

INTRODUCTION TO THE RELATIONSHIP SPECTRUM

Identifying unhealthy and abusive behaviors,
and building skills for addressing them.



SHARE: Education Team

Sexual Harassment/Assault Response & Education

share.stanford.edu

Vision: We believe in communities where everyone is empowered to express themselves and have caring relationships.

Mission: Empowering the Stanford community to end sexual & relationship violence, stalking, gender discrimination, and sexual harassment through collaborative Healing, Education, Activism, Response, & Transformation (HEART).




Today's Road Map



01

Overview

What is the relationship spectrum?



02

Awareness

Identifying signs of unhealthy and abusive relationships.

03

Safety Planning

Creating a plan to keep yourself safe

04

Providing Support

How to support survivors of relationship and sexual violence.



01

Overview

What is the relationship spectrum?



Relationship Spectrum

Healthy

Unhealthy

Abusive





02

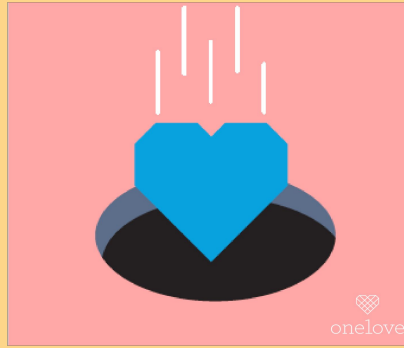
Awareness

What are signs of unhealthy or abusive relationships?

