HEALTHY RELATIONSHIPS

THE RELATIONSHIP SPECTRUM
All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle

Healthy relationships are based on equality and respect.
- RESPECT
- GOOD COMMUNICATION
- TRUST
- HONESTY
- EQUALITY
You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

Unhealthy relationships are based on attempts to control the other person.
- BREAKS IN COMMUNICATION
- PRESSURE
- DISHONESTY
- STRUGGLES FOR CONTROL
- INCORPORATE BEHAVIOR
One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

Abusive relationships are based on an imbalance of power and control.
- ACCUSATIONS
- BLAME SHIFTING
- ISOLATION PRESSURE
- MANIPULATION
One person is making all of the decisions — about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.
Definitions: Healthy, Unhealthy & Abusive Relationships

**Healthy Relationship:** Both partners make decisions together and can openly communicate concerns. They enjoy spending time together, but can be happy when apart.

**Unhealthy Relationship:** Both partners make decisions about the relationship without regard for each other. One person will try to control aspects of the relationship and fail to see how their behavior harms their partner; when confronted about the behavior, the response is usually combative or avoidant. There are feelings of guilt when partners in an unhealthy relationship spend time apart.

**Abusive Relationship:** Based on one person’s intentional and misplaced need to have complete power and control over their partner. One person in the relationship makes all the decisions. Their partner is not able to provide their opinion, and when they do it is met with criticism, insults, jealousy, physical violence, and/or sexual violence. An abusive person also isolates their partner from friends and family, and makes them fearful about leaving the relationship or communicating with others about what's going on. Over time, abusers can manipulate their partner into complete social and financial dependence, making it difficult if not impossible to permanently leave the relationship.

**What is Interpersonal Violence?**

**Interpersonal violence** is the intentional use of physical force or power - threatened or actual - against a person or community that results in injury, death, psychological harm, maldevelopment, or deprivation.

Interpersonal violence includes, but is not limited to, child abuse & neglect, dating violence, domestic violence, sexual assault, sexual exploitation, sexual harassment, stalking, bullying, and hazing.

When someone experiences any type of interpersonal violence, the abuse directed at them may be physical, sexual, emotional & psychological, verbal, financial, legally coercive, and/or digital (e.g. stalking someone through the use of digital devices or apps).

These acts can be committed by any person, and their motivation is to have *power and control* over another individual.

*Source: Center for Disease Control and Prevention (CDC), 2020.*
Healthy Relationship Scenario Summary
Partners: Jamie Baron and Dakota Crawford

Overview: Jamie and Dakota are first-semester freshmen at Texas A&M who have been dating for a few months. Jamie and Dakota are attracted to each other because they share similar interests and life goals. While their relationship is defined by open communication, respect, and independence, it’s not always perfect. This is Jamie’s first committed relationship, and sometimes she finds it difficult to balance what she wants with the perceived needs of the relationship with Dakota. Dakota, having previously been in a long-term but unhealthy relationship, has anxiety about ruining the relationship with Jamie. The scenario ends with both of them having to find compromise when faced with new choices.

Unhealthy Relationship Scenario Summary
Partners: Liz Rubino and Bianca Rowls

Overview: Liz and Bianca are first-semester freshmen at Texas A&M who have been dating for a few months. Liz is initially attracted to Bianca because they are both competitive, come from small towns, and are outgoing. However, it soon
becomes clear that Bianca, who had previously been in an unhealthy relationship, struggles between trying to control aspects of her relationship with Liz while also apologizing for her behavior. Guilt, poor communication, and jealousy characterize this relationship until Liz finally decides to break it off.

**Abusive Relationship Scenario Summary**

**Partners:** Elena Ortiz and Ian McMullen

Elena and Ian are first-semester freshmen at Texas A&M who have been dating for a few months. Elena is initially attracted to Ian’s intelligence and enjoys his company, but it soon becomes clear that Ian does not respect Elena and that he’s using her to comfort his feelings about a past breakup. He can be rude, threatening, and even violent when Elena doesn’t do what he wants. The relationship ends after Ian’s verbal and emotional abuse escalates to stalking, pressure for Elena to engage in sexual activity, and physical violence.

