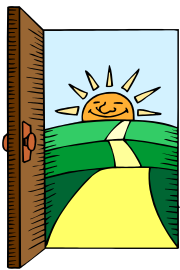


~STEPS TOWARD HEALING~

Many gain strength in assisting other people in need. Whether you have survived... or know someone who has dealt with domestic violence, consider the following list of things you can do to