IT’S ON US WORKSHOP

HOW TO EXIT AN UNHEALTHY RELATIONSHIP SAFELY & AVOID ONGOING MANIPULATION
INTRODUCTIONS
THIS MODULE WAS CREATED WITH YSL BEAUTE CONTINUING THEIR INITIATIVE **ABUSE IS NOT LOVE** TO EDUCATE AND BRING AWARENESS TO IPV.
WORKSHOP AGENDA

• INTRODUCTION
• OVERVIEW OF IT’S ON US
• FACILITATOR’S GUIDE
• WORKSHOP
  o Setting the Scene
  o Potential Emotional Responses
  o Related Theories
  o Examples
  o Activity: Breakup Living Situation
  o How to help a friend
  o Questions
OVERVIEW OF IT’S ON US
S. 47

One Hundred Thirteenth Congress of the United States of America

AT THE FIRST SESSION

Began and held at the City of Washington on Thursday, the third day of January, two thousand and thirteen

An Act


Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,
STARTED IN 2014 BY PRESIDENT OBAMA AND VICE PRESIDENT BIDEN TO RAISE AWARENESS AROUND SEXUAL ASSAULT

OVER 440,000 PEOPLE HAVE TAKEN THE “IT’S ON US” PLEDGE TO COMBAT COLLEGE SEXUAL ASSAULT

500+ STUDENT CHAPTERS HAVE HELD OVER 6,000 EDUCATIONAL AND ORGANIZING EVENTS IN ALL 50 STATES AND WASHINGTON, D.C.

CAMPAIGN ➔ PROGRAM
OVERVIEW OF 2022 EDUCATIONAL PROGRAMMING
OUR VISION

TO CREATE IN-HOUSE PROGRAMMING AND RESOURCES FOR STUDENTS THAT GIVES THEM THE TRAINING AND TOOLS THEY NEED TO END SEXUAL VIOLENCE ON COLLEGE AND UNIVERSITY CAMPUSES.
WORKSHOP
FACILITATOR’S GUIDE
HOW TO EXIT AN UNHEALTHY RELATIONSHIP SAFELY & AVOID ONGOING MANIPULATION
LET'S SET THE SCENE

IT TAKES, ON AVERAGE, SEVEN TIMES FOR SOMEONE TO LEAVE AN ABUSIVE RELATIONSHIP
ESCALATION EFFECT OF THE SIGNS OF ABUSE
• IT TAKES, ON AVERAGE, SEVEN TIMES FOR SOMEONE TO LEAVE AN ABUSIVE RELATIONSHIP

• ESCALATION IS WHEN ABUSE GETS WORSE, EITHER SUDDENLY OR GRADUALLY. ESCALATION CAN BE A TRANSITION FROM ONE TYPE OF ABUSE TO ANOTHER, OR IT CAN BE SIMILAR TYPES OF BEHAVIORS INCREASING IN SEVERITY.

• GRADUAL ESCALATION HAPPENS MORE SLOWLY, AND MIGHT LOOK LIKE INSULTS THAT STEADILY BECOME CRUELER AND MORE HURTFUL

• SUDDEN ESCALATION HAPPENS WHEN ABUSIVE BEHAVIORS QUICKLY BECOME MORE SEVERE, AND MIGHT LOOK LIKE AN EMOTIONALLY ABUSIVE PARTNER TURNING TO PHYSICAL VIOLENCE FOR THE FIRST TIME.

• OVER THE COURSE OF AN ABUSIVE RELATIONSHIP, IT IS COMMON FOR ABUSE TO ESCALATE, AND OFTEN TIMES SURVIVORS FIND THEMSELVES EXPERIENCING SOMETHING THEY NEVER THOUGHT THEIR PARTNER WOULD, OR EVEN COULD, DO.
HEALTHY RELATIONSHIP SPECTRUM

ALL RELATIONSHIPS EXIST ON A SPECTRUM FROM HEALTHY TO ABUSIVE, WITH UNHEALTHY RELATIONSHIPS SOMEWHERE IN THE MIDDLE.