**SCENARIO DEBRIEF**

As an entire class, students will have the opportunity to share and discuss the healthy, unhealthy, or abusive behaviors they observed within their scenario. Students will also think about how they would respond in similar situations, whether they were in the relationship or acting as a bystander.

**Group Debrief Questions**

(1) Which group had the healthy relationship scenario? How did you know the relationship was characteristically healthy?

(2) Which group had the unhealthy relationship scenario? How did you know the relationship was characteristically unhealthy?
(3) Which group had the abusive relationship scenario? How did you know the relationship was characteristically abusive?

(4) How do you feel about the way friends and/or family members responded to challenges within the main character's relationship? If you knew someone who had relationship concerns, what would you do or say to help them?

(5) What are some reasons why someone might not want to talk about challenges in their relationship? How could we address those barriers/obstacles/difficulties to create a space where it's okay to talk about these things?
Step In: Green Dot Bystander Intervention Training

Green Dot bystander intervention training provides Aggies with the skills and knowledge to (1) identify when acts of power-based personal violence are occurring, and (2) intervene appropriately and safely during high-risk situations. Aggies depart the Training with an understanding of how to be more proactive in helping to keep our campus and community safe. You can find more information at http://greendot.tamu.edu

Stand Up: STAND Up Trauma-Informed Care Training

STAND Up is designed to teach students how to have positive and helpful conversations with individuals who have been involved in a traumatic event. The training provides information about sexual assault, dating violence, domestic violence, and stalking; social perspectives on trauma; the impacts of trauma on the brain; listening techniques; tools for mandated reporters; and campus and community resources. Participants of this workshop will join all of us at Texas A&M University in our efforts to STAND Up for those who are impacted by these issues. You can find more information at https://studentlife.tamu.edu/standup/
Confidential Resources (College Station)

**TAMU Counseling and Psychological Services (CAPS).** Counseling & Psychological Services (CAPS) provides exceptional services and programming focused on student mental health. CAPS exists to advance student development and academic success by providing personalized and evidenced-based mental health care to Aggies.

- **Phone:** 979.845.4427
- **Email:** caps@caps.tamu.edu
- **Hours:** 8am-5pm, Monday-Friday
- **Helpline:** 979.845.2700, 4pm-8am (weekdays) and 24/7 (weekends) when classes are in session

**TAMU Psychology Clinic.** The TAMU Psychology Clinic is a not-for-profit training facility for the Clinical Psychology Doctoral Program in the Department of Psychology at Texas A&M University. Clinic services are provided by graduate students who are completing advanced training under the direct supervision of the Clinical Psychology faculty.

- **Phone:** 979.845.8017
- **Hours:** 8am-6:30pm, Monday-Thursday; 8am-2:30pm, Friday
**Baylor Scott & White Medical Center.** The Sexual Assault and Violence Response Team and Child Protection Team at Baylor Scott & White Health provide compassionate, sensitive, timely care for victims of violent crimes, child abuse and neglect. The forensic nurse is available 24 hours a day for consultation. This is currently the only medical facility local to Bryan-College Station that can complete a full forensic exam with evidence collection.

- **Phone:** 979.207.0100
- **Hours:** 24/7
- **Address:** 700 Scott and White Dr, College Station, TX 77845

**TAMU Student Health Services.** Student Health Services exists to advance student development and academic success by providing personalized and evidence-based healthcare to Aggies.

- **Phone:** 979.458.8310
- **Email:** info@shs.tamu.edu
- **Hours:** 8am-5pm, Monday-Friday

**Sexual Assault Resource Center.** The Sexual Assault Resource Center's (SARC's) mission is to end the cycle of violence in the Brazos Valley through education, empowerment, and advocacy. SARC provides 24/7 crisis counseling to survivors, their family members, and friends; free individual and group counseling services; and education & outreach services.

- **24/7 Hotline:** 979.731.1000
- **Email:** reachingout@sarcbv.org

**Twin City Mission Domestic Violence Services.** Twin City Mission’s Domestic Violence Program provides services to victims of domestic violence and dating violence in Brazos Valley. Services are provided at no cost and include shelter, counseling, case management, legal advocacy, safety planning, and career assistance. Victims and their children in need of emergency shelter are referred to
Phoebe’s Home, a 24-hour emergency shelter providing nutritional meals, laundry facilities, daily needs (toiletries, clothing), transportation, and recreational activities for residents. Victims who are not seeking emergency shelter can receive nonresidential services in their county of residence at no cost.

