What should I do?

If your partner is abusive:
• Think about counseling, or at least speaking to someone you trust, to help you figure out what to do
• Consider ending the relationship; get help safety planning if needed

If your friend is being abused:
• Be clear that you know and are concerned. Don’t ignore the abuse
• Don’t judge or tell your friend what to do—they know what’s safest
• Understand that even if they end the relationship, they may go back
• Encourage them to get help

If your own behavior is abusive:
• Don’t excuse it or shift blame
• Identify your triggers; take timeouts
• Get help—counseling can make a difference

Where can I get help?
ON CAMPUS
Counseling Center (confidential)
215.895.1415
counseling@drexel.edu
drexel.edu/counselingandhealth

Office of Equality & Diversity (private)
215.895.1403
titleix@drexel.edu
drexel.edu/titleix

OFF CAMPUS
Women Against Abuse (confidential)
Serves all survivors, not only women
Office: 215.386.1280
Hotline: 1.866.723.3014
womenagainstabuse.org

Mazzoni Center (confidential)
LGBTQ Health & Wellness
215.563.0652
mazzonicenter.org

Menergy (confidential)
For abusive partners who want to change
215.242.2235
menergy.org

FOR EMERGENCY REPORTS
911 for the Philadelphia Police
215.895.2222 for Public Safety
drexel.edu/publicsafety

Drexel has a zero-tolerance policy for sexual or gender-based misconduct, including intimate partner violence.
What does a healthy relationship feel like?

- You go slow and take time to get to know each other
- You’re comfortable being yourself and feel accepted
- You each have your own opinions, friends, and interests
- You don’t experience
  - everything happening too fast
  - extreme jealousy and drama
  - feelings of isolation, “us against the world”
- Your partner enhances your life without taking over it

How do I know if I’m in a healthy relationship?

It can be hard to know if your relationship is unhealthy, or just experiencing regular ups and downs.

If you’re not sure, consider the healthy relationships checklist:

What if someone tells me they’re concerned?

This can be hard to hear, but is from a place of caring. If the University learns of intimate partner violence, they will reach out to offer resources & options.

The healthy relationship checklist:

I can confidently say that my partner:

✓ Listens to me.
✓ Does nice things for me.
✓ Believes in me.
✓ Can talk about feeling angry.
✓ Says it’s ok to not always agree.
✓ Asks me how I feel.
✓ Likes me the way I am.
✓ Asks me what I think.
✓ Wants me to succeed.
✓ Thinks it’s okay when I spend time with my friends.
✓ Believes me when I say I’m faithful (if monogamous).
✓ Admits mistakes.
✓ Sticks to agreements.
✓ Tells the truth.
✓ Doesn’t tell me I’m crazy or stupid, blame me for everything that goes wrong, or yell at me.
✓ Doesn’t make me do things I don’t want to do.
✓ Treats me with respect.
✓ Supports my decisions.
✓ Resolves conflict without threats or violence.
✓ Is my equal: neither of us is in control.

Am I in an abusive relationship?

Abusive behaviors take many forms. They can include...

Physical

- Throwing objects, punching walls
- Pushing, shoving
- Slapping, hair pulling
- Restraining, punching, kicking
- Strangulation, use of weapon

Verbal / Emotional

- Put downs, name calling
- Shouting, making false accusations
- “Gaslighting,” manipulating
- Making you account for time, texting excessively and requiring immediate response
- Refusing to accept a break up

Sexual

- Unwanted touching or sexual contact
- Pushing to go faster than you want
- Pressure to take nude photos/video
- Threats to share photos/video

via leapsf.org