

ARE YOU OR SOMEONE YOU KNOW IN AN ABUSIVE RELATIONSHIP OR SITUATION?

SIGNS OF AN ABUSIVE RELATION

Although each situation is different, some warning signs of an abusive partner are:

- You feel afraid of your partner much of the time.
- You avoid certain topics out of fear of angering your partner.
- Your partner humiliates or yells at you.
- Your partner treats you so badly you are embarrassed in front of family and friends.
- Your partner ignores or belittles your opinions or accomplishments.
- Your partner blames you for their abusive behavior.
- Your partner acts excessively jealous or possessive.
- Your partner has a bad or unpredictable temper.
- Your partner threatens to hurt you or kill you.
- Your partner threatens to harm themselves if you end the relationship.
- Your partner pressures or forces you to have sex.
- Your partner constantly checks up on you or interrogates you about your time.
- Your partner forbids you to associate with family members or friends.
- Your partner destroys your property.
- Your partner grabs you, pushes you, blocks your path when you attempt to leave.



DOMESTIC VIOLENCE DEFINED

Domestic violence, also known as” intimate partner violence” or “dating violence”, is a pattern of chronic behavior that is used by one person to gain control over another. It may include the use of physical and sexual violence, verbal and emotional abuse, stalking and economic abuse. Sexual, emotional and psychological intimidation may also occur.



HOW CAN THIS BE HAPPENING TO ME?

Relationship violence escalates over time and is NOT limited to any ethnic, racial, or religious group, economic or social class, sexual orientation, or age group.



WHAT CAN YOU DO?

If you are in immediate danger call **911** immediately.

If you are a student or employee (male or female) at Alabama A&M University and the victim of relationship violence, you can report it to the campus police anytime by calling **(256) 372-5555**, AAMU Title IX Coordinator **(256)-372-5836** or contact the Huntsville Police Department at **(256) 722-7100**.

If you are not sure if you are in an abusive relationship but would like to discuss your relationship or partner, confidential help is also available:

AAMU Counseling & Health Services
(256) 372-5601
 North Alabama Crisis Services
(256) 716-1000 ♦ (256) 800-691-8426
 Hunters Hotline
(256) 297-1707

Domestic Violence Protection Order

Any person over the age of 18 years old experiencing domestic violence who resides in the United States can petition for a protection order from further abuse. Once issued, this order is enforceable in all U.S. states and territories.

STALKING DEFINED

Stalking occurs when a person intentionally and repeatedly follows, harasses, telephones or initiates communication, verbally, electronically, or otherwise, with another person, causing such person to reasonably fear for his/her safety or harm to his/her mental or emotional health.



WHAT CAN YOU DO?

- Remember you are not to blame for your stalker's behavior!
- If you are in immediate danger call 911.
- You can contact the AAMU Police Department 24/7 at (256) 372-5555.
- You can contact the Huntsville Police Department at (256) 722-7100.
- Trust your instincts. Don't downplay the danger. If you feel unsafe, you probably are.
- Take all threats seriously.
- Develop a safety plan and share it with your family, friends, roommates and co-workers.
- Keep evidence of the stalking-write down dates, times and places, keep emails, phone messages, letters, or notes, etc.
- Talk to someone confidentially regarding your options:

AAMU Counseling & Health Center

(256) 372-5601

North Alabama Crisis Services

(256) 716-1000

Hunters Hotline

(256) 297-1701



ARE YOU BEING STALKED?

Some things stalkers do: (from NCVC)

- Repeatedly calling you, including hang-ups.
- Follow you and show up wherever you are.
- Send unwanted gifts, letters, texts, or emails.
- Damage your home, car, or other property.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or GPS to track where you go.
- Drive by or hang out at your home, school, or work.
- Threaten to harm you, your family, or pets.
- Other actions that control, track, or frighten you.

ALABAMA A&M UNIVERSITY DEPARTMENT OF PUBLIC SAFETY

4900 MERIDIAN ST ♦ P.O. BOX 264 NORMAL, AL 35762

256-372-5555 ♦ 256-372-8336 FAX

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