

## Dating-Relationship Violence

- Dating or relationship violence is a pattern of abusive behaviors used by one individual to exert power over another person in the context of an intimate relationship.
- Violence often takes the place of a cycle with rising tension, physical and or sexual violence, and then reconciliation.
- Relationships can be emotionally abusive without physical violence.
- If you recognize signs of abuse in your relationship, seek help from the following resources:

### **In an Emergency:**

Call Police 911

24-hr. domestic Violence hotline:  
Shelter for Help in Emergency (SHE) 293-8509  
[www.shelterforhelpinemergency.org](http://www.shelterforhelpinemergency.org)

24-hr. sexual assault crisis hotline (SARA) 977-7273  
[www.sexualassaultresources.org](http://www.sexualassaultresources.org)

### **For Information, Support and Counseling:**

SARA 297-7273

CAPS 924-5556

UVA Women's Center 982-2361  
<http://womenscenter.virginia.edu>  
<http://sexualassault.virginia.edu>

### **To Report Non-Emergency Abuse or Harassment:**

UVA Police 4-7166

Online or E-mail Harassment or Stalking [abuse@virginia.edu](mailto:abuse@virginia.edu)

Anonymous Sexual Assault Reports <http://sexualassault.virginia.edu>

- Whether you need information, support or a safe place to stay, there are people who can help, people who will listen and believe you and people who know that no one ever deserves to be abused.