

THE OLIVE BRANCH

Weekly Newsletter
October 26—November 2,

DATING VIOLENCE 101

*All information taken from
Breakthecycle.org.*

What is Dating Violence?

Dating violence is a pattern of abusive behaviors used to exert power and control over a dating partner.

A Pattern of Behavior

Calling dating violence a pattern doesn't mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time. Here is a model of how it works:

-Honeymoon Stage

The abuser apologizes, trying to make up with his or her partners and to shift the blame for the explosion to someone or something else.

-Tension Building Stage

Things start to get tense between a teen and their dating partner.

-Explosion Stage

There is an outburst of violence that can include intense emotional, verbal, sexual and/or physical abuse.

Every relationships is different, but the one thing that is common to most abusive dating relationships is that the violence escalates over time and becomes more and more dangerous for the victim.

Power and Control

The definition also points out that at the core of dating violence are issues

of power and control. The diagram details how violent words and actions are tools an abusive partner uses to gain and maintain power and control over his or her partner (see page 2).

What is a Partner?

"Partner" might mean different things to different people, particularly across generations. The relationship may be sexual, but it does not have to be. It may be serious or casual, monogamous or not, short-term or long-term. The important thing to remember is that dating violence occurs within an intimate relationship.

What Does Dating Violence Look Like?

Physical abuse: any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon

Emotional abuse: non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking

Sexual abuse: any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control. If you or a loved one is in a violent relationship, please get help.

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CPCS Brown Bag Discussion Series: "Dating Violence Prevention"

12:00-1:00 PM
Presentation by Dr.
Theresa Kruczek at
the Center for
Peace and Conflict
Studies (310 N.
McKinley). Bring
your lunch and be
prepared to listen
and discuss. Bottled
water will be provid-
ed.

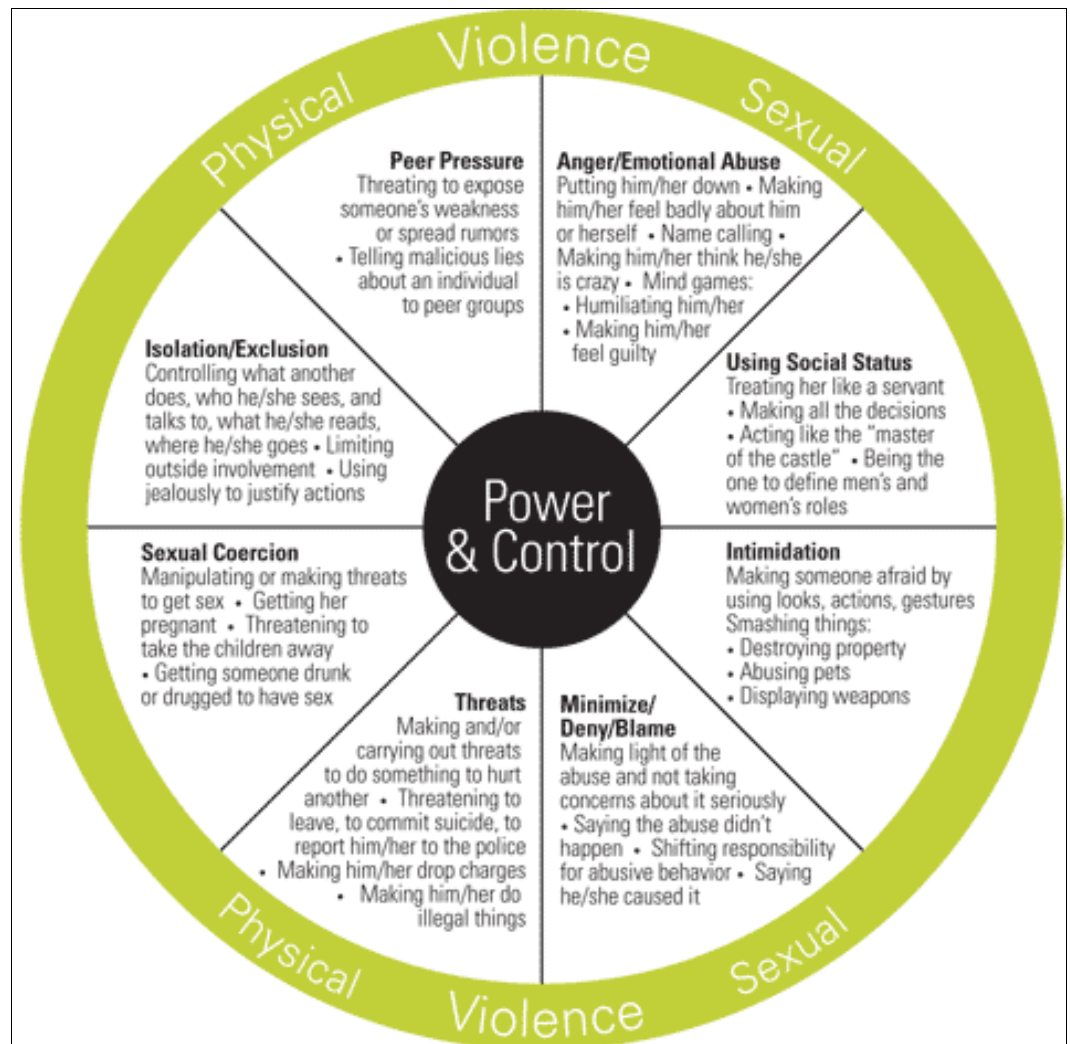
DATING VIOLENCE 101 (CONT)

