

Your boyfriend/girlfriend may be an abusive person if he/she:

- Won't let you talk to other men/women, even if they are friends. He/she is very jealous.
- Continually criticizes what you wear and what you do.
- Likes to scare you by driving fast or doing reckless things.
- Wants to know where you are and who you are with at all times.
- Tells other people about things you did or said that embarrass you or make you feel stupid.
- Gets "carried away" during horseplay and hurts you, or holds you down and makes you feel helpless until you give in or feel humiliated.
- Becomes very angry about trivial things—like not being ready on time for a date or wearing the "wrong" clothes.
- Criticized your friends and asks you to stop seeing them.
- Touches you when you tell him/her not to.
- Tries to control you by making all of the decisions.
- Your family and friends have warned you and are concerned about you being in the relationship.

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Abusive Relationships



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Violence in Relationships

Myths and Facts

Myth: Violence against women affects an isolated segment of the population.

Fact: Violence against women happens across all social classes, cultural/ethnic groups, in rural and urban environments. There are no exceptions.

Myth: Alcohol is the main cause of men who abuse their partners

Fact: Alcohol is often used as an excuse for the violence, but is never the cause. Some men will beat their partners both when they drink and when they are sober. Also, some men who never drink beat their partners.



Myth: Women provoke the violence and therefore deserve what they get.

Fact: The term “provoke” implies that there are some behaviours that justify assault. This is not true. Provocation is an excuse the offender uses to avoid responsibility for his own behavior. There is no excuse for violence against women.

Myth: Men of certain races and backgrounds are more likely to sexually assault women.

Fact: Men who commit sexual assault come from every economic, ethnic, racial, age and social group. Men who commit sexual assault can be the doctors, teachers, employers, co-workers, lawyers, husbands, or relatives of the women they assault.

Why do males use violence against females?

Because they...

- Have learned this behavior in their family of origin (75% of batterers have witnessed their father assaulting their mother).
- Try to maintain a macho image reinforced by society and the media.
- Believe it is an appropriate male expression of power and control.
- Want their partner to remain dependent on them.
- Know there are few, if any, consequences for violent acts.

Nearly 80% of teenage girls who have been physically abused in their dating relationships continue to date their abuser.

Why do females appear to accept violence in relationships?

Because they...

- Want their relationships to work and hope their boyfriends will change.
- Fear their boyfriend will hurt them or seek revenge.
- Feel guilt and shame.
- See no other alternative.
- Are not aware that help is available.
- Believe their boyfriend needs them.
- Do not have social or personal support.
- Believe a boyfriend who is occasionally violent is better than no boyfriend at all.
- Think the violence will go away after they get married.

The Health Promotion Team gratefully acknowledges Queen's University for information in this brochure.

What can students do?

If you witness a friend being abused or if a friend tells you that they are being abused in a relationship...

- Listen calmly and take the concern seriously.
- Reassure your friend that nobody deserves to be abused.
- Support your friend in looking at the risks of more abuse.
- Suggest talking to a professional such as a counsellor, or call one of the agencies listed below.
- Realize the situation will not change overnight

If a friend tells you that they are abusing their partner...

- Support them for recognizing their problem
- Suggest talking to a professional, such as a counsellor or call one of the agencies listed below.

If you witness a friend acting in an abusive manner (verbal or physical) towards their partner...

- Tell your friend that nobody deserves to be abused.
- Help your friend in looking at the risks of more abuse.

GET SUPPORT.

CONTACT:

Carleton Health and Counselling Services: 520-6674

Sexual Assault/Partner Abuse Program: 761-4366

Ottawa Rape Crisis Centre: 738-3762

Men's Health Project: 230-6179