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.