Ten Warning Signs of Abuse

While there are many warning signs of abuse, here are ten of the most common:

1. Checking your cell phone or email without permission
2. Constant put-downs
3. Extreme jealousy or insecurity
4. Explosive temper
5. Financial control
6. Isolating you from family or friends
7. Mood swings
8. Physically hurting you in any way
9. Possessiveness
10. Telling you what to do

Power and Control Diagram



SCHEDULE OF EVENTS— ON CAMPUS

Wednesday, October 26

- *Amnesty International Meeting:*
4:00 PM in Bracken Library Room #301
- *Continuum Brown Bag Series*
12:00-1:00 PM in Student Center Room #306

Thursday, October 27

- *CPCS Brown Bag Discussion Series: "Dating Violence Prevention"*
12:00-1:00 PM Presentation by Theresa Kruczek, Ph.D. at CPCS(310 N. McKinley)
Bring your lunch and be prepared to listen and discuss. Bottled water will be provided. Dr. Kruczek is an Associate Professor and Director of the Counseling Practicum Clinic in the Department of Counseling Psychology and Guidance Services at Ball State University. She also is on the Advisory Board of the Center for Peace and Conflict Studies.
- *BSU Alive Campaign— 24 Hour Balloon Launch*
Thursday at Noon to Friday at Noon at the Bell Tower: Every 16 minutes the US loses a person to suicide. Each balloon will include the names of people who have committed suicide or have attempted suicide. If you would like to remember someone, please email Tyler Fox at tmfox@bsu.edu with the name of the person, age, hometown, and a little blurb about the person if desired.

Friday, October 28

- *A Conference on Multiple Aspects of Lesbian, Gay, Bisexual, and Transgender (LGBT) Advocacy: Finding the Road in Indiana*
Sponsored by the SAFEZONE Project at Ball State University and Indiana Equality: Check-in and coffee from 8:30-9:30. Conference begins at 9:00 AM in Cardinal Hall in the LA Pittenger Student Center. Registration ends October 19. The Center for Peace and Conflict Studies and many other campus organizations will have a booth at this event.

Monday, October 31

- *OXFAM America Meeting*
5:30 PM in WB 140. For more information, contact oxfambsu@gmail.com.
- *Social Justice League Meeting*
6:00PM at the Center for Peace and Conflict Studies (310 N. McKinley Ave.) For more information, contact SJL@bsu.edu.

Tuesday, November 1

- *Feminists for Action Meeting*
6:00 PM in BB 220. Come have tea, discuss current events, and become an activist for gender equality. Everyone is welcoming, including non-students and community members. For more information, contact feministforaction@gmail.com or ckhurst@bsu.edu.
- *International Ambassadors Club*
7:00PM at the L.A. Pittenger Student Center in Room 306. For more information, contact IAC@bsu.edu.

