

If you are the Victim of Violence:

Begin to think about how you can plan for your own safety and happiness. Waiting for abusers to change and trying harder to please them will not work. Find out what resources are available in your area for victims of partner abuse.

Resources Available:

911/Police – If you think you are in danger, you probably are. Listen to your inner voice – it exists to protect you and your children. If you feel your life (and your child's life) is in danger, flee at once to a safe location or call 911 immediately.

When you call 911 during the abusive incident, the responding officer will escort you (the victim) to a safe place

Hotlines for Help – the National Domestic Violence Hotline has advocates available 24 hours a day, 365 days a year. It's a free call: 1-800-799-SAFE (7233) or TTY 1-800-787-3224.

House of Ruth: 24- Hour - 410-889-7884

Family Crisis Center: 24-Hour -301- 779-2100

Social Service/Community Agencies – Call your state or county department of social services or a local domestic violence program. Tell them what has happened and ask what your choices are to protect yourself. **Ask how to obtain an Order of Protection.** Think about the answers to your questions and call again if you need to know more.

Safety Plan: When you decide to leave your abuser, be sure you have first established a safety plan to exit the home.

Getting Help: Safety Planning

If you are still in the relationship:

1. Think of a safe place to go if violence occurs – avoid rooms with no exits (bathrooms) or rooms with weapons (kitchen).
2. Think about and make a list of safe people to contact.
3. Keep coin change with you at all times.
4. Memorize all important numbers.
5. Establish a "code word" or sign so that family, friends, teachers, or co-workers know when to call for help.
6. Think about what you will say to your partner if they become violent.
7. Remember that you have the right to live without fear and violence.

If you have left the relationship:

1. Change your phone number.
2. Screen calls.
3. Save and document all contacts, messages, injuries or other incidents involving the abuser.
4. Change locks.
5. Avoid staying alone.
6. Plan how to get away if confronted.
7. If you have to meet, do so in public.
8. Vary your routine.
9. Notify school and work contacts.
10. Call your local domestic violence program.

**Review Your
safety plan monthly!**



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COMMUNITY ADVOCATES FOR FAMILY & YOUTH



**Domestic Violence:
Many Silent Survivors
&
Secondary Victims**



(301) 390-4092
www.cafyonline.org

**Crime, It's Real, It's Wrong
Speak out for Yourself
Or
Someone Else!**

What is Domestic Violence?

Domestic violence - is abusive and violent behavior between people who are married or living together, or who have an ongoing or prior intimate relationship or couples who have children together. Although approximately 95 percent of victims are women, men can also be victims.

The abuse can be physical, ranging from slaps and kicks to punching and stabbing; or psychological, including threats or verbal abuse that makes a person fear for their own safety or fro the safety of their children or even their pets.

Did You Know?

- ❖ Domestic violence is ***never*** the victim's fault.
- ❖ There are usually 7 abusive acts before a domestic violence victim leaves the relationship for the ***first*** time
- ❖ Children living in homes where there is domestic violence are 15 times more likely to be abused.
- ❖ Every day, four women die because of domestic violence.
- ❖ Almost one-half of all immigrant women experience some kind of domestic violence.
- ❖ If someone knows how to read your computer's history or cache file, (automatically saved web pages and graphics), he or she may be able to see information you have viewed recently on the internet.
- ❖ Children who witness abuse between their parents are more likely to become involved in abusive relationships as adults

Domestic Violence Education

In an effort to educate the community on the **CRIME** of Domestic Violence and its effects on society, CAFY has created the [Domestic Violence: Many Silent Survivors](#) community workshop.

The workshop covers topics geared towards service providers working with Domestic Violence survivors. It will help volunteers, victims and individuals improve their understanding of current issues impacting the silent victims of domestic violence – the children who witness domestic violence and the family members who are the support systems for the victims. Topics include: the nature and dynamics of domestic violence, offender accountability, Victim's Rights, effects on family members, safety planning, as well as the criminal justice system and how its responds to domestic violence in today's society.

Domestic Violence Bill of Rights

You have the right **NOT** to be abused.

You have a right to freedom from fear of abuse.

You have a right to request and expect assistance from police or social agencies.

You have a right to be treated like an adult.

You have a right to leave the battering environment.

You have a right to privacy.

You have a right to legally prosecute the abuser

Is My Relationship Healthy?

Safe and Healthy Relationships	Abusive Relationships
<u>Partnerships</u> have joint decision making and shared responsibilities determined together.	<u>Domination</u> occurs when the abuser makes all or most decisions in a servant/master relationship.
<u>Economic Equality</u> means the freedom to decide about issues of work, school and money.	<u>Economic Control</u> occurs when you are denied the ability to work and/or access to joint money are withheld from you.
<u>Honest Emotions</u> can flourish when both parties feel safe to admit fears or insecurities.	<u>Emotional Abuse</u> can take the form of jealousy, stress, and frustration as an excuse for violence.
<u>Sexual Respect</u> is accepting that no means no and honoring your partner's feelings and needs.	<u>Sexual Abuse</u> occurs when a partner forces sex on you physically or uses emotional leverage or threats to force you to "give in".
<u>Physical Safety</u> includes respect for your partner's physical space and includes non-violent forms of self expression.	<u>Physical Abuse</u> includes hitting, choking, restraining, threatening, or brandishing weapons, even if not used.
<u>Supportive & Trusting</u> relationships happen when both sides listen to their partner and value their feelings and opinions.	<u>Controlling</u> relationships center on verbal abuse, mind games, and isolating the victim from support systems.