» 24/7 Hotline: 979.775.5355

» Email: dvs@twincitymission.org

Non-Confidential Resources (College Station)

**Civil Rights & Equity Investigations (Title IX).** As outlined in **Texas A&M System Policy 08.01.01**, Texas A&M University does not tolerate acts of discrimination, harassment, or retaliation based on a protected class. The Department of Civil Rights and Equity Investigations is committed to protecting equal access to University programs, activities, and services by conducting fair, equitable, and thorough investigations and by supporting Texas A&M’s commitment to promoting diversity and inclusion.

» Phone: 979.458.8407

» Email: civilrights@tamu.edu

» Hours: 8am-5pm, Monday-Friday

**LGBTQ+ Pride Center.** Strives to create a thriving environment supporting the success of every student through the education, advancement, and championing of the broad spectrum of sexual, affectional, and gender identities in the spirit of the Aggie Core Values.

» Phone: 979.862.8920

» Email: glbt@tamu.edu

» Hours: 8am-5pm, Monday-Friday
**TAMU Student Assistance Services.** Seeks to connect Texas A&M University students with the appropriate guidance, resources, and support to address a variety of personal and academic matters. SAS can be a beginning point of contact for information or questions about a variety of topics, including: referrals and resource connections; concerning behavior follow-up; student welfare checks; student absence notifications; Silver Taps and student death; transition issues.

» Phone: 979.845.3113  
» Hours: 8am-5pm, Monday-Friday

**University Police Department.** The Victim Services program at the University Police Department aims to assist students, faculty and staff with the traumatizing consequences of being a victim of a crime, even if the crime occurred off campus. We also assist citizens and visitors of this community if they have been victimized while visiting the Texas A&M community.

» Phone: 979.458.9767  
» Email: kbrunson@tamu.edu  
» Hours: 8am-5pm, Monday-Friday  
» Emergencies, including immediate threats of harm: Call 911

**Women’s Resource Center.** Pursues equity and enhances the campus climate for women through visibility, advocacy, support and programming. The center advocates by educating campus and community constituencies on women’s issues and functions as a resource and referral center.

» Phone: 979.845.8784  
» Email: wrc@tamu.edu  
» Hours: 8am-5pm, Monday-Friday
Confidential Resources (Galveston)

Office of Student Counseling. The Office of Student Counseling provides services to undergraduate and graduate students at Texas A&M University at Galveston. The Office is staffed by licensed counselors and the services rendered to students are free, voluntary, and confidential. The Office staff is dedicated to assisting students in their pursuit of personal and academic growth, to helping students gain a better understanding and appreciation of themselves, and to supporting students as they make important decisions about their lives.

» Phone: 409.740.4736

» Email: studentservices@tamug.edu

» Hours: 8am-6pm, Monday-Friday

» After Hours/Emergency Contact: (409)740-4545 or 911

Resource and Crisis Center of Galveston County. The mission of the Resource and Crisis Center of Galveston County is to promote the safety, well-being and best interest of victims of family violence, sexual assault and child abuse and to advocate for the prevention of such crimes.

» Phone: 409.763.1441

» Email: studentservices@tamug.edu

» 24/7 Hotline: 888-919-7233

Student Health Services. Student Health Services are provided by the University of Texas Branch (UTMB) Family Medicine Clinic.

» Phone: 409.772.2166

» Email: studentservices@tamug.edu

» Hours: 9am-4pm Monday-Friday, except for holidays

» Address: 400 Harborside Rd. #104, Galveston, TX 77550
The University of Texas Medical Branch (UTMB). UTMB’s trauma center offers the full range of every medical and surgical specialty 24/7, 365 days a year. Forensic Nurses are registered nurses who have been specifically trained to provide comprehensive care to sexual assault survivors during a medical forensic examination. These nurses offer not only medical care, but also provide critical assistance to law enforcement by collecting and preserving forensic evidence that prosecutors may need to hold perpetrators accountable for their sexual assault-related crimes.

