



**BALL STATE  
UNIVERSITY**

## **Relationship Violence Informational Packet**

Center for Survivor Support

Health Center Room 205

Phone: 765-285-7844

Email: [survivorsupport@bsu.edu](mailto:survivorsupport@bsu.edu)

# Resource Numbers

**Center for Survivor Support**      **765-285-7844**

On-Campus

Counseling Center      765-285-1736

Health Promotion & Advocacy      765-285-3775

Police & Emergency      765-285-1111

Student Legal Services      765-285-1888

Title IX Coordinator      765-285-1545

Student Conduct      765-285-5036

A Better Way      765-747-9107

Ambulance      765-747-7778

Delaware County Clerk      765-747-7857

Delaware County Jail      765-747-7811

Delaware County Police      765-747-4877

Fire Department      765-747-4877

Hospital      765-747-3241

Indiana State Police      765-282-1223

Muncie City Police      765-747-4838

Prosecutor's Office      765-747-7801

Child Abuse Hotline      1-800-800-5556

Off-Campus

# Center for Survivor Support

**The Center for Survivor Support exists to give Ball State Students inclusive, survivor centered support, through confidential advocacy. We respond to the impact of interpersonal violence and strive to create a community free from violence through education.**

*The Center for Survivor Support provides:*

- Confidential support to student survivors of gender-based violence.
- “Confidential support” means they will not release any information without your consent.
- 24 hour-a-day support, information, referrals, and advocacy. The advocate will respond to IU Health Ball Memorial Hospital or Ball State Police Department after hours, 24/7 to provide emotional support and guidance.
- Support to individuals who have been victimized, whether the abuse occurred recently or in the past
- Assistance with the exploration of options and accessing community resources, including filing for a protective order
- Accompaniment to court, meetings, hearings involving the criminal justice system or Ball State student conduct process with the Office of Student Conduct
- Act as a liaison between the survivor and the Delaware County Prosecutor's Office
- Inform individuals of their Indiana victim rights

# Counseling Center

Lucina Hall, Room 320

Phone: (765) 285-1736

Fax: (765) 285-2081

Individual, group, and psychiatric counseling is available to students. All services offered are free and confidential.

## Benefits of Counseling

### **Defining Signs of an Unhealthy Relationship**

Many individuals feel confused and unsure of the signs of an unhealthy relationship and often internalize and minimize emotional and physical abuse that may be occurring. Counseling offers an opportunity to review the relationship and become clearer about what steps to take towards building and recognizing signs of a healthy and unhealthy relationship.

### **Making Decisions about Legal and Judicial Options**

Very often, if the victim is being physically abused by their partner, they will feel unsure about how to proceed in terms of reporting the assault to police, pressing criminal charges, or initiating campus judicial proceedings. In counseling, she or he can discuss various options and arrive at a decision, which will be most likely to promote healing, and resolution in her or his individual circumstance.

### **Enhancing Academic and Social Functioning**

Relationship violence disrupts the victim's entire life and may cause difficulties in functioning at her or his usual level. Counseling can help the survivor develop effective coping and healing strategies and help define some clear options towards building healthier relationships.

### **Minimizing Negative Effects of the Assault**

Victims of relationship violence typically experience a wide range of feelings, including anger, depression, guilt, and fear. Generally, counseling provides assistance with "working through" the trauma of the abuse, with the goal of minimizing negative psychological effects from abuse.

# Relationship Violence Signs

**JEALOUSY:** At the beginning of a relationship, an abuser will always say that jealousy is a sign of love. Jealousy has nothing to do with love, but rather is a sign of possessiveness and lack of trust. The batterer will question the victim about who they spend time with; accuse them of flirting with others, having an affair, etc.

**CONTROLLING BEHAVIOR:** The Batterer will generally make all decisions for the victim and explains this by stating that they have their best interest in mind. Often the victim must ask permission to wear certain clothes, wear make-up and/or even leave the house.

**QUICK INVOLVEMENT:** Pushing for marriage, to be engaged, or live together within first few months of dating.

**UNREALISTIC EXPECTATIONS:** Expect their partner to meet all of their emotional and physical needs.

**ISOLATION:** The abusive person tries to cut the person off from all resources, including family, friends, and acquaintances.

**BLAMES OTHERS:** The abuser will blame others for problems and negative feelings.

**HYPERSENSITIVITY:** A batterer will be extremely sensitive to stressful situations and “fly off the handle” at everyday occurrences.