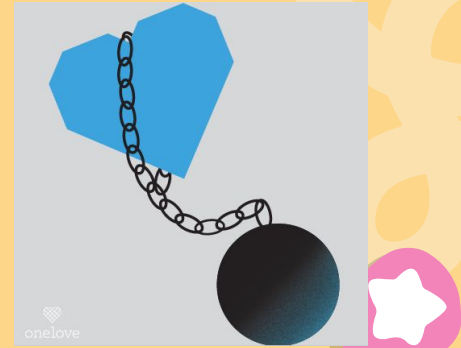




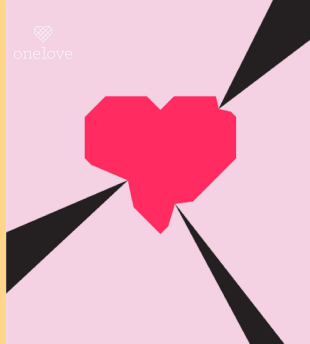
Intensity



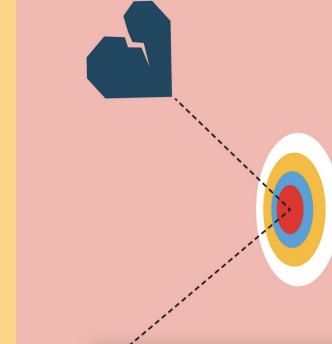
Sabotage



Guilt

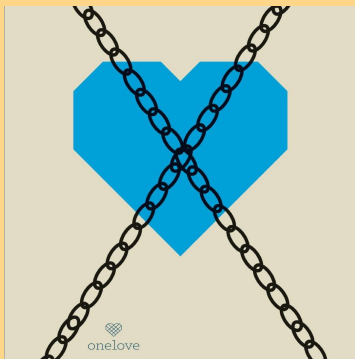


Manipulation



Deflecting Responsibility

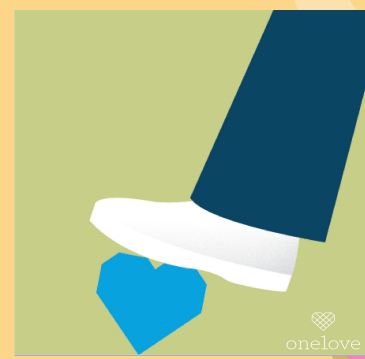




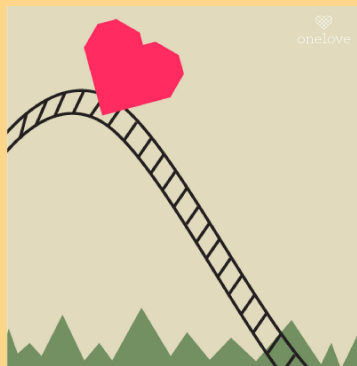
Possessiveness



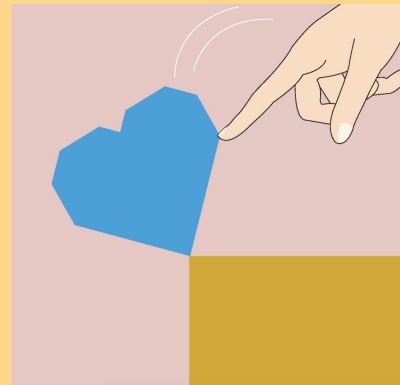
Isolation



Belittling



Volatility



Betrayal



Signs of an Abusive Relationship

- **Checking your cell phone or email without permission**
- **Contacting you repeatedly (in person or electronically)**
- **Ignoring or disregarding boundaries (personal, sexual, institutional, legal, etc.)**
- **Explosive temper**
- **Constantly putting you down**
- **Extreme jealousy or insecurity**
- **Isolating you from family or friends, physically or socially**
- **Making false accusations**