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<td>Respects your decisions and tests</td>
<td>Accepts your friends and family</td>
<td>Trusts you</td>
<td>Is happy when you feel fulfilled</td>
<td>Gets your approval when making plans together</td>
<td>Ignores you on the days when they are angry</td>
<td>Blackmails you if you refuse to do something</td>
<td>Belittles your opinions and projects</td>
<td>Makes fun of you in public</td>
<td>Manipulates you</td>
<td>Is constantly jealous</td>
<td>Controls your outings, clothes, makeup</td>
<td>Goes through your texts, emails, apps</td>
<td>Insists that they need them intimate photos</td>
<td>Isolates you from your family and friends</td>
<td>Calls you crazy when you reproach them</td>
<td>“Gives a lecture” when they are unhappy about something</td>
<td>Pushes, slaps, shakes or bits you</td>
<td>Threatens suicide because of you</td>
<td>Touches you intimately without your consent</td>
<td>Threatens to circulate intimate photos of you</td>
<td>Forces you to watch porn</td>
<td>Forces you to have sex</td>
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ENJOY

Your relationship is healthy when your partner...

WARNING. SAY STOP!

There is violence when your partner...

PROTECT YOURSELF. GET HELP

You are in danger when your partner...
WHEN WE LEAVE A RELATIONSHIP (REGARDLESS OF WHETHER IT WAS A HEALTHY OR TOXIC RELATIONSHIP) WE FEEL POSITIVE, NEGATIVE, OR NEUTRAL FEELINGS. EACH OF THESE AFFECT HOW WE TREAT OURSELVES AND OTHERS DIRECTLY AFTER A BREAKUP.
WHY DO WE FEEL SAD AFTER A BREAKUP?

ATTACHMENT THEORY

ATTACHMENT THEORY DATES BACK TO THE 1950’S. BASED ON THIS THEORY, THERE ARE FOUR ADULT ATTACHMENT STYLES.

PEOPLE WITH INSECURE ATTACHMENT STYLES MIGHT HAVE TO PUT SOME INTENTIONAL EFFORT INTO RESOLVING THEIR ATTACHMENT ISSUES, IN ORDER TO BECOME SECURELY ATTACHED.
NOTE: SADNESS AFTER A BREAKUP CAN BE HEIGHTENED FOR THOSE WHO ARE LEAVING ABUSIVE RELATIONSHIPS. OFTEN AN ABUSER HAS USED MANIPULATION TACTICS TO CREATE FALSE SENSE OF ATTACHMENT THROUGH LIMITED SAFETY OR SECURITY.
# POTENTIAL EMOTIONAL RESPONSES

## POSITIVE
- Independence
- Freedom
- Self-confidence
- Self-discovery
- Relief
- Tranquility
- Security
- Pride
- Fulfillment

## NEUTRAL
- Emotional numbness
- Feelings of neutrality
- Lethargy
- Perceptions of meaninglessness
- Altered perceptions of time
- Unresponsiveness to stimuli
- Avoidance of self-focused attention

## NEGATIVE
- Shock (de-sensitizes a person)
- Sadness
- Fear
- Anger
- Guilt
- Shame
- Nervousness
- Worry
IS THERE A DIFFERENCE BETWEEN FEELING NEUTRAL AND FEELING NUMB?

NUMBNESS DOES ACTUALLY CONTAIN SOME NEGATIVE AFFECT. THEREFORE NUMBNESS IS NOT THE COMPLETE ABSENCE OF EMOTION.
WHAT DO WE KNOW?
RELATED THEORIES
THE NUMBNESS HYPOTHESIS

REJECTION, FOR EXAMPLE, MAY NOT RESULT IN NEGATIVE AFFECT, BUT RATHER CREATE SEVERAL “NONVALENCED*” FEELINGS, INCLUDING FEELING SHOCKED, NEUTRAL, AND NUMB. THESE FEELINGS ARE HYPOTHESES TO LESSEN THE EXTENT TO WHICH PEOPLE RESPOND EMOTIONALLY TO VARIOUS SITUATIONS (EMOTIONAL RESPONSIVENESS).