**CRUELTY TO ANIMALS:** This person punishes animals brutally or is insensitive to their pain and suffering.

**PLAYFUL USE OF FORCE IN SEX:** This kind of person will be forceful during sex in a “playful” manner or may also try to have sex with partner when partner is sleeping, tired or ill.

**VERBAL ABUSE:** In addition to saying things that are meant to be cruel, the abuser will minimize or degrade the victim with the intent to make the victim believe that they are worthless.

**DR. JEKYLL AND MR. HYDE:** Many victims are confused at their batter’s sudden mood changes to the point that they may think there is a serious mental problem. Behaviors and moods change suddenly and to opposite extremes.

**\*\*PAST BATTERING:** A person who has battered in the past is usually a batterer all of their lives unless there is effective counseling intervention. Battering is a learned behavior and can only be changed by learning new behaviors.

**\*\*THREATS OF VIOLENCE:** This could include any threat of physical force, such as, “I will kill you” “I will bust your teeth out” etc. Healthy relationships rarely involve threats that are physical.

**\*\*BREAKING OR STRIKING OBJECTS:** This behavior indicates a potential for physically releasing anger and usually used to scare the victim or to destroy victim’s personal belongings.

**\*\*ANY FORCE DURING AN ARGUMENT:** This behavior includes holding a victim down, shoving, kicking, spitting, and grabbing. Battering is not just hitting or slapping another person. It consists of any type of touching in an angry manner.

*Walker, L.D., “Getting a Firm Foundation” Training, 1981*

# Relationship Violence Safety Plan

Please fill this out and “brainstorm” with someone you feel comfortable with in sharing this information. Make sure it is someone who is going to respect your confidentiality. Keep this plan in a safe place; you may also want to give someone you trust a copy.

**SAFETY DURING VIOLENCE:**

- If an argument seems unavoidable, move to a room with easy access to an exit.
- Identify which door, windows, stairwell or elevator offers the quickest way out of your home – and practice your route.
- Find neighbors you can tell about the violence and ask that they call the police if they hear a disturbance.
- Devise a code word to use with your family and friends when you need the police.
- Decide and plan for where you will go if you have to leave home, even if you don’t think you will need to.
- Use your own best instincts and judgment. Think of how best to keep safe until help arrives.
- If the situation is very dangerous, consider giving your abuser what s/he wants to calm him or her down. You have the right to keep yourself safe until you are out of danger.

When an argument erupts, I will move to a safer room such as \_\_\_\_\_.

If I decide to leave, I will \_\_\_\_\_.

To ensure my safety, I will notify \_\_\_\_\_ and have a “code word” set up so that if violence should erupt they will know to call the police.

**SAFETY WHEN GETTING READY TO LEAVE:**

I will leave money and an extra set of keys with \_\_\_\_\_.

I will keep important documents and keys at \_\_\_\_\_.

I will open a savings account by this date \_\_\_\_\_ to ensure I will have the funds to keep me from being financially dependent.

The number for **A BETTER WAY is: 765-747-9107**. I know I have a place to stay that is confidential and free of charge.

The number for **CENTER FOR SURVIVOR SUPPORT is: 765-285-7844**. I know I have someone to talk confidentially with, regarding my situation.

I will check in with \_\_\_\_\_ and \_\_\_\_\_ to know who will let me stay with them or who will lend me money.

Have a bag packed and ready. Keep it hidden but easy to get to – for instance, at the house of a trusted friend, or relative. I can leave extra clothes with \_\_\_\_\_.

I will review my safety plan every \_\_\_\_\_ (time frame) in order to plan the safest route. I will review my plan with \_\_\_\_\_ (a friend, family member, counselor, or advocate).

### **JOB AND SAFETY**

I can tell my boss, security, and \_\_\_\_\_ at work about this situation. If possible, provide a photograph of the abuser to building security.

I can ask \_\_\_\_\_ to help screen my phone calls.

When leaving work, I will do the following to ensure my safety:

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When I am driving home from work and problems arise, I will do the following:

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- I will arrange for someone to escort me to my car or bus and wait with me until I am safely on my way.
- I will alter my usual route, and not shop in the same grocery stores or shopping malls and take alternative routes when driving.
- I will use a different bank and bank at different hours than I did when I was with my partner.
- I will plan what to do in various situations if your abuser confronts you (for example, in your car or on the bus).