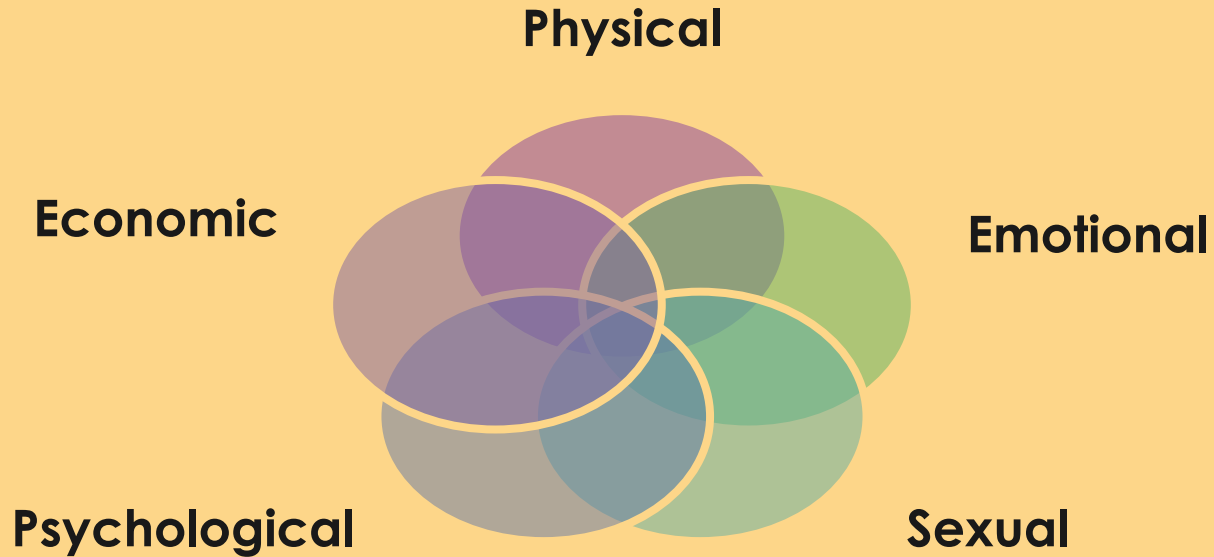
Signs of an Abusive Relationship

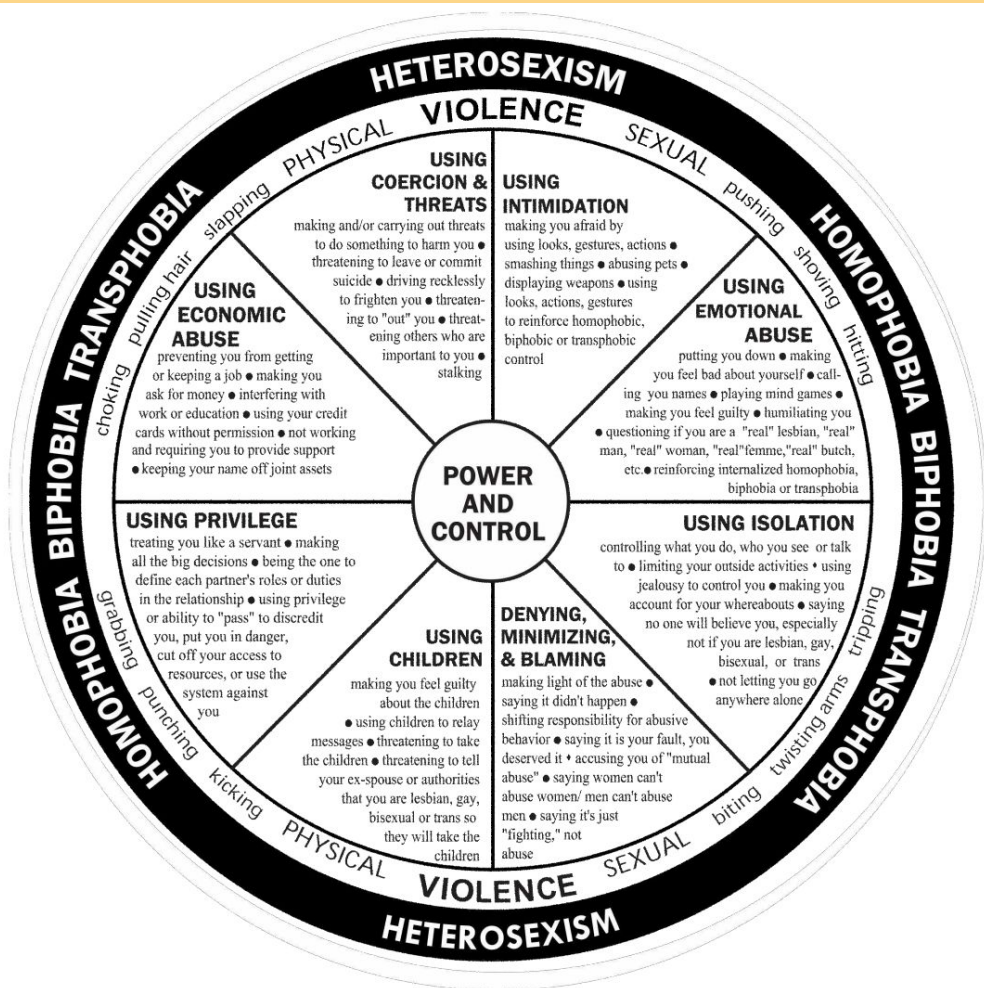
- **“Gaslighting”**
- **Mood swings and outbursts**
- **Telling partner what to do, when, and how**
- **Physically hurting you in any way**
- **Threatening to physically hurt you**
- **Physically attacking or destroying objects (punching walls, pillows, etc.)**
- **Threatening to attack or destroy objects**
- **Pressuring or forcing you to have sex**

Signs that may be visible to others outside the relationship

- **Hurting others (or threatening to), such as family, friends, or pets**
- **Possessiveness over partner**
- **Mood swings and outbursts (again, at partner or others)**
- **Isolating partner from friends, family, social circles**
- **Explosive temper**
- **Repeatedly contacting partner**

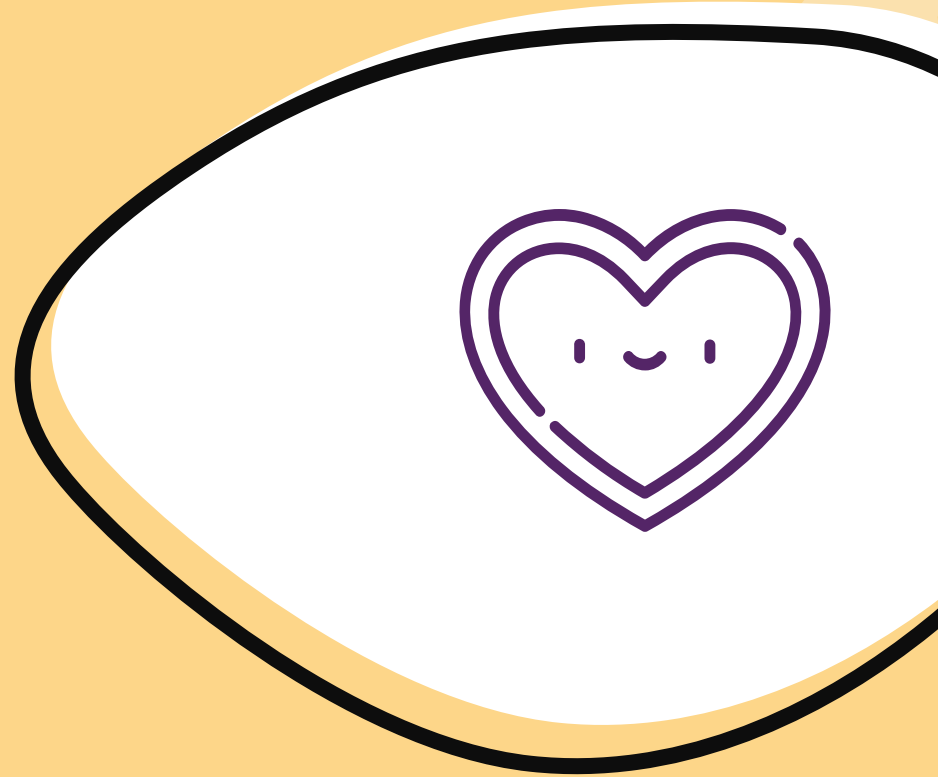
Types of Abuse/Violence





02

Safety Planning



Creating Your Safety Plan:

<https://www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/>

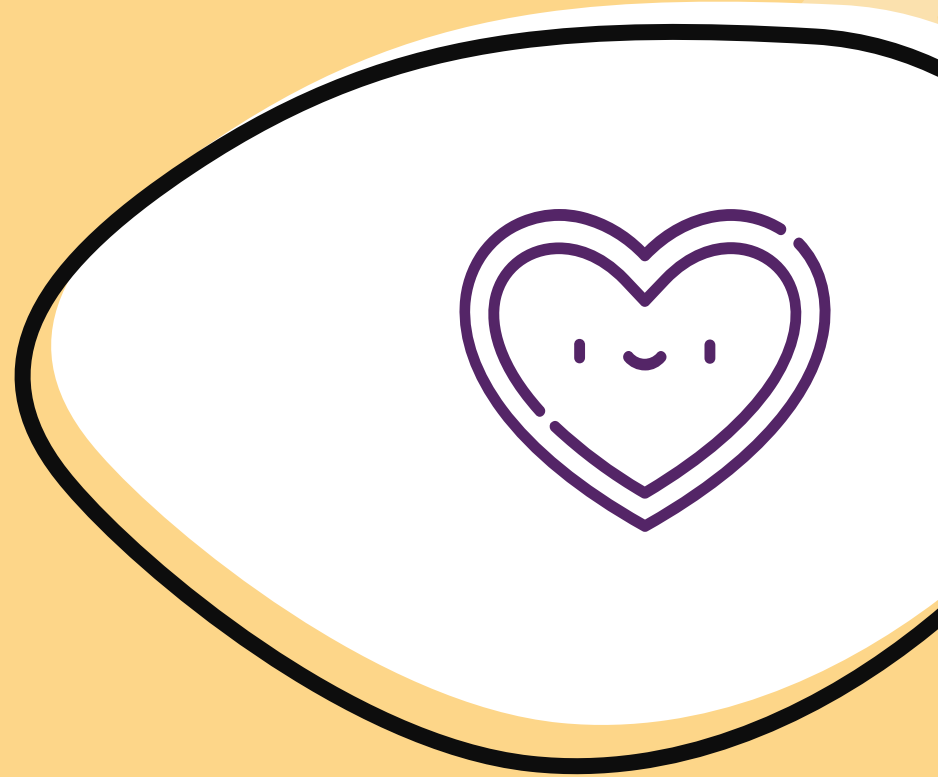


Some Safety Planning Questions:

- **If you need to leave your house quickly, which items would you need to take with you?**
- **Is there a safe route you can take to class?**
- **If you need to leave school immediately, whom can you call to pick you up or meet you?**
- **Whom can you spend time with between classes, so that you are not alone?**
- **Have you shared passwords to your online accounts with your partner?**
- **When you are feeling down whom can you call to cheer you up?**

03

Supporting a Friend



Conversation Goals

1. To provide support & assistance
2. To determine & address survivor's prioritized concerns
3. To identify options and provide information to facilitate survivor's informed decisions
4. To make appropriate referrals



Initiating

1. “I have noticed that before you were...and now you seem...is everything ok?”
2. “It seems that you have been...lately, how are you doing?”
3. “I care about you and wanted to check in with you.”
4. “Can we talk about...”



During

1. Inform the survivor if your role requires you to notify professional staff.
2. Ensure and secure privacy. Try not to discuss in a public space or where others may interrupt or overhear.
3. Listen attentively and be prepared for a critical conversation.
4. Set boundaries. You should not take on more responsibility in assisting the survivor than you can handle or more than they request from you.
5. Let the survivor tell their story
6. Assess the safety and physical condition of the survivor. Observe for injuries.
7. Provide options, not advice.
8. Do not attempt to save, rescue, enable, or take sides.
9. Try to name behaviors, rather than label the relationship or the partner.



After

1. Exercise discretion and do not share the incident with others without the survivor's consent. Notify appropriate staff if this is required in your role as a student employee.
2. Follow-up with survivor (with their consent).
3. Practice regular healthy self-care habits.





Thanks!

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