STOP DATING VIOLENCE

LOVE IS RESPECT
LOVE IS NOT ABUSE
LOVE IS...

FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

#teenDVmonth
#loveisrespect
#teendvchat
LoveIsRespect.org is a project from the National Domestic Violence Hotline organization and has been running strong for 10 years. One of the themes they focus on is boundaries. What are your boundaries? Do you have any established? The boundaries we are referring to here are healthy boundaries in relationships. Below is a summary from their website:

When you think of a boundary, what comes to mind? You might think of something like a property line or the defining lines of a shape. Boundaries show where one thing ends and another begins. Boundaries in a relationship are kind of like this; they help each person figure out where one person ends and the other begins. In short, boundaries help you define what you are comfortable with and how you would like to be treated by others. They apply to any kind of relationship you have – whether with a friend, family member, partner or anyone else in your life.

What Are My Boundaries?
Even though we talk about them in relation to other people, in some ways boundaries are really about your relationship with yourself; they help you honor your needs, goals, feelings and values. Boundaries can be emotional, physical or even digital.
Some examples of personal boundaries might be:

- I’m cool with following each other on social media, but not with sharing passwords
- I’m comfortable kissing and holding hands, but not in public
- I’m okay with regularly texting, but I don’t want to text multiple times in an hour
- I want to spend time with my friends/family on weekends
- I need quiet time to myself every day
- I’m comfortable with some touching, but I’m not ready to have sex

Communicating Boundaries
How can you and your partner know each other’s boundaries? By talking about them! Communication is really key in a healthy relationship, and boundaries are an important part of an ongoing conversation between you and your partner. Talking about boundaries can happen whenever, wherever! If your partner does something that you like or don’t like, let them know. A simple, “Hey, I really like it when you...” or “I’m not comfortable when we...” lets them know what’s up. In a healthy relationship, partners respect each other’s boundaries once they’ve been communicated. And if you’re ever not clear on your partner’s boundaries, just ask! Questions like “Is this okay?” or “Are you cool with this?” can help jumpstart the conversation. Just remember: if you don’t want to talk about your boundaries with your partner because you’re afraid they’ll react with anger or violence, that’s a warning sign that your relationship might be unhealthy or abusive.

Healthy Vs. Unhealthy Boundaries
How do you know if a boundary is healthy...or not? It’s important to recognize that healthy boundaries help to
protect and respect you; an unhealthy boundary seeks to control or harm someone else. A healthy boundary would be: “I need space to hang out with my friends and do things I enjoy on my own.” But if your partner says, “I need you to stop talking to other guys/girls because you might cheat/I get jealous,” that’s not a healthy boundary; it’s a warning sign that your partner may have some trust issues and is trying to control who you hang out with. Here are some more great examples of healthy/unhealthy boundaries!

Can Boundaries Change?
Can your boundaries change over time? Yes! It’s normal for boundaries to shift as we gain more life experience or get more comfortable in our relationships. We might not be okay with something at the beginning of a relationship, but we might be totally cool with it a few months down the line. On the other hand, we might realize something crosses a boundary for us after experiencing it for the first time. Every person has the right to change their mind about what their boundaries are at any time. What’s important is that you’re communicating any boundary changes to your partner and you’re making changes because YOU want to, not because you’re being pressured, forced or manipulated into making them.

You deserve to be safe and respected, and boundaries play a big part in creating healthy relationships that let you be YOU. If you still have questions about setting your own boundaries, we can help you think through them. Call, chat or text with a loveisrespect advocate any time.

If you have any questions or would like more information, you can contact the UTSA Police Department’s Community Affairs Section at communityaffairs@utsa.edu.
LOVE = RESPECT
This February, start talking about healthy relationships.

TEEN DATING VIOLENCE AWARENESS MONTH

TEEN DATING VIOLENCE IS SERIOUS.

40% Said they would not know what to do if they were to witness dating abuse or sexual assault

60% of teens know a victim of either dating violence or sexual assault

46% of those who have known a victim of dating abuse did not intervene

BREAKTHECYCLE.ORG
Lock... Keep!

ONLY if you want to make it harder on a bicycle thief!

Use a High Quality Bike Lock
The ideal lock is hardened against cutting.
“U” locks provide maximum security.

Register your bicycle with Parking and Transportation
Record the serial numbers
It is easier to recover a stolen bike when owners record the serial number.
Look for yours on the bottom of the bicycle frame and write it down.
COMING SOON...

UTSA

Rowdy Watch

THE COMMUNITY UNITING TOGETHER AGAINST CRIME
Alamo Drug Awareness & Prevention Training

SAM QUINONES, AUTHOR OF DREAMLAND,

TO JOIN A.D.A.P.T. FOR UPCOMING HERO-IN, OPIOID AND PRESCRIPTION DRUG ABUSE AWARENESS TRAINING IN SAN ANTONIO

In San Antonio, a coalition of area law enforcement, education and support service agencies are continuing their efforts to increase community awareness and educate the public as to a growing epidemic across the country of heroin, opioid and prescription drug abuse and addiction.

