

## How the Xavier Advocate Program (XAP) can help:

Living in an abusive relationship or attempting to leave one can be a difficult and isolating experience. As with any traumatic event, victim/survivors of stalking, relationship violence, harassment and sexual assault can experience an array of feelings and reactions. You may experience difficulties in your academic/work life and/or your personal life. It is helpful to have a strong support system made up of friends, family, a counselor, support group and/or an advocate. Xavier advocates are available to assist you immediately.

To contact an advocate, call **(513) 745-1000**.  
Tell them you are from Xavier

### XAP offers:

- Crisis counseling · Accompaniment to the police or hospital · Assistance in developing a Safety Plan
- Assistance in accessing other campus and local resources, counseling, emergency shelter, etc. ·

## If you are in an abusive relationship:

**YOU HAVE CHOICES:** *Remember that only you can make decisions that are best and/or safest for you. An advocate can assist you in identifying options that are available to you.*

- Decide with whom you can safely talk to about the situation (friends, family, advocate)
- Decide where you can go for safety and how you will get there
- Talk to an advocate about obtaining a Protective Order
- Contact the police. (Reporting the case to campus or local police allows the authorities to establish a pattern of contact and to hold the abuser accountable through the criminal justice system.)
- Decide how to plan for your safety. Some suggestions for planning include:
  - Whenever an argument with the abuser feels imminent, move to a lower-risk space (one with less potential for causing injury and with access to the outside).
  - Put away some cash for yourself in a safe, accessible place.
  - Keep the number for your local crisis line somewhere safe and accessible.
  - Take precautions when using a home computer if you think your use may be monitored.
  - Contact an advocate to inquire about additional choices and options for safety planning.

Talk with an advocate confidentially to discuss how you are feeling and what choices you have.

## Your Rights

- You have the right to be free of intimidation
- You have the right to be free from fear of your partner
- You have the right to take action against abuse
- You have the right to make choices that meet your needs and desires
- You have the right to have others respect your rights

*Remember, abuse is NOT YOUR FAULT; therefore it will only end when the abuser takes responsibility for his/her actions and earnestly works toward change.*

Xavier Advocate Program: Information Support and Advocacy  
Creating A Campus Free of Violence  
Call (513) 745-1000 and request a Xavier advocate