SCHEDULE OF EVENTS— ON CAMPUS (CONT.)

Tuesday, November 1

- *Free the Slaves Meeting*

9:00PM at Bracken Library in Room 301. For more information, contact Chelsey Outcalt at cloutcalt@bsu.edu.

Wednesday, November 2

- *Amnesty International Meeting*

4:00PM at Bracken Library in Room 311. For more information, contact kylea.wright515@gmail.com.

- *Free Fair Trade Chocolate Fondue Party Sponsored by Free the Slaves*

7PM at the Student Center in Cardinal Hall—Fondue for anyone who attends. Marti Macgibbon, a former stand-up comedian and current activist for human rights, will be the guest speaker. Macgibbon will be sharing her story of her experiences as a former

SCHEDULE OF EVENTS— OFF CAMPUS

Wednesday, October 26

- [Muncie] *Dine for the Dream at Applebee's* (evening) sponsored by MLK Dream Team and Cardinal Communications: When you present the restaurant with a "Dine for the Dream" voucher (included at the end of the newsletter), a portion of the cost of your meal will be donated to the Freedom Bus project. When finished, the Freedom Bus will function as a traveling civil rights exhibit that can be used to help promote Dr. King's dream across the state.
- [Indianapolis] *Indiana State AFL-CIO* asks for your support for a final time at 9 am in the State Senate Chambers when The Indiana General Assembly meets on Interim Committee on Employment, on right to work and banning project labor agreements. It is expected the committee will vote and make its final recommendations to the General Assembly at this hearing.
- [Indianapolis] *The Indiana Utility Regulatory Commission* will begin hearings at 9:30 a.m. in Room 222 of the PNC Center, 101 W. Washington St. on Duke Energy's request to charge its customers \$530 million more to pay for the \$3 billion coal-gasification power plant it is building in Edwardsport. They are expected to continue for at least two weeks and probably longer. If you can show up on any day of the hearings, between 9:00 to 5:00 p.m., you will help send a message that Indiana should stop burning coal and start promoting clean, renewable sources of energy. For more info, visit: hoosier.sierraclub.org

SCHEDULE OF EVENTS— OFF CAMPUS (CONT.)

Thursday, October 27

- [Muncie] *Dine for the Dream at Noodle's and Co.* (evening) sponsored by MLK Dream Team and Cardinal Communications: When you present the restaurant with a "Dine for the Dream" voucher (included at the end of the newsletter), a portion of the cost of your meal will be donated to the Freedom Bus project. When finished, the Freedom Bus will function as a traveling civil rights exhibit that can be used to help promote Dr. King's dream across the state.
- [Indianapolis] *Christians for Peace & Justice in the Middle East* will meet at 6:00 pm at the home of Dottie Gerner. Bring a sandwich. For more info or directions, phone Dottie Gerner at 283-7175.
- [Indianapolis] *The Food Stamp Challenge Kick-Off* will begin at 7 pm in the Krannert Room at the Interchurch Center, 1100 W. 42, with a screening of the film "Food Stamped." For more info about the conference, email Charlie at charlie@centerforinterfaithcooperation.org

Friday, October 28

- [Indianapolis] *Muslim Alliance of Indiana is hosting its annual Interfaith Luncheon* on at the Hilton Hotel downtown, Ohio and Meridian from 12:00 noon to 1:30 pm. For more info, email Shariq Siddiqui at siddiquisa@gmail.com.
- [Indianapolis] *The weekly vigil protesting warfare* will take place, 4:30-5:30 pm, in front of the Federal Building, North and Pennsylvania sponsored by the Indianapolis Peace and Justice Center. Bring an appropriate sign or have one provided. For more info, phone Gilbert Kuhn at 926-3068 or email Ron Haldeman at ronjane@igc.org

Saturday, October 29

- [Nashville] There will be a Peace Vigil on the theme "War Is Not The Answer!" at 6 pm at Brown County Courthouse, Main and Van Buren Streets sponsored by Women's International League for Peace and Freedom (Brown County branch). For more info, contact Tom Hougham at 878-4210 or annntom@hotmail.com.

