Let’s Stretch . . .
A Few Group Guidelines

- Please mute your audio and type any questions into the chat box.
- Your video can be off or on, whatever makes you most comfortable.
- Confidentiality, and Zoom limitations.
- Sharing (Headlines not details).
- Chat privately for specific needs.
Community Ground Rules

● Vegas Rule - What is shared or said in the group, stays in the group
● Be respectful of others and what they are sharing in group
● Don’t assume someone wants feedback or advice on what they share, ask before you offer that input
● Trigger Warnings
Introductions:
Share your name, year @ CSUEB, major & favorite hobby
Topics for today’s Group:

- Continue to review Power and Control Wheel
- What does equality mean to you?
- What does equality look like in a: friendship, within our families, or in a romantic partnership?
- What do we need from our loved ones to feel safe and respected?
COERCION & THREATS
- Making and/or carrying out threats to hurt you;
- Threatening to transfer or leave school;
- Threatening to commit suicide;
- Making you do illegal activities;
- Forcing you to drink alcohol or use illicit drugs against your will.

GENDER PRIVILEGE
- Treating you like you are inferior or his/her subordinate;
- Making all the big decisions;
- Defining and requiring rigid gender roles.

EMOTIONAL ABUSE
- Putting you down;
- Not letting you study or do assignments;
- Keeping you up all night before an exam;
- Calling you names;
- Making you feel guilty for things that are not your fault.

ISOLATION
- Deleting contacts from your phone/email;
- Keeping you from roommates, family, and friends;
- Stopping you from joining organizations or clubs;
- Encouraging you to stay with him/her over breaks;
- Using jealousy to justify his/her actions.

ECONOMIC ABUSE
- Controlling how you spend your money;
- Having you pay his/her tuition, rent, etc.;
- Controlling your financial aid, personal income, flex, meal plan CrimsonCash, etc.

INTIMIDATION
- Making you afraid by using looks, actions, and gestures;
- Destroying your books, work, computer, etc.;
- Displaying weapons;
- Sharing plans to harm you/others, threatening pets/children.

USING TECHNOLOGY
- Demanding passwords to online accounts;
- Texting/calling you constantly;
- Monitoring your social network sites;
- Using tracking systems, GPS, and/or spyware to monitor your activity.

MINIMIZING, DENYING, & BLAMING
- Blames you for the abuse ("If you wouldn’t ... I wouldn’t hit you");
- Denies abuse is taking place;
- Minimizes extent of abuse ("I don’t hit you, that’s real abuse, not yelling").

COLLEGE POWER & CONTROL
What are the different pieces that create an equal relationship?
NONVIOLENCE

NEGOTIATION AND FAIRNESS
- Seeking mutually satisfying resolutions to conflict
  - accepting change
  - being willing to compromise

NON-THREATENING BEHAVIOR
- Talking and acting so that she feels safe and comfortable
  - expressing herself and doing things

ECONOMIC PARTNERSHIP
- Making money decisions together
  - making sure both partners benefit from financial arrangements

RESPECT
- Listening to her non-judgmentally
  - being emotionally affirming and understanding
  - valuing opinions

SHARED RESPONSIBILITY
- Mutually agreeing on a fair distribution of work
  - making family decisions together

TRUST AND SUPPORT
- Supporting her goals in life
  - respecting her right to her own feelings, friends, activities and opinions

RESPONSIBLE PARENTING
- Sharing parental responsibilities
  - being a positive non-violent role model for the children

HONESTY AND ACCOUNTABILITY
- Accepting responsibility for self
  - acknowledging past use of violence
  - admitting being wrong
  - communicating openly and truthfully

EQUALITY
Take Care and Stay Safe!

- Thank you for joining us today!
- Check-Out Reflection:
  - What is one thing you are taking from the group this week?
- Please use the same link to return next week
thank you