Fast Facts

One woman is beaten by her husband or partner every 15 seconds in the United States.

Domestic violence is the leading cause of injury to women between the ages of 15 and 44 in the United States; more than car accidents, muggings, and rapes combined.

Three to four million women in the United States are beaten in their homes each year by their husbands, ex-husbands, or male lovers.

Approximately 1 out of 4 women are likely to be abused by a partner in her lifetime.

Approximately 95% of the victims of domestic violence are women.

Police report that between 40% and 60% of the calls they receive, especially on the night shift, are domestic violence disputes.

Fifty percent of all homeless women and children in this country are fleeing domestic violence.

Battering tends to increase and become more violent over time.

Many batterers learned violent behavior growing up in an abusive family.

25% - 45% of all women who are battered are battered during pregnancy.

It’s NOT your fault!
Recognizing the warning signs of domestic violence and abuse

It's impossible to know with certainty what goes on behind closed doors, but there are some telltale signs and symptoms of domestic violence and abuse. If you witness any warning signs of abuse in a friend, family member, or co-worker, take them very seriously.

Physical violence includes:

- Pinching, Kicking, Choking, Biting, Burning
- Shoving, Using objects or weapons
- Locking up or confining, Interfering with sleeping or eating

The psychological warning signs of abuse include:

- Repetitive and excessive criticism
- Humiliation and degradation, which can include swearing, name calling and put-downs
- Restricting or controlling access to personal or social resources or friends
- Homophobic, racist, misogynistic attacks (degrading and hostile remarks about your sexual orientation, heritage, or gender)
- Threats or harm to pets
- Direct intentions to harm you, your family, or your friends
- Threats that affect child custody, legal, immigration, or sponsorship status
- Threats to reveal lesbian identity against your wishes

Stalking or Harassment Includes:

- Following
- Appearing unexpectedly at or waiting outside workplace or home
- Repeated phone calls or mail/email to victim and/or family, friends, or colleagues

There are campus and community resources available to listen and to help!

WSU Psychological Counseling Center (801) 626-6406
Women’s Center (801) 626-6090
Your Community Connection (801) 394-9456
Your Community Connection Crisis line (801) 392-7273
Safe Harbor (801) 444-3191
Victim Assistance Program (801) 399-8377
Domestic Violence Information Line (800) 897-5465

YOUR SILENCE WILL NOT PROTECT YOU. TELL SOMEONE . . . NOW!
**Speak up if you suspect domestic violence or abuse**

**Do:**
- Ask.
- Express concern.
- Listen and validate.
- Offer help.
- Support her decisions. Place conditions on your support.

**Don’t:**
- Wait for them to come to you.
- Judge or blame.
- Pressure them.
- Give advice.

If you suspect that someone you know is being abused, speak up! If you’re hesitating—telling yourself that it’s none of your business, you might be wrong, or the woman might not want to talk about it—keep in mind that expressing your concern will let the person know that you care and may even save their life.

Talk to the person in private and let them know that you’re concerned about their safety. Point out the things you’ve noticed that make you worried. Tell them that when and if they want to talk about it, you’re there for them. Reassure them that you’ll keep whatever they tell you between the two of you, and let them know that you’ll help in any way you can.

Remember, abusers are very good at controlling and manipulating their victims. Abused and battered individuals are depressed, drained, scared, ashamed, and confused. They need help to get out, yet they have often been isolated from their family and friends. By picking up on the warning signs and offering support, you can help them escape an abusive situation and begin healing.

**SIGNS THAT YOU’RE IN AN ABUSIVE RELATIONSHIP**

**Your Inner Thoughts and Feelings**

**Do you:**
- feel afraid of your partner much of the time?
- avoid certain topics out of fear of angering your partner?
- feel that you can’t do anything right for your partner?
- believe that you deserve to be hurt or mistreated?
- wonder if you’re the one who is crazy?
- feel emotionally numb or helpless?

**Your Partner’s Belittling Behavior**

**Does your partner:**
- humiliate or yell at you?
- criticize you and put you down?
- treat you so badly that you’re embarrassed for your friends or family to see?
- ignore or put down your opinions or accomplishments?
- blame you for his own abusive behavior?
- see you as property or a sex object, rather than as a person?
The cycle of violence in domestic abuse

Domestic abuse falls into a common pattern, or cycle of violence:

- **Abuse** – Your abusive partner lashes out with aggressive, belittling, or violent behavior. The abuse is a power play designed to show you "who is boss."
- **Guilt** – After abusing you, your partner feels guilt, but not over what he's done. He’s more worried about the possibility of being caught and facing consequences for his abusive behavior.
- **"Normal" behavior** – Your abuser does everything he can to regain control and keep you in the relationship. He may act as if nothing has happened, or he may turn on the charm. This peaceful honeymoon phase may give you hope that your abusive partner has really changed this time.
- **Fantasy and planning** – Your abuser begins to fantasize about abusing you again. He spends a lot of time thinking about what you’ve done wrong and how he'll make you pay. Then he makes a plan for turning the fantasy of abuse into reality.
- **Set-up** – Your abuser sets you up and puts his plan in motion, creating a situation where he can justify abusing you.

Your abuser’s apologies and loving gestures in between the episodes of abuse can make it difficult to leave. He may make you believe that you are the only person who can help him, that things will be different this time, and that he truly loves you. However, the dangers of staying are very real.

**Men Can Be Victims, too**

Women are not the only victims of domestic violence and abuse. Men, also, suffer from domestic abuse—especially verbal and emotional abuse—and may be even more ashamed to seek help.

