

# HOW DO I SPOT IT?

Dating and Domestic Violence situations often begin with concerning behaviors that may not include physical abuse. Even when physical harm is present, it can sometimes be difficult to recognize.

In these situations, it's important to identify early warning signs such as when an individual is subjected to:



**Constant monitoring** including demands to know their whereabouts and non-consensual location tracking.



**Verbal and emotional abuse** such as regular insults, belittling, or name-calling that damages their self-esteem and confidence.



**Blame** and being made to feel responsible for abuse or problems in the relationship.



**Isolation** including discouraging them from seeing friends or family and spending all their time with their partner.



**Threats and intimidation** meant to control the individual's behavior.



**Financial control** such that they have little or no access to their finances.



**Extreme jealousy** including possessive behavior or unwarranted accusations of unfaithfulness.

# WHAT RESOURCES ARE AVAILABLE?

**Confidential Resources** are not required to report incidents of dating or domestic violence (or other forms of sexual harassment) unless there is an imminent danger to the individual or others.

- University Counseling Center  
ucc.nd.edu | (574) 631-7336
- Vowed Religious Staff of Campus Ministry \*  
campusministry.nd.edu | (574) 631-7800  
\*Staff who are not vowed religious are considered non-confidential resources.
- National Domestic Violence Hotline  
victimconnect.org | (855) 484-2846
- Family Justice Center of St. Joseph County  
fjcsjc.org | (574) 234-6900

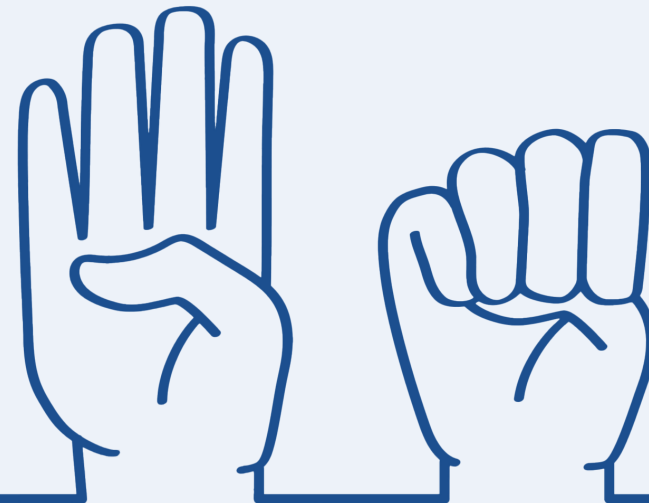
**Non-Confidential Resources** must disclose concerns about possible dating or domestic violence (and other forms of sexual harassment) to the Office of Institutional Equity.

- Office of Institutional Equity  
speakup.nd.edu | (574) 631-0444
- Notre Dame Police Department  
police.nd.edu | (574) 631-5555
- Care and Wellness Consultants  
supportandcare.nd.edu
- Hall Staff (Rectors, ARs, RAs)
- All other University staff and faculty members



# DATING AND DOMESTIC VIOLENCE

## HOW TO EFFECTIVELY PROVIDE SUPPORT



# WHAT IS DOMESTIC VIOLENCE?

University policy defines Domestic Violence as physical violence, or the threat of physical violence, committed by a current or former Domestic Partner (e.g., spouse or intimate partner, co-parent of a child, a person lives or lived with the individual as a spouse or intimate partner, or a person similarly situated to a spouse).

It also includes a pattern of coercive behavior used to gain or maintain power or control over a Domestic Partner, including, but not limited to, verbal, psychological, economic, or technological abuse.

# HOW DOES DATING VIOLENCE DIFFER?

The difference has to do with the relationship context. Domestic Violence occurs between Domestic Partners whereas Dating Violence could occur between any two people in a romantic or intimate relationship.

Find more information by reviewing the University's Discriminatory Harassment, Sexual Harassment, and Other Sex-Based Misconduct Policy at [equity.nd.edu](https://equity.nd.edu).

# WHAT DO I SAY?

When someone opens up about Dating or Domestic Violence, it's essential to remain calm, nonjudgmental, and patient.

Providing a safe, empathetic space for them to share their experience will help them feel heard and less isolated. Remind them that the abuse is not their fault to help counteract any guilt or self-blame they may feel.

Maintaining their autonomy is crucial—avoid telling them what to do or pressuring them to take a certain action. Instead, focus on empowering them to make their own decisions, as this helps them regain a sense of control over their situation.

*What can I do to support you?*

*I'm sorry this is happening.*

*I'm here for you. I believe you.*

*I'm concerned for your safety.*

# WHAT DO I DO AFTER THE CONVERSATION?

Remember, it's crucial to let the person make their own decisions about how to handle the situation. Avoid pressuring them to take action or leave their partner before they feel ready, as this could diminish their sense of control.

Continue offering thoughtful and compassionate support, while respecting their need for space to process their situation. Even if they aren't ready to leave, regular communication reminds them they have someone they can rely on when needed.



If they're ready, help them make a **safety plan**. Identify a safe place for them to go, gather important documents, and keep emergency contacts on hand.



Share information about resources and services, but let them decide when or if to use it. Sometimes, just knowing what type of help is available can be empowering.

## Know the Hand Signal

If someone shows an open palm, tucks their thumb, and closes their fingers, they may be signaling for help. This gesture is a discreet way to indicate distress or abuse. Respond cautiously and prioritize safety.