### **EMOTIONAL HEALTH**

If I feel depressed and ready to return to a potentially violent situation/partner, I can

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I can tell myself \_\_\_\_\_ when I feel people are trying to control or abuse me.

I can call the following people and/or places for support:

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Things I can do to make me feel stronger:

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**SAFETY AT HOME:**

I can change my locks on my doors as soon as possible. I can check with my landlord to see if it is permissible.

I can install security systems-poles to wedge against doors, electronic sensors, extra lighting.

Tell your neighbors and landlord that your partner no longer lives with you and ask them to call the police if they see that person near you home. Here are people I can tell that my partner should not be around my home, and they should call the police:

Neighbors \_\_\_\_\_  
Friends \_\_\_\_\_  
Others \_\_\_\_\_

**ENFORCING THE ORDER FOR PROTECTION:**

I will keep a copy of the protection order \_\_\_\_\_ to ensure it in a safe place. I will also keep a copy with me at all times.

I will give my protection order to police department in the areas that I visit my friends, family, where I live, and where I work.

If I visit other counties, I will register my protection order with those counties.

I will tell my employer, teacher, church leader, friends, family and other that I have a protection order.

If my protection order gets destroyed, I know I can go to the County Courthouse and get another one.

If my partner violates the protection order, I will call the police and report it. I will call my advocate, counselor, and/ or tell the courts about the violation.

\_\_\_\_\_  
Victim

\_\_\_\_\_  
Offender



**Relationship Violence Incident Log**

*(Make copies of this page and use if for each incident)*

<b>Date:</b>	<b>Time:</b>
<b>Location of Incident:</b>	
<b>Type of Abuse: Physical   Emotional   Sexual</b>	
<b>Description of Incident (who, what, where, when):</b>	
<b>Describe Injuries (if any):</b>	
<b>Duration of Incident:</b>	
<b>Weapons Used (if any):</b>	
<b>Which Police Agency: (BSU, MPD, DCPD):</b>	
<b>Case Report #:</b>	
<b>Officer Name:</b>	
<b>Victim Advocate Name:</b>	

\_\_\_\_\_   
Victim

\_\_\_\_\_   
Offender



Effective 7-1-02, IC 35-33-1-1.5 requires a law enforcement officer responding to the scene of a crime involving domestic or family violence to give the victim immediate and written notice of the following rights provided by law under IC 35-40.

1. **A victim** has the right to be treated with fairness, dignity, and respect throughout the criminal justice process.
2. **A victim** has the right to be informed, upon request, when a person who is accused of committing or convicted of committing a crime perpetrated directly against the victim, is released from custody or has escaped. This includes release or escape from mental health facilities.
3. **A victim** has the right to have the victim's safety considered in determining release from custody of a person accused of committing a crime against the victim.
4. **A victim** has the right to information, upon request, about the disposition of the criminal case involving the victim or the conviction, sentence, and release of a person accused of committing a crime against the victim.
5. **A victim** has the right to be heard at any proceeding involving sentence or a post-conviction release decision. A victim's right to be heard may be exercised, at the victim's discretion, through an oral or written statement, or submission of a statement through audiotape or videotape.
6. **A victim** has the right to make a written or oral statement for use in preparation of the presentence report. The victim also has the right to read presentence reports relating to the crime committed against the victim in order that the victim can respond to the presentence report.
7. **A victim** has the right to confer with a representative of the prosecuting attorney's office after a crime allegedly committed against the victim has been charged; before the trial of a crime allegedly committed against the victim; and before any disposition of a criminal case involving the victim. This right applies in the following situations:
  - The alleged felony was directly committed against the victim.
  - The alleged felony or misdemeanor was an offense against the person, which includes the crimes of Battery, Domestic Battery, Aggravated Battery, Battery by Body Waste, Criminal Recklessness, Intimidation, Harassment, Invasion of Privacy, or Pointing a Firearm, and the alleged felony or misdemeanor was committed against the victim by a person who:
    - a) is or was a spouse of the victim;
    - b) is or was living as if a spouse of the victim;
    - c) or has a child in common with the victim.
  - For other misdemeanors, a victim must file a request for notice, which includes a current telephone number and address.
8. **A victim** has the right to pursue an order of restitution and other civil remedies against the person convicted of a crime against the victim.
9. **A victim** has the right to be informed of the victim's constitutional and statutory rights.