

# What is Emotional Control and Dating Violence?

**Dating violence often begins with a pattern of using emotional manipulation to control a romantic or intimate partner.** It is a pattern of abusive, aggressive, and controlling behavior used to gain power over another person. It affects individuals regardless of gender or sexual orientation. Dating violence includes any form of verbal, emotional, physical, psychological, or sexual abuse. Any combination of these tactics may be used by the aggressor to gain power and control over an intimate partner. It often begins with signs of emotional control.

**The Division of Law Enforcement & Safety** provides reasonable, fair, and compassionate assistance to victims and witnesses of crime.

The Division is committed to the development, implementation, and maintenance of programs and activities that provide appropriate assistance to victims/witnesses.

## **Law Enforcement Victim Advocate Services Include:**

- Assistance with Restraining Orders and Orders of Protection (Civil)
- Housing Assistance
- Class Assistance
- Parking Assistance
- No Contact (USC Student Conduct)
- Court Preparation/Appearances (To include the Bond Hearing)
- SOVA Assistance
- Safety Plans
- Referrals

## **Rave Guardian Safety App**

**Download our free mobile app that turns your cell phone into a personalized protection network, connecting with University Police during an emergency and giving us important information we need instantly.**

[les.sc.edu/RaveSafetyApp](http://les.sc.edu/RaveSafetyApp)



## **Victim Services Division of Law Enforcement and Safety**

1415 Henderson Street  
(1600 Hampton Street Annex)  
Columbia, SC 29208

24 hour phone number: **803-777-4215**  
Emergency: **911**

[les.sc.edu](http://les.sc.edu)

University of South Carolina  
**Division of Law Enforcement and Safety**

# **Emotional Control and Dating Violence: Know the Signs**



## Know the facts

Intimate partner violence among college students is more common on college campuses than you might think.

# 21%

of college students (one in five) report they have experienced dating violence by a current partner.

# 32%

report dating violence by a previous partner.

# 60%

of acquaintance rapes on college campuses occur in casual or steady dating relationships.

## Do you see these signs in your relationship?

Sometimes the excitement of being in a relationship can keep you from seeing the warning signs of an abusive or controlling partner. If any of these raise a red flag for you, speak up - help is available.

### Does your partner:

- Look at you or act in ways that scare you?
- Act jealous or possessive?
- Put you down or criticize you?
- Try to control where you go, what you do, or what you wear?
- Text you excessively?
- Blame you for the hurtful things they say or do?
- Threaten to kill or hurt you if you leave them?
- Try to stop you from seeing or talking to friends and family?
- Do they hit, slap, push or kick you?
- Threaten to kill themselves?
- Monitor your email or profile on social networking sites, or get upset at things that other people post to your sites?
- Feel that they have a right to know where you are most of the time?
- Ask you to change your clothes or style of dress?
- Get in your face, or otherwise invade your personal space during a disagreement?
- Coerce, manipulate, or force you into sexual acts that you are uncomfortable with or have refused?
- Restrain you to keep you from leaving a space?
- Attempt to degrade or humiliate you in front of others?
- Act in any way that makes you feel that you are being controlled, manipulated, or harmed?
- **Your gut can be your best defense - if something doesn't feel right, it probably isn't.**

## Is your friend in an abusive relationship?

Here are ten warning signs that your friend may be in an abusive relationship.

### Does their partner:

- Call them names or put them down in front of others?
- Act extremely jealous when they talk to the opposite sex (or same sex, depending on their orientation), even when it is innocent or platonic?
- Always check up on them and demand to know who they have been with and where they have been?
- Lose their temper frequently and maybe even hit and/or break things?

### Does your friend:

- Apologize for their partner frequently and make excuses for their behavior?
- Cancel plans at the last minute often and for reasons that sound untrue?
- Seem worried about upsetting their partner or making them angry?
- Give up on things that used to be important to them, such as spending time with friends and family, and is becoming more isolated?
- Appear to be losing weight, or seem to be having a dramatic change in grades or appearance (these could be signs of depression, which could indicate abuse)?
- Have injuries that they can't explain, or give an explanation for their injuries that doesn't make sense?

## Speak Up!



If you recognize yourself or a friend in any of these scenarios, speak up and get the help you need. Call the 24-hour number at 803.777.4215.

- Email [victimhelp@sc.edu](mailto:victimhelp@sc.edu) for guidance and support.
- Learn more about dating violence online at [www.ncvc.org](http://www.ncvc.org).
- Find more helpful resources online at [www.sc.edu/victimrights](http://www.sc.edu/victimrights).

## Get Support!

Individual and group counseling services are available to all USC students. Crisis intervention and walk-in appointments are available, too.

Call 777.5223 or visit the Close/Hipp Building, fifth floor, located at 1705 College Street.

If you ever feel that you are in danger or at risk of harming yourself or someone else, call 911 immediately.