*NONVALENCE EMOTION DEFINITION: NOT CLEARLY ASSOCIATED WITH EITHER POSITIVE OR NEGATIVE FEELINGS.
WHEN WE FEEL MORE NEGATIVE AND NEUTRAL FEELINGS RATHER THAN POSITIVE FEELINGS, WE CAN GET STUCK TRYING TO GRASP FOR THEM TO AVOID ANY PAIN.
SOCIAL REJECTION THEORY

REJECTION PRODUCES AN INSENSITIVITY TO EMOTION AND PHYSICAL PAIN. WHEN PEOPLE ARE IN A STATE OF NUMBNESS THEY HAVE LESS EMPATHY TOWARDS OTHERS AND THEY CANNOT PREDICT FUTURE EMOTIONAL REACTIONS RELIABLY.
PERSONALITY PATHOLOGY

Refers to enduring patterns of cognition, emotion, and behavior that negatively affect a person's adaptation. In psychiatry and clinical psychology, it is characterized by adaptive inflexibility, vicious cycles of maladaptive behavior, and emotional instability under stress.

People who are abusive or unhealthy will use your emotional responses to control the situation.
REMINDER: 9 SIGNS

Nº1 IGNORING YOU ON DAYS THEY ARE ANGRY
Nº2 BLACKMAILING YOU IF YOU REFUSE TO DO SOMETHING
Nº3 HUMILIATING OR PUTTING YOU DOWN
Nº4 MANIPULATION - TO COERCE YOU INTO DOING OR SAYING SOMETHING
Nº5 JEALOUSY OVER EVERYTHING YOU DO
Nº6 CONTROL OVER WHERE YOU GO OR HOW YOU LOOK
Nº7 INTRUSION - GOING THROUGH YOUR PHONE OR TRACKING YOUR LOCATION
Nº8 ISOLATION - CUTTING YOU OFF FROM FRIENDS AND FAMILY
Nº9 INTIMIDATION - CALLING YOU CRAZY AND INSTILLING FEAR
BELLA AND EDWARD | NEW MOON
WHY IS THEIR RELATIONSHIP TOXIC?

- HER OBSESSION WITH HIM LEADS HER TO DANGEROUS BEHAVIOR
- IN THE BOOKS, BELLA'S DESCRIPTION OF EDWARD IS FULL OF HYPERBOLE — SHE DESCRIBES HIM AS "TOO BEAUTIFUL TO BE REAL."
WHEN REJECTION IS MILD, IT INCREASES ONE’S SENSITIVITY TO PAIN. THIS IS THE EMOTIONAL REACTION THAT NARCISSISTS USE TO GET THEIR WAY. MANIPULATION
MANIPULATION

REFERS TO THE ABILITY OF ONE PERSON TO CONTROL THE ACTIONS, BELIEFS AND EMOTIONS OF ANOTHER, TYPICALLY WITH SELFISH INTENTIONS AND DECEPTIVE GAINS.
MANIPULATION EXAMPLE
QUESTIONS
1. IS IT RIGHT FOR EDWARD TO LIE TO BELLA IF IT WILL KEEP HER SAFE?

2. ARE BELLA’S EMOTIONS AFTER THE BREAKUP NEGATIVE, POSITIVE, OR NEUTRAL?

3. DO BELLA’S EMOTIONAL RESPONSES AFFECT HOW SHE IS TREATING OR REACTING TO OTHERS IN HER LIFE?

4. IN THE MANIPULATION VIDEO, IF BELLA WAS SUCCESSFUL, WOULD IT SOLVE HER PROBLEM?
ONGOING MANIPULATION

PERSISTENT SOCIAL AND EMOTIONAL DECEPTION TO ALTER ANOTHER PERSON’S BEHAVIOR IS USED TO GAIN GREATER POWER IN A RELATIONSHIP. REPEATED MANIPULATION IS EMOTIONALLY DISTRESSING AND CAN ALTER AN INDIVIDUAL’S SENSE OF STABILITY, SECURITY AND SAFETY TO BE EFFECTED IN A RELATIONSHIP

