

Know This: About Healthy, Unhealthy, and Abusive Relationships

The Relationship Spectrum

Love is Respect Foundation, www.loveisrespect.org

All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle. Each individual defines relationships in their own way, but in order for a relationship to be considered healthy, it must include open communication, clearly defined personal boundaries, and trust.

| Relationship Type | Expanded Definition |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Healthy Relationship: | A healthy relationship is one where both partners make decisions together and can openly communicate concerns. They enjoy spending time together, but can be happy when apart. |
| Unhealthy Relationship | An unhealthy relationship is where one or both partners make decisions about the relationship without regard for each other. One person will try to control aspects of the relationship and fail to see how their behavior harms their partner; when confronted about the behavior, the response is usually combative or avoidant. There are feelings of guilt when partners in an unhealthy relationship spend time apart. |
| Abusive Relationship | Abusive relationships are based on one person's intentional and misplaced need to have complete power and control over their partner. One person in the relationship makes all the decisions. Their partner is not able to provide their opinion, and when they do it is met with criticism, insults, jealousy, and physical violence. An abusive person also isolates their partner from friends and family, and makes them fearful about leaving the relationship and/or communicating with others about what is going on. Over time, abusers can manipulate their partner into complete social and financial dependence - making it difficult if not impossible to permanently leave the relationship. |

What is Interpersonal Violence?

World Health Organization, Violence Prevention Alliance:

<https://www.who.int/violenceprevention/approach/definition/en/>

Interpersonal violence refers to threats or acts of physical, sexual, psychological, verbal, financial, and/or legal violence and abuse.

These acts can be committed by any person, and their motivation is to have power and control over another individual.

Interpersonal violence includes, but is not limited to, dating violence, domestic violence, hazing, sexual assault, sexual harassment, sexual exploitation, and stalking. The chart below expands upon some of these forms of interpersonal violence as defined through Texas A&M system policy.

Title IX Definitions

Texas A&M Policy 08.01.01

| Type of Prohibited Conduct | Expanded Definition |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Consent: | <ul style="list-style-type: none">• Clear, voluntary and ongoing agreement to engage in a specific sexual act.• Persons need not verbalize their consent to engage in a sexual act for there to be permission.• Permission to engage in a sexual act may be indicated through physical actions rather than words.• A person who was asleep or mentally or physically incapacitated, either through the effect of drugs or alcohol or for any other reason, or whose agreement was made under duress or by threat, coercion, or force, cannot give consent. |
| Dating Violence: | <ul style="list-style-type: none">• Violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim.• Dating violence includes, but is not limited to, sexual or physical abuse or the threat of such abuse. |
| Domestic Violence: | <ul style="list-style-type: none">• A felony or misdemeanor crime of violence committed by:<ul style="list-style-type: none">(a) a current or former spouse or intimate partner of the victim;(b) a person with whom the victim shares a child in common;(c) a person who is cohabitating with, or has cohabitated with, the victim as a spouse or intimate partner;(d) a person similarly situated to a spouse of the victim under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred; or(e) any other person against an adult or youth victim who is protected from that person's acts under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred, |