Tuesday, November 1 through Thursday November 3

- [Muncie] *Dine for the Dream at Chili's* (all day) sponsored by MLK Dream Team and Cardinal Communications: When you present the restaurant with a "Dine for the Dream" voucher (included at the end of the newsletter), a portion of the cost of your meal will be donated to the Freedom Bus project. When finished, the Freedom Bus will function as a traveling civil rights exhibit that can be used to help promote Dr. King's dream across the state.

UPCOMING EVENTS

ON-CAMPUS

- November 8: Continuum Monthly Meeting 4:00-5:00 in Student Center Room # 303
- November 9: Falling Whistles at Emens Auditorium 7:00-10:00 PM. Come out and hear the founder of Falling Whistles speak. This is a FREE event and open to everyone, not just students! Through: COMM CLUB Sponsored by: SGA, WLBC 104.1, Cool Cayenne, Ball State Federal Credit Union. Twitter : #1000whistles. Falling Whistles gives a small window into our world's largest war. Originally just a journal written about boys sent to the frontlines of war armed with only a whistle, readers forwarded it with the same kind of urgency in which it was written and demanded to know – what can we do? The Falling Whistles campaign launched with a simple response – make their weapon your voice and be a whistleblower for peace in Congo. Read the story and buy the whistle. Together we partner with local leaders to advocate and rehabilitate for those affected by war. Share their story and speak up for them. Together, we'll become the voice of a growing coalition for peace in the Democratic Republic of Congo. For more info, visit www.fallingwhistles.com.
- November 15: A documentary called "Invisible Children– The Rescue" will be shown from 7:00-10:00PM in the Student Center Ballroom. There will be a guest speaker, merchandise, and on-campus organizations.

SPREAD THE WORD!

- **ID 301: Introduction to Peace Studies and Conflict Resolution will be offered again in the Spring of 2012! The class will cover the "methods of achieving peace within communities and among nations; history of peace movements and the causes of conflict; and analysis of principles to resolve conflict using case studies." More course information is listed below. For additional information, please contact Gerry Waite (gwaite@bsu.edu), Research Fellow, BSU Center for Peace and Conflict Studies.**

Course #65270 001 3 TR 0930 – 1045

DISCLAIMER: The events described in this newsletter do not necessarily reflect the views of the Center for Peace and Conflict Studies.

If you would like for your events to be included in this newsletter, please contact Lacey Lord at lglord@bsu.edu.

Eatin' Here is *Good* for the Neighborhood!



**Present this flyer to your server on Wednesday October 26
From 4pm until 9 pm**

**1423 W, McGalliard
Muncie, IN
(765) 284-7008**

and Applebee's will donate 15% of your purchase* to:

**Martin Luther King
DREAM TEAM**

*Tax & Tip not included. Not valid with other discounts or promotions. Must present flyer at time of visit. Flyers are not to be distributed in the restaurant or within perimeter of the parking lot. Dining to Donate Nights are limited to Tuesday & Wednesday and subject to availability. Applebee's reserves the right to accept or reject requests from organizations at its own discretion.



SUPPORT MARTIN LUTHER KING DREAM TEAM



JOIN US
THURSDAY | OCTOBER 27TH
11AM - 5PM

25% of sales will benefit
this organization in our community.

Proceeds will help the Martin Luther King Dream Team fund for
their diversity programs, scholarships, and the Freedom Bowl.

McGalliard & Wheeling | 705.288.9900

2000 W. 11th Street • Wheeling, IL 60090
Martin Luther King Dream Team

We proudly support local organizations





Pepper Partner Program

Bring this voucher when you visit (Dine In or To Go) the **Chili's** location identified below and 10% of your purchase (excluding taxes) will benefit:

MARTIN LUTHER KING DREAM DANCE

Group/Charity

NOVEMBER 1ST – 3RD

Event/Exp. Date

One coupon per person, per visit at participating Chili's restaurants only. Cannot be combined with any other offer. Offer ends per expiration date above.

809 W. McGalliard, Muncie 765-287-8741

Chili's Location/Telephone

#99999000001915