

SAY **NO** TO

**DOMESTIC
VIOLENCE**



Domestic Violence Fact Sheet

"Make no friendship with a man given to anger, nor go with a wrathful man." –PROVERBS 22:24

- ▶ **No one should be a victim of domestic violence—EVER!!**
- ▶ Domestic violence is often overlooked, excused, or denied.
- ▶ Domestic violence and emotional abuse are defined as behaviors used by one person in a relationship to control the other. Partners may be married or not married; heterosexual, gay, or lesbian; living together, separated or dating.
- ▶ Violence can be criminal and includes physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuses are not criminal behaviors, they are forms of abuse and can lead to criminal violence.
- ▶ **ANYONE CAN BE A VICTIM!** Victims can be of any age, sex, race, culture, religion, education, employment or marital status
- ▶ If your partner repeatedly uses one or more of the following to control you;
 - pushing, hitting, slapping, choking, kicking, or biting
 - threatening you, your children, other family members or pets
 - threatening suicide to get you to do something
 - using or threatening to use a weapon against you
 - keeping or taking your paycheck
 - puts you down or makes you feel bad
 - forcing you to have sex or to do sexual acts you do not want or like
 - keeping you from seeing your friends, family or from going to work

YOU HAVE BEEN ABUSED!!



Cycle of Violence

"A Man of great wrath will pay penalty, for if you deliver him, you will only have to do it again." –**PROVERBS 19:19**

INCIDENT - Any type of abuse occurs (physical/sexual/emotional)

TENSION BUILDING

- Abuser starts to get angry
- Abuse may begin
- There is a breakdown of communication
- Victim feels the need to keep the abuser calm
- Tension becomes too much
- Victim feels like they are 'walking on egg shells'

MAKING-UP

- Abuser may apologize for abuse
- Abuser may promise it will never happen again
- Abuser may blame the victim for causing the abuse
- Abuser may deny abuse took place or say it was not as bad as the victim claims

CALM

- Abuser acts like the abuse never happened
- Physical abuse may not be taking place
- Promises made during 'making-up' may be met
- Victim may hope that the abuse is over
- Abuser may give gifts to victim

The cycle can happen hundreds of times in an abusive relationship. Each stage lasts a different amount of time in a relationship. The total cycle can take anywhere from a few hours to a year or more to complete. It is important to remember that not all domestic violence relationships fit the cycle. Often, as time goes on, the 'making-up' and 'calm' stages disappear. (Adapted from the original concept of: Walker, Lenore. *The Battered Woman*. New York: Harper and Row 1979.)



What Can I Do To Be Safe?

"The prudent sees danger and hides himself, but the simple go on and suffer for it."

PROVERBS 27:12

▶ CALL THE POLICE

If you feel you are in danger from your abuser at any time, you can call 911 or your local police.

Consider the following:

- If you are in danger when the police come, they can protect you.
- They can help you and your children leave your home safely.
- They can arrest your abuser when they have enough proof that you have been abused.
- When the police come, tell them everything the abuser did that made you call.
- If you have been hit, tell the police where. Tell them how many times it happened. Show them any marks left on your body. Marks may take time to show up. If you see a mark after the police leave, call the police to take pictures of the marks. They may be used in court.
- If your abuser has broken any property, show the police.
- The police can give you information on domestic violence programs and shelters.
- The police must make a report saying what happened to you. **Police reports** can be used in court if your abuser is charged with a crime.
- Get the officers' names, badge numbers, and the report number in case you need a copy of the report.
- A police report can be used to help you get a **PPO**.

▶ GET SUPPORT FROM FRIENDS AND FAMILY

▶ FIND A SAFE PLACE

▶ GET MEDICAL HELP

▶ GET A PERSONAL PROTECTION ORDER

▶ MAKE A SAFETY PLAN



Domestic Violence's Resources

- **National Domestic Violence Hotline** 1.800.799.7233 (SAFE)
- Texas Council On Family Violence (512) 794-1133 Fax: (512) 794-1199
Website: www.tcfv.org

▶ WOMEN SHELTERS

- Brighter Tomorrows 972.262.8383
- Genesis Shelter 214.942.2998
- Mosaic Family Services 214-823-4434
- New Beginnings 972.276.0057
- Salvation Army 214.424.7208
- The Family Place 214.941.1991

▶ Legal Assistance and Protection (CIVIL MATTERS, DIVORCE, CUSTODY, CHILD SUPPORT)

- Attorney General's Office/ Child Support 214.761.0029
- Dallas Bar Association 214.969.7066
- Lawyers Against Domestic Violence 214.748.1234
- Legal Help Line for Victims of Domestic Violence 800-777-HOPE (4673)
- Legal Services of North Texas 214.748.1234

▶ DALLAS COUNTY DISTRICT ATTORNEY'S OFFICE

- Counseling Information 214.653.3723
- Family Violence Division 214.653.3528
- Protective Orders 214.653.3528

▶ COUNSELING

- Dr. Brenda Richardson, LPC-S 214.751.3932
Concord Harmony Counseling Center
- Alex Appiah, LMFT 214.543.4748 Private Practice
- Dr. Iman Ross, LPC-S 469.236.3999 Private Practice
- Cynthia Thompson, LPC-S 817.632.6637 Private Practice
- Carolyn Sidereas, LPC-S 469.698.2250 Lake Point Church
- Rev. Guy Earle LPC-S 214.672.9100
Oak Cliff Bible Fellowship Counseling Center
- Dr. Sonnie Acho 972. 726.6103 Private Practice
- Dr. Jennifer Blackledge 817.988.9121 Private Practice (Trophy Club area)



you can survive.



ConcordChurch

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