

# Understanding Domestic Violence & Getting Help

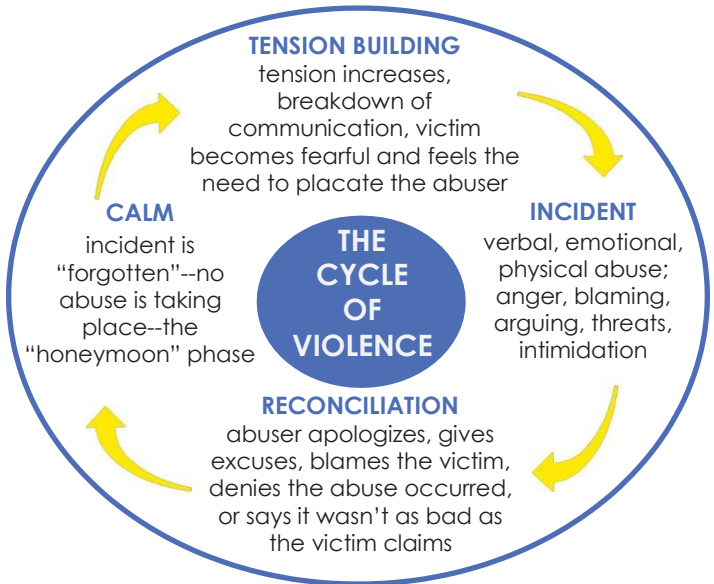


## DOMESTIC VIOLENCE IS:

ANY BEHAVIOR used to gain power and control over a current or former spouse, girlfriend, boyfriend, intimate partner or family member.

Domestic Violence includes:

- physical, emotional, psychological, sexual, financial, and spiritual abuse
- attacks against property or pets
- repeated, severe beatings or more subtle forms of abuse



## The Victims

- thousands of women are seriously hurt or killed by their husbands or partners every year
- 95% of victims are women, but men are victims too
- children in abusive households live in fear and shame, develop emotional and psychological reactions even if they aren't physically abused.

## How Can I Stop Abuse In My Home?

- if an assault is occurring, **CALL 911**
- a Dove House advocate can help you develop a safety plan of action and understand your legal rights.
- know that you and your children no longer have to be victims

## How Can I Help A Friend?

- if an assault is occurring, **CALL 911**
- believe what she says, don't minimize the danger, and express concern for her safety
- ask if she is safe
- don't judge or criticize her choices
- show her she is not alone by offering to help with child care or transportation



- emergency shelter
- crime victims advocacy
- legal advocacy
- housing assistance
- advocacy based counseling
- therapy
- support groups
- school based prevention groups
- information & referrals
- education scholarships/grants

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*Dove House Advocacy Services empowers victims of crime and abuse in Jefferson County through education, advocacy and crisis intervention.*