



Relationships Shouldn't Hurt

Relationship violence is a pattern of hurtful behaviors such as physical, sexual, and psychological threats and attacks, as well as financial control, that individuals use against their intimate partners.

UHS screens for relationship violence in an effort to link students with resources and to comply with the law. If you wish to discuss any concerns, please speak with a clinician or contact one of the resources listed on this sheet. If this information applies to someone you know, please use these resources to help.

Signs of an Unhealthy Relationship

- Your partner resents when you spend time with others.
- You are afraid when your partner becomes angry.
- Your partner has physically hurt or threatened you.
- You are afraid to end the relationship.
- You've done things you didn't want to do to keep your partner from getting angry.
- Your partner's behavior becomes violent when drinking or using drugs.
- Your partner disrespects your feelings/beliefs, or ridicules or humiliates you.

Violence Survival Tips

- Know where to get help. Keep phone numbers with you.
- Tell someone you trust. If you need to get away in a hurry, they can help.
- Keep a spare set of keys, clothes, paperwork, meds, and money in a safe place.
- Save evidence of physical abuse such as ripped clothes or photos of injuries.
- Use the resources on this sheet to get medical care, counseling, and assistance.

Reduce Your Risk

- Know that you deserve and can have supportive, mutually respectful relationships.
- Trust your instincts. If you have concerns about a relationship, take a while to get to know the person before you spend time alone. *Continued on back...*

- Communicate your expectations. Make it clear that violent behavior is not okay.

Campus Resources

- **Path to Care Center**

- Confidential Survivor Advocates. (510) 642-1988.

Affirming, empowering, and confidential support for people who've experienced sexual harassment, emotional abuse, dating and intimate partner violence, sexual assault, stalking, and sexual exploitation. Confidential survivor advocates bring a non-judgmental, caring approach to exploring all options, rights, and resources.

- Prevention Services

Workshops, trainings, campus campaigns, and consultations provided by staff and student educators. Topics include healthy relationships, communicating consent, being an active bystander, transforming campus culture, and addressing violence and harm in our community.

- **University Health Services**

- Urgent Care. (510) 642-3188.

- Medical Appointments. (510) 642-2200.

- Counseling and Psychological Services. (510) 642-9494.

- Social Services. (510) 642-6074

- Employee Assistance for Faculty/Staff. (510) 643-7754

- **Gender Equity Resource Center.** (510) 642-4786

- **UC Berkeley Police.** (510) 642-6760

- **Student Legal Center.** (510) 642-4980

Community Resources

- **Bay Area Women Against Rape.** (510) 845-RAPE

- **Alameda County Family Justice Center.** (510) 267-8800

- **Community United Against Violence.** (LGBTQ+ focus) (510) 333-4357

- **Family Violence Law Center.** (510) 208-0255

- **City of Berkeley Police.** (510) 981-5900

- **A Safe Place (Shelter).** (510) 536-7233

- **Asian Women's Shelter.** (510) 751-0880

- **Shimtuh Korean Domestic Violence Program.** (510) 547-2662

- **Narika (Serves South Asian women).** (510) 215-7308