justice Statistics Special Report, May 2000)



Myth: Relationship violence is a women's issue.

Fact: Sisters, mothers, friends, classmates, and **men** can all be victims of abuse. Most men are not

perpetrators! Men can be an important part of the solution by confronting exploitation, volunteering at shelters, and being aware of their own behavior.

Myth: Jealousy and possessiveness are signs of true love.

Fact: Jealousy and possessiveness are signs that your partner sees you as a possession and are early warning signs of an abusive relationship.

Myth: Rape is about sex.

Fact: Rape is about power, control, and sexual domination. Perpetrators believe they are superior and have the right to abuse.

Myth: Victims "ask for it."

Fact: Survivors of relationship violence are never at fault regardless of how much they drink, or how long they stay in the relationship.

Myth: If a person stays in an abusive relationship it must not really be that bad.

Fact: People stay in abusive relationships for a number of reasons: fear, economic dependence, confusion, loss of self confidence, denial, and the belief that the abuser will change.

Myth: Abuse rarely occurs in same-sex relationships.

Fact: Violence occurs in same-sex relationships at about the same rate as in heterosexual relationships and happens across all socioeconomic, racial, religious and ethnic groups.

respect is:

- Supporting your partner's goals in life
- Understanding that he/she may have different opinions
- Agreeing that he/she is a separate individual with a life of his/her own
- Communicating openly and non-violently with your partner and compromising when necessary



respect is NOT:

- Resolving conflicts in relationships with the use or threat of violence
- Using language as a weapon
- Controlling what your partner does or with whom she/he spends time
- Forcing or pressuring your partner to do anything she/he does not wish to do, including sex
- Degrading those you date or have dated by sexually harassing them, insulting them, discussing their personal secrets, or spreading rumors about them



You have the right to:

- Have your own feelings and be able to express them
- Have your values and limitations respected
- Be heard
- Refuse to spend time with someone
- Refuse sex at any time for any reason
- Have friends and space aside from your partner



What can men do to be proactive?

- Educate yourself and your friends about the issue.
- Question your own attitude and examine your language—words and phrases like, "slut" or "That test raped me" promote violence against women.
- Don't remain silent if a friend is disrespectful or abusive.
- If you suspect a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.
- Don't fund sexism. Refuse to purchase DVDs and music, or subscribe to magazines and websites that portray women in a sexually degrading or abusive manner.

(Adapted from "10 things Men Can Do to Prevent Gender Violence", MVP Strategies)