



a health & wellness
newsletter

Dear John

Dear John:

*I think my friend
may be in an
abusive
relationship.
What can I do
to help her?*

Answer:

Dating violence isn't an argument every once in a while, or a bad mood after a bad day. Dating violence (or relationship abuse) is a **pattern of violent behaviors** that someone uses against a significant other.

If you believe your friend is in an abusive relationship, it is important to tell someone immediately, such as your RA, MBC 101 advisor, or other trusted adult on campus.

Relationship abuse can happen to anyone, at any age, no matter what race, religion, or economic background. It also occurs in same-sex relationships. Relationship abuse can cause injury and even death, but it doesn't have to be physical. It can include **verbal and emotional abuse—constant insults, isolation from friends and family, name calling, controlling what someone wears—and it can also include sexual abuse.**

If you believe your friend is in danger, you might not see dramatic warning signs like black eyes and broken bones. So how can you tell for sure? For one thing, listen to your instincts. You probably wouldn't be worried without good reason. Here are some signs to look for that might mean your friend is in trouble and needs your help:

1. When your friend and her boyfriend are together, he calls her names or puts her down in front of other people.
2. Her boyfriend acts extremely jealous when she talks to other guys, even when it is completely innocent.
3. She apologizes for her boyfriend's behavior and makes excuses for him.
4. She frequently cancels plans at the last minute, for reasons that sound untrue.
5. Her boyfriend is always checking up on her, calling or paging her, and demanding to know where she has been and who she has been with.
6. You've seen her boyfriend lose his temper, or maybe even break or hit things when he's mad.
7. She seems worried about upsetting him or making him angry.
8. She is giving up things that used to be important to her, such as spending time with friends, and is becoming more and more isolated.
9. Her weight, appearance or grades have changed dramatically. These could be signs of depression, which could indicate abuse.
10. She has injuries she can't explain, or the explanations she gives don't make sense.



For more information about relationship abuse, visit LoveIsRespect.org or call the National Teen Dating Abuse Helpline at 1-866-331-9474. All calls to the NTDAH are confidential, and ensures that information is anonymous.

Hunt Dining Hall Updates:

- Oct. 29: Think Pink Desserts at Lunch
- Oct. 30: Oktoberfest at Dinner
- Oct. 30: A Taste of Carnival (following Dinner)



Leadership Lecture on Election Eve

November 3, 2008
7pm @ Spencer Center
Gamaliel Perruci, dean of the school of leadership at Marietta College and consultant for *U.S. News & World Report's* annual issue on America's top leaders, will speak about leadership.

Halloween Safety Tips:

1. If you're going to be out after dark, carry a flashlight.
2. Never eat anything until you are back on campus and have carefully examined it.
3. Decorate costumes with reflective tape for easier night visibility.



October 2008 Events

October 25: Soccer game v. Peace College, 1pm.

October 25: Fall Visit Day and Global Honors Scholars Visit Day. Prospective Students on Campus.

October 25: BPB Event - Late Night Series. 9pm, Nuthouse.

October 26: Sunday Recital: Jeffrey Brown, piano. 3pm, Francis.

October 28: Diversity Career Day. 10am - 3pm, John Paul Jones Arena, Charlottesville. See Career Services for more information.

October 29: Senior Transitions Program: Interviewing. 1 - 1:50pm, Sena Center.

October 29: International Café: Mapping Issues Around the Globe. "What You Need to Know About Human Trafficking." 12 - 1pm, Spencer Center.

October 29: Community Service Speaker Series. 1-1:50pm, Miller Chapel. Reps from Habitat for Humanity and the Valley Program on Aging Services.

October 29: Foreign Language Conversation Hour: Japanese. 3 - 4pm, Spencer Center.

October 29: Doenges Lecture: Poet Cornelius Eady. 7:30pm, Francis.

October 30: Foreign Language Conversation Hour: Arabic. 3 - 4pm, Spencer Center.

October 30: BPB Event - Murder Mystery Dinner & Dessert. 5 - 7pm, Hunt Dining Hall.

November 1: BPB Event - Late Night Series. 9pm, Nuthouse.

November 3: Foreign Language Conversation Hour: Spanish. 3 - 4pm, Spencer Center.