If you are abusive, you must take responsibility for your actions and recognize that you are committing a crime.

The use of violence to deal with uncomfortable feelings is a means to once again feel in control. This control, however, is at someone else's expense. This violent pattern of behavior is likely to repeat itself unless you address the feelings underlying your violence. In order to stop violent behavior, you need to:

**If you are abusive**

- Take responsibility and be accountable for your actions.
- Recognize that you are committing a crime.
- Learn different ways of behaving.
- Thinking back to past incidents of violence.
- Recognize things what may trigger a violent episode.
- If necessary to stop your abusiveness, leave the relationship.

Get counseling
Domestic Violence Teaches Children to Use Violence

- Violence can affect children in serious and long-lasting ways
- Where there is domestic violence there is often child abuse
- Children will often blame themselves for domestic violence
- Alcohol misuse is very common when violence occurs in families
- Pregnant women are more vulnerable to domestic violence

How does it affect children?

Domestic violence is a crime and a major social problem affecting many families. In 90% of reported domestic violence incidents, children have either been present in the same or a nearby room.

*Children who witness, intervene or hear incidents are affected in many ways. What can be guaranteed is that children do hear, they do see and they are aware of violence in the family.*

Children will learn how to behave from examples parents set for them. Domestic violence teaches children how to deal with people.

For instance:

- It can teach them that violence is an acceptable way to resolve conflict
- They learn how to keep secrets
- They learn to mistrust those close to them and that children are responsible and to blame for violence, especially if violence erupts after an argument about the children.

Many people find it difficult to understand why people remain in or return to violent situations. A combination of fear, love, the risk of homelessness and financial issues can make it very difficult for partners with children to leave and some may not want to.

Short term effects:

Children are affected in many ways by violence, even after a short time. These effects include: feeling frightened, becoming withdrawn, bedwetting, running away, aggressiveness, behavioral difficulties, problems with school, poor concentration and emotional turmoil.

Long term effects:

The longer children are exposed to violence, the more severe the effects on them are.

These can include:

- A lack of respect for the non-violent parent
- Loss of self-confidence, which will affect their ability to form relationships in the future
- Being over-protective of parent
- Loss of childhood
- Problems at school
- Running away

If you are violent and have children, you can seek help to stop what is happening.

If you are worried about domestic violence, don’t remain silent. Talk to someone . . . today.
Whether or not you feel able to leave an abuser, there are things you can do to make yourself and your family safer.

If you are at home & you are being threatened or attacked:

- **Stay away from the kitchen** (the abuser can find weapons, such as knives, there)
- Stay away from bathrooms, closets or small spaces where the abuser can trap you
- **Get to a room with a door** or window to escape
- Get to a room with a phone to call for help; lock the abuser outside if you can
- **Call 911** right away for help
- Think about a neighbor or friend you can run to for help
- **Get medical help** if you are hurt
- **Take pictures** of bruises or injuries
- **Call a domestic violence program or shelter**, ask them to help you make a safety plan

**Memorize emergency phone numbers**

- **Keep a phone** in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times
- If the abuser has moved out, **change the locks on your door**; get locks on the windows
- **Plan an escape route** out of your home; teach it to your children
- Think about where you would go if you need to escape

- **Ask your neighbors** to call the police if they see the abuser at your house: create a signal for them: for example, if the phone rings twice, a shade is pulled down or a light is on
- **Pack a bag** with important things you'd need if you had to leave quickly; put it in a safe place, or give it to a friend or relative you trust
- Include **cash, car keys & important information** such as: court papers, passport or birth certificates, medical records & medicines, immigration papers
- **Get an unlisted phone number**

Teach your children not to get in the middle of a fight, even if they want to help
Teach your children how to get to safety, to call 911, to give your address & phone number to the police
Teach your children who to call for help
Tell your children to stay out of the kitchen
Give the principal at school or the daycare center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser

Make sure the children know who to tell at school if they see the abuser
Make sure that the school knows not to give your address or phone number to ANYONE

**Change your regular travel habits**

- Cancel any bank accounts or credit cards you shared; open new accounts at a different bank
- **Keep your court order and emergency numbers with you at all times**
- **Keep a cell phone** & program it to 911 (or other emergency number)
- Keep a copy of your court order at work
- Give a picture of the abuser to security, friends at work and to your children's school
- **Tell your supervisors** - see if they can make it harder for the abuser to find you
- **Don't go to lunch alone**
- Ask a security guard to walk you to your car or to the bus
- If the abuser calls you at work, save voice mail and save e-mail

Please take the steps to be safe!

**The Women’s Center is a safe, friendly and confidential environment where you can receive the resources you need.**

Come visit us in the Shepherd Union
Bldg., room 322
(801) 626-6090
Tell someone you trust! If it doesn’t feel right, it isn’t!

ONLY YOU CAN BREAK THE CYCLE OF VIOLENCE.

She was battered many times . . . he sent her flowers only once.

If a woman falls and no one is there to hear her scream, is it still a crime?

You can hide the bruises on your body . . . but what about the damage to your soul?

Nobody deserves to be abused . . . no matter what he or she says, the abuse is not your fault!

On the streets, she is fearing for her kids. At home, her kids are fearing for her.

You may think he took everything from you, but you still have a voice.

What are your kids watching tonight?

REMEMBER . . . IT’S NOT YOUR FAULT!
THE WOMEN’S CENTER
is available to provide resources and referrals to help you or someone you know who is dealing with issues related to abuse.

Do not hesitate to contact us for a confidential appointment:

(801) 626-6090
Shepherd Union Bldg.
Suite 322
2127 University Circle
Ogden, UT  84408