- Phone: 409.772.1191
- Hours: 24/7
- Address: 901 Harborside Dr, Galveston, TX 77550

Non-Confidential Resources (Galveston)

Civil Rights & Equity Investigations (Title IX). As outlined in Texas A&M System Policy 08.01.01, Texas A&M University does not tolerate acts of discrimination, harassment, or retaliation based on a protected class. The Department of Civil Rights and Equity Investigations is committed to protecting equal access to University programs, activities, and services by conducting fair, equitable, and thorough investigations and by supporting Texas A&M’s commitment to promoting diversity and inclusion.

- Phone: 979.458.8407
- Email: civilrights@tamu.edu
- Hours: 8am-5pm, Monday-Friday

Texas A&M Galveston Title IX, Allegations Against Students. For making inquiries regarding allegations of discrimination by students, you may contact Dr. Todd Sutherland, TAMUG Associate Vice President of Student Affairs:

- Phone: 409.740.4598
- Email: titleixstudents@tamug.edu
**Texas A&M Galveston Title IX, Allegations Against Faculty & Third Parties.** For making inquiries regarding allegations of discrimination by employees and third parties, you may contact Jeff Boyer, TAMUG Executive Director of Human Resources.

» Phone: 409.740.4503

» Email: titleix@tamug.edu

**University Police Department.** Department personnel are sensitive to the unique nature of the University community - a diverse group of students, faculty and staff. This calls for a safe and orderly environment so that all members of the community can fulfill their individual missions

» Phone: 409.740.4545

» After Hours/Weekend Phone: 409.771.5185

» Email: police@tamug.edu

**Confidential Resources (McAllen)**

**TAMU Counseling and Psychological Services (CAPS).** Counseling & Psychological Services (CAPS) provides exceptional services and programming focused on student mental health. CAPS exists to advance student development and academic success by providing personalized and evidenced-based mental health care to Aggies.

» Phone: 979.845.4427

» Email: caps@caps.tamu.edu

» Hours: 8am-5pm, Monday-Friday

» Helpline: 979.845.2700, 4pm-8am (weekdays) and 24/7 (weekends) when classes are in session
**Mujeres Unidas.** The mission of the organization is to provide shelter and support services to victims of domestic violence and survivors of sexual assault and their families; to provide education, awareness and prevention programs to the communities they serve.

- **Phone:** 956.630.4878
- **Email:** mujeresunidas.org
- **Hours:** 9am-5pm Monday-Thursday, 9am-4pm Friday
- **24/7 Crisis Hotline:** 800.580.4879

**South Texas Health System, McAllen:** South Texas Health System McAllen has a long-standing history of providing compassionate care to people who have been sexually assaulted. Children and adults who have experienced this type of trauma have resources available to them through the Emergency Department (ED) and through the Sexual Assault Nurse Examiner (SANE).

- **Phone:** 956.632.4000
- **Hours:** 24/7
- **Address:** 301 West Expressway 83, McAllen, TX 78503

**Non-Confidential Resources (McAllen)**

**Civil Rights & Equity Investigations (Title IX).** As outlined in Texas A&M System Policy 08.01.01, Texas A&M University does not tolerate acts of discrimination, harassment, or retaliation based on a protected class. The Department of Civil Rights and Equity Investigations is committed to protecting equal access to University programs, activities, and services by conducting fair, equitable, and thorough investigations and by supporting Texas A&M’s commitment to promoting diversity and inclusion.

- **Phone:** 979.458.8407
- **Email:** civilrights@tamu.edu
- **Hours:** 8am-5pm, Monday-Friday
**McAllen Police Department.** The McAllen Police Department (MPD) is the primary police authority for the HECM campus. The MPD's mission is to provide quality community oriented services and to enhance public safety and instill confidence of all citizens by partnerships with our citizens to prevent crime and enhance the quality of life throughout our community always treating people with dignity, fairness, and respect.

» *Phone: 956.681.2000*

» *Hours: 24/7*

» *Address: 1601 N. Bicentennial Blvd., McAllen, TX 78501*

» *Emergencies, including immediate threats of harm: Call 911*

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**Confidential Resources (Qatar)**

**Counseling and Wellness.** Counseling services are available free for students. During the first counseling session the counselor and student will together determine if other services are more appropriate based on student’s situation and concerns. Services offered include personal counseling, stress management and biofeedback training, self-help and outreach, consultation and referral, and crisis counseling.

