

Relationships Shouldn't Hurt

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

University Health Services 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, speak with a clinician, or contact one of the resources listed on the back. If this information applies to someone you know, please use these resources to help.

SIGNS OF AN UNHEALTHY RELATIONSHIP

- Your partner resents it 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 or beliefs, or ridicules or humiliates you.

Abuse can be physical, verbal, sexual, emotional, and financial.

VIOLENCE SURVIVAL TIPS

- Know where to get help; keep phone numbers with you.
- Tell someone you trust what is happening to you. If you need to get away in a hurry, they can help.
- Keep a spare set of keys, clothes, important papers, medications, and money in a safe place.
- Save evidence of physical abuse, such as ripped clothes or photos of injuries.
- Use the resources listed below to get medical care, counseling, and other assistance.

REDUCE YOUR RISK

- Know that you deserve and can have supportive and 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.
- Communicate your expectations. Make it clear that violent behavior is not okay in your relationship.

CAMPUS RESOURCES

- **Confidential Survivor Advocate (510) 642-1988**
Affirming, empowering, and confidential support for those that have experienced gendered violence, including: sexual harassment, emotional abuse, dating and intimate partner violence, sexual assault, stalking, and sexual exploitation. Advocates bring a non-judgmental, caring approach to exploring all options, rights, and resources.
- **Tang Center: Counseling, referrals and information**
Social Services (510) 642-6074
Counseling and Psychological Services (510) 642-9494
Health Promotion (510) 642-7202
Employee Assistance for Faculty and Staff (510) 643-7754

- **Medical care for Berkeley students**
Urgent Care Clinic (510) 642-3188
Medical Appointments (510) 642-2000
- **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 (LGBTQQ 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

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