AN ABUSER MAY ALSO TRY TO **USE YOUR PHYSICAL RESPONSE** TO CONTROL A SITUATION
IN THE UNITED STATES, RESEARCH INDICATES THAT 65% OF PEOPLE WHO CONSIDER LEAVING AN ABUSIVE RELATIONSHIP FACE RISKS. THE TIME WHEN YOU LEAVE IF OFTEN THE MOST DANGEROUS IN THE RELATIONSHIP.
ACTIVITY
BREAKING UP WHILE LIVING TOGETHER SCENARIO

PERSONS A AND B BREAK UP. THEY LIVE TOGETHER IN A 1 BEDROOM APARTMENT.

PERSON A IS ON THE LEASE SO THEY TELL PERSON B TO FIND A NEW PLACE TO LIVE ASAP. PERSON B DOES NOT HAVE ANYWHERE TO GO, SO THEY FIGHT EACH NIGHT WHEN THEY GET HOME ON WHETHER OR NOT THEY SHOULD GET BACK TOGETHER.
How can you suggest a change to make this a more healthy situation?

Get into groups and discuss.
OPTION FOR HEALTHY COMPROMISE

PERSON B MOVES TO THE COUCH AND PERSON A STAYS IN THE BEDROOM WHILE PERSON B TRIES TO FIND A NEW PLACE TO LIVE. THEY COMPROMISE ON A REALISTIC TIMELINE FOR PERSON B TO FIND A PLACE. BOTH RESPECT THEIR SEPARATE SPACES UNTIL PERSON B IS ABLE TO SIGN A NEW LEASE.
CLOSURE - WHAT DOES IT LOOK LIKE?
CLOSURE

THE GOAL IS FOR US TO HAVE MORE POSITIVE EMOTIONAL RESPONSES IN GENERAL, THEREFORE CLOSURE CAN LOOK VERY DIFFERENT FOR ALL OF US AFTER A RELATIONSHIP (ESPECIALLY AN UNHEALTHY OR ABUSIVE RELATIONSHIP) ENDS.

ASK YOURSELF: WILL THIS ACTION LEAD TO A POSITIVE EMOTIONAL RESPONSE AFTER A BREAKUP?

EXAMPLE: PERSON A FEELS ANGRY AND LONELY SO THEY DEBATE FINDING SOMEONE TO REBOUND WITH. AFTER DOING THIS, WILL PERSON A BE ABLE TO MOVE TOWARDS HAVING MORE POSITIVE EMOTIONAL RESPONSES?
WHAT ARE SOME THINGS YOU CAN DO TO HELP A FRIEND WHO MIGHT BE TRYING TO AVOID ONGOING MANIPULATION BY A FORMER PARTNER?
CHECK IN. ASK WHAT THEY NEED

**№1**
Ask if there is a specific reason they are unable to cut ties with this person now that they have officially broken up. Where is the pressure to interact coming from?

**№2**
Do they need help finding a place to live?

**№3**
Do they fear for their own safety or their ex-partner's?

If an ex-partner is relying on any of the above to stay in touch, it is a manipulative tactic. Remind your friend that it is no longer their responsibility. They should not feel guilt for no longer supporting or responding to this person's actions. This will be hard, but remind them that they will be okay.
NO MATTER WHAT YOUR STORY IS, REMEMBER THAT YOU ARE STILL CAPABLE OF GIVING AND RECEIVING LOVE.

JESSIE FROM TOY STORY
WANT TO LEARN MORE?

GO TO ITSONUS.ORG
QUESTIONS?
Want Support With Campus Organizing?  
Blake.Kitterman@civicnation.org

Need Advice on Peer-to-Peer Training?  
Adrianna.Branin@civicnation.org

Engage More Men on Your Campus!  
Kyle.Richard@civicnation.org
THANK YOU!

FOR MORE RESOURCES VISIT ITSONUS.ORG
POST TRAINING SURVEY

BIT.LY/IOUPOSTTRAININGSURVEY