» *Phone: +974.4423.0316*

» *Email Dr. Steve Wilson at stephen.wilson@qatar.tamu.edu*

» *Hours: 7:30am-3:30pm, Sunday-Thursday*

**Qatar Foundation Primary Health Care Center in the Hamad bin Khalifa Student Center.** The Primary Health Care Center provides medical and dental services to Qatar Foundation employees and students, free of charge, on both a scheduled and emergency basis.

» *Phone: +974.4454.1244 or +974.4423.4454.1240*

» *Hours: Call to find out days and hours of operation*
Medical Corporation Primary Health Care Centres in Doha. Hamad Medical Corporation (HMC) is the main provider of secondary and tertiary healthcare in Qatar and one of the leading hospital providers in the Middle East. HMC manages 12 hospitals – nine specialist hospitals and three community hospitals – as well as the National Ambulance Service and home and residential care services.

Al Gharafah Health Centre is the closest one to Education City. Directions: go towards QF housing from Education City, at the fourth round about make a u-turn and the clinic building is on your immediate right.

» Phone: +974.4439.5777

» Hours: Call to find out days and hours of operation for a specific hospital

Non-Confidential Resources (Qatar)

Civil Rights & Equity Investigations (Title IX). As outlined in Texas A&M System Policy 08.01.01, Texas A&M University does not tolerate acts of discrimination, harassment, or retaliation based on a protected class. The Department of Civil Rights and Equity Investigations is committed to protecting equal access to University programs, activities, and services by conducting fair, equitable, and thorough investigations and by supporting Texas A&M’s commitment to promoting diversity and inclusion.

» Phone: 979.458.8407

» Email: civilrights@tamu.edu

» Hours: 8am-5pm, Monday-Friday

Texas A&M Qatar Title IX, Allegations Against Students. For making inquiries regarding allegations of discrimination by students, you may contact Miguel Trevino, TAMUQ Assistant Director for Student Affairs:

» Phone: +974.4423.0317

» Email: miguel.trevino@qatar.tamu.edu
**Texas A&M Qatar Title IX, Allegations Against Faculty.** For making inquiries regarding allegations of discrimination by faculty, you may contact Joannis Economou, TAMUQ Associate Dean for Academic Affairs.

» Phone: +974.4423.0333

» Email: joannis.economou@qatar.tamu.edu

**Texas A&M Qatar Title IX, Allegations Against Staff or Third Party Campus Visitors.** For making inquiries regarding allegations of discrimination by staff or any third party visitor on the campus, you may contact Jeannie Laird, TAMUQ Director of Human Resources.

» Phone: +974.4423.0274

» Email: jeannie.laird@qatar.tamu.edu
Title IX Definitions

The Department of Civil Rights and Equity Investigations maintains an updated Glossary of Terms to help students, faculty, and staff understand the Title IX process. Visit TitleIX.tamu.edu to see this Glossary.

Here you can find the most updated definitions of:

- Prohibited Conduct
- Discrimination
- Harassment
- Sexual Harassment
- Gender-Based Harassment
- Sexual Assault
- Statutory Rape
- Dating Abuse/Violence
- Domestic Abuse/Violence
- Stalking
- Sexual Exploitation
- Retaliation
- Complicity
- Coercion
- Consent
Title IX Reporting
Texas A&M strongly encourages students to report incidents of sexual assault, sexual exploitation, or sex discrimination — including discrimination of the basis of gender identity, gender expression, and sexual orientation — in addition to sexual harassment, dating and domestic violence, related retaliation, and stalking. This information can also be found on TitleIX.tamu.edu

How can you make a report?

- Make a report to University Title IX: https://titleix.tamu.edu/report/
- Employees, make a mandatory report to Title IX: https://titleix.tamu.edu/report/
- Make a report to law enforcement: https://titleix.tamu.edu/make-a-report/reporting-to-law-enforcement/

Make an anonymous report: https://tellsomebody.tamu.edu/