

How to help a friend who has experienced violence:

• **Validate their feelings**

Let the survivor know that you believe them and that their experience is valid. Use phrases such as:

- "I believe you."
- "It's not your fault."
- "It was brave of you to tell me."

Listen generously

- Remain calm
- Communicate understanding and acceptance
- Counter self-blaming statements; remember that the perpetrator is responsible for the violence, not the survivor

Offer to get help

- Ask: "What can I do to help?"
- Empower the survivor's decision making process
- Offer to go with the survivor to get help

Want more advice and support?

Visit the campus advocate to help process what your friend is going through and talk through your options.

Numbers to Know:

In the case of an emergency, call 911

Lincoln Police Non-Emergency: 402-441-6000
Campus Security: 402-432-9238
Res. Ed. Coordinator on Call: 402-601-2114
Voices of Hope 24/7 Crisis Line: 402-475-7273

Voices of Hope

2545 N Street
Lincoln, NE 68510
Office number: 402-476-2110

CRISIS LINE: 402-475-7273

- 24 hours/day, 7 days per week
- Trained staff & volunteers available to provide support and review options

WALK-IN SERVICES

- M/T/TR/F: 9 AM - 4 PM
- W: 9 AM - 7 PM
- Individual crisis counseling, safety planning, & assistance with protection orders
- Help with basic needs
- Provide referrals

ENHANCED ADVOCACY

- Advocates who are specially trained to respond to hospital & law enforcement calls and can stay through hospital exams
- Court accompaniment
- Can accompany victim during police interviews and inform victims of rights
- Available 24 hours/day, 7 days/week

CRISIS COUNSELING

- Individual and short-term counseling

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SUPPORT

free and confidential

Campus Advocate

Providing services to empower those who have experienced relationship violence, sexual assault, & stalking.





What you should know:

Sexual Violence

Any sexual act that occurs without consent. **Consent** is a freely given, conscious, and enthusiastic yes.

Relationship Violence

Relationship violence is a purposeful pattern of coercive behaviors a person uses to maintain power and control over their partner. This can include physical, emotional, verbal, & sexual abuse.

Stalking

An intentional course of conduct directed at a specific person that is intended to harass or cause fear. This may include repeated visual or physical proximity, nonconsensual communication, and threats.

Warning signs of an abusive relationship

- **Isolation:** your partner keeps you from spending time with friends, family, or interferes with your interests
- **Physical Violence:** hits, punches, kicks, shoves, or restrains you to keep you leaving a room
- **Jealously:** gets mad when you talk to other people
- **Controlling:** insists that you call to "check in" or ask permission to do things
- **Put Downs:** calls you names, humiliates you, or tells you you're not good enough
- **Threats/Blackmail:** threatens to physically harm you, threatens to expose private pictures or information, spreads rumors

In a healthy relationship, your partner supports you, respects your boundaries, gives you the space you need, & always treats you with respect.

How can an advocate help?

- Provide you with information about your options & resources
- Provide support during a student conduct investigation & any contact with law enforcement
- Provide support during a Sexual Assault Nurse Examiner kit
- Listen to your unique needs
- Help you accomplish your goals

As a confidential resource, the campus advocate has no responsibility to take action or report to the university or police.



NWU | Voices of Hope

The campus advocate is here to help all students, including those not enrolled full-time. The campus advocate can also support staff and faculty.

Office Phone: 402-465-2533
advocate@nebrwesleyan.edu

Voices of Hope 24/7: 402-475-7273

Office Hours:
Thursdays from 12:00 PM - 4:00 PM
Counseling Center, 49th St. Building