October is Domestic Violence Awareness Month!

- 1 in 3 women and 1 in 4 men have been victims of some form of physical violence by an intimate partner within their lifetime.
- Women between the ages of 18-24 are most commonly abused by an intimate partner.
- 21% of college students report having experienced dating violence by a current partner, 32% experienced dating violence by a previous partner.
- Nearly one third of college students report having physically assaulted a dating partner in the previous 12 months.
- As many as one quarter of female students experience sexual assault over the course of their college career.

Know the cycle of abuse

Not all relationships follow this cycle, but by being aware we can try to understand the phases that typically occur in abusive relationships.

1. Tension builds—breakdown of communication, victim becomes fearful.
2. Incident—abuse occurs, anger, arguing, threats.
3. Reconciliation—abuser apologizes, gives excuses, blames victim.
4. Calm—incident is “forgotten”, no abuse taking place.

Abuse can come in different forms

- Physical
- Sexual
- Emotional
- Financial
- Verbal
- Digital/Online
- Stalking

Break the Stigma!

- Men are victims of domestic violence too.
- About two in five of all victims of domestic violence are men.
- More than 830,000 men fall victim to domestic violence every year.
- A man is the victim of domestic abuse every 37.8 seconds in America.

BGSU Counseling Center

- Individual, group and couples counseling.
- Workshops and events on campus.
- Crisis Intervention.
- Start services by coming to our Walk-In Hours:
  Mon - Fri: 1:30pm - 4:00pm.

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00

October 2016 Upcoming Events:
- Oct. 5-9 Mental Illness Awareness Week.
- Oct. 10 World Mental Health Day.
- Oct. 10-11 Fall Break!
- Oct. 21 Monster Mash Halloween Bash.
- Oct. 24-28 GRIT Week—come join the Counseling Center and our GRIT activities in BTSU from 11:30 to 1:30!

The Cocoon is a domestic violence shelter in Bowling Green for women!