The Alamo Drug Awareness and Prevention Team, or A.D.A.P.T., is made up of the following agencies: Project Alert, Bethel Prevention Coalition, San Antonio Council on Alcohol and Drug Abuse, San Antonio Fighting Back, South Texas High Intensity Drug Trafficking Area (HITDA), Bexar County District Attorney’s Office, Bexar County Sheriff’s Office, San Antonio Police Department, Federal Bureau of Investigation, Drug Enforcement Administration, and the United States Attorney’s Office for the Western District of Texas.

On Wednesday, February 22, 2017, A.D.A.P.T. and Texas A&M University – San Antonio are sponsoring a community-wide training opportunity for anyone interested in learning about the dangers associated with, and available treatment opportunities for those suffering from, heroin, opioid and prescription drug abuse. The program will include panel discussions by service and treatment providers, survivors, community leaders and law enforcement personnel about the impact opioid and prescription drug abuse is having on our community. Sam Quinones, former Los Angeles Times journalist and author of Dreamland: The True Tale of America’s Opiate Epidemic, will be the featured speaker.

The training session will be from 9:00am – 5:00pm at the Auditorium on the campus of Texas A&M University – San Antonio. The cost is $10/person and lunch is provided. Seating is limited and you must be registered in order to attend the training. Visit http://bit.ly/2jgpeMf online in order to register for this event. Registration deadline is February 17, 2017. Check-in begins at 8:00am with the training session beginning promptly at 9:00am.

Texas Commission on Law Enforcement (TCOLE) and Continuing Education Unit (CEU) credits are available.

EVENT: A.D.A.P.T. OPIOID/PRESCRIPTION DRUG ABUSE AWARENESS TRAINING
DATE: WEDNESDAY, FEBRUARY 22, 2017
TIME: 9:00AM – 5:00PM (*CHECK IN BEGINS AT 8:00AM)
LOCATION: TEXAS A&M UNIVERSITY—SAN ANTONIO AUDITORIUM
ONE UNIVERSITY WAY, SAN ANTONIO, TX 78224
COST: $10/PERSON – OPEN TO THE PUBLIC
DEADLINE: FEBRUARY 17, 2017
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<th>Training ID</th>
<th>Training Description</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>EP 350</td>
<td>Personal Safety &amp; Security Awareness</td>
<td>Mar. 9</td>
<td>10a-12p</td>
<td>BV 1.322</td>
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<td>EP 500</td>
<td>Campus Carry: What You Need to Know</td>
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<td>2p-3:30p</td>
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<td>10a-11:30a</td>
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<td>EP 485</td>
<td>Floor Captain Safety Liaison Training</td>
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<td>9a-12p</td>
<td>UC 2.02.12</td>
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<td>EP 485</td>
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<td>Feb. 27</td>
<td>1p-4p</td>
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<td>EP 457</td>
<td>Emergency Preparedness ONLINE Training</td>
<td>ONLINE Course only – National Award Winning Training!</td>
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<td>EP 354</td>
<td>Community Response to Active Shooter Events</td>
<td>Email SGT Shawn Smith to schedule for your department. <a href="mailto:shawn.smith@utsa.edu">shawn.smith@utsa.edu</a></td>
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LOST & FOUND

CRIME REPORT—JANUARY 2017

The below is a summary of the crimes that occurred as of last month. For more information, go to www.utsa.edu/utsapd and click on Crime Stats.

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<td>Alcohol Arrests</td>
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<td>Burglaries</td>
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<td>Drug Arrests</td>
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<td>Assaults</td>
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<td>DWI/DUI Arrests</td>
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<td>Theft of Motor Vehicle</td>
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<tr>
<td>Other Crimes</td>
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Congratulations to Ofc. Waelbroeck for becoming a member of the UTSAPD Firearms Cadre.

Sgt. Weber would like to thank Sgt. Walleck & PO Richardson for their assistance in moving the equipment & furniture to multiple campus locations!

Ofc. Canull was recognized by First Shift leadership for his outstanding proactive police work recently. Ofc. Canull was described as going above and beyond in his duties, maintaining high performance. Great job!

A member of the community wrote in and commended Cpl. Samaniego for his outstanding ability to communicate to a student in crisis. The individual who wrote in felt like calling the police might make the situation worse, but Cpl. Samaniego’s professional & effective communication skills exhibited were a pleasant surprise to this individual. This is no surprise to PD members who have worked with him. Great job!

Ofc. Garcia (left), Ofc. Callahan (right), & Ofc. Ramirez (not pictured) were all recently recognized for their solid performance of keeping the peace at a community forum, while people were still able to express themselves effectively. Great job!
UTSA Police Department

Community Affairs Section

One UTSA Circle
San Antonio, TX 78249
(210) 458-6250

communityaffairs@utsa.edu
utsapdrecruiting@utsa.edu

www.utsa.edu/utsapd