| | |
|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Hostile Environment Harassment:</p> | <ul style="list-style-type: none"> ● A situation in which there is harassing conduct based on a legally protected class that is severe, persistent, or pervasive enough to create a work, educational, or campus living environment that a reasonable person would consider intimidating or abusive. ● The determination of whether an environment is “hostile” must be based on all of the circumstances, which may include the frequency of the conduct, the nature and severity of the conduct, whether the conduct was physically threatening or humiliating, and the mental or emotional effect of the conduct on the individual(s) subjected to the alleged harassment. |
| <p>Quid Pro Quo Sexual Harassment:</p> | <ul style="list-style-type: none"> ● “This” for “that”; i.e., unwelcome sexual advances, requests for sexual favors or other verbal, nonverbal or physical conduct of a sexual nature, the submission to or rejection of which may result in an adverse educational or employment action. |
| <p>Sexual Assault:</p> | <ul style="list-style-type: none"> ● Any sexual act directed against another person, without the consent of the victim, including instances where the victim is incapable of giving consent, including acts of rape, fondling, statutory rape, and incest. |
| <p>Sexual Exploitation:</p> | <ul style="list-style-type: none"> ● A situation in which an individual(s) takes non-consensual or abusive sexual advantage of another for his or her own advantage or benefit, or to benefit or advantage anyone other than the one being exploited. ● For example, sexual exploitation could include such actions as secretly videotaping sexual activity, voyeurism, sexually-based stalking, invasion of sexual privacy, exposing one’s genitals or causing another to expose one’s genitals, and knowingly transmitting a sexually transmitted infection to another person. |
| <p>Stalking:</p> | <ul style="list-style-type: none"> ● Engaging in a course of conduct (at least two separate actions) directed at a specific person that would cause a reasonable person to: <ul style="list-style-type: none"> (a) fear for the person's safety or the safety of others; or (b) suffer substantial emotional distress. |



Step In. Stand Up. has been created to bring awareness to our community and encourage others to share our message. Aggies step in as active bystanders to prevent sexual harassment and sexual violence and stand up to support survivors. It creates opportunities to change the culture, the perception and the conversation.



Green Dot bystander intervention training provides Aggies with the skills and knowledge to (1) identify when acts of power-based personal violence are occurring, and (2) intervene appropriately and safely during high-risk situations. Aggies depart the Training with an understanding of how to be more proactive in helping to keep our campus and community safe.

Green Dot offers 3.5-hour trainings or 60-minute overviews for student groups upon request. We will send a facilitator to your organization to conduct a training or overview. **You can find more information at <http://greendot.tamu.edu>**



STAND Up is designed to teach students how to have positive and helpful conversations with individuals who have been involved in a traumatic event. The training provides information about sexual assault, dating violence, domestic violence, and stalking; social perspectives on trauma; the impacts of trauma on the brain; listening techniques; tools for mandated reporters; and campus and community resources. Participants of this workshop will join all of us at Texas A&M University in our efforts to STAND Up for those who are impacted by these issues.

STAND Up offers 3-hour trainings for student groups upon request. We will send a facilitator to your organization to conduct the training. **You can find more information at <https://studentlife.tamu.edu/standup/>**

Resources (*Confidential Resources are italicized*)

Reporting

| Name | Phone | Address | Website |
|------------------------------------------------------|--------------|-------------------------------------|-----------------------|
| Department of Civil Rights and Equity Investigations | 979-458-8407 | Medical Sciences Library, Suite 007 | urc.tamu.edu/title-ix |

Counseling

| Name | Phone | Address | Website |
|-------------------------------------|--------------|-------------------------------------------|-------------------|
| <i>Office of Student Counseling</i> | 409-740-4736 | Seibel Student Services Center, Suite 104 | tamug.edu/Counsel |

Medical and Health Services

| Name | Phone | Address | Website |
|-------------------------------------------------------------|--------------|------------------------------------|--------------------------------------------------|
| <i>Student Health Services: UTMB Family Medicine Clinic</i> | 409-772-2166 | 400 Harborside Drive Galveston, TX | tamug.edu/counsel/Resources/Health Services.html |
| <i>UTMB Emergency Room</i> | 911 | 9th Street and Harborside Drive | utmbhealth.com |

Support, Advocacy, and Other Resources

| Name | Phone | Address | Website |
|-------------------------------------------------------|--------------|--------------------------------------------|----------------------|
| <i>CARE Team</i> | | | tamug.edu/care/ |
| Office of Student Diversity Initiatives | 409-740-4836 | Seibel Student Services Center, Suite 102A | tamug.edu/diversity/ |
| <i>Resource and Crisis Center of Galveston County</i> | 888-919-7233 | 1802 Broadway Street, Galveston, TX 77550 | rccgc.org |
| <i>National Sexual Assault Hotline</i> | 800-656-4619 | | online.rainn.org |
| <i>National Domestic Violence Hotline</i> | 800-799-7233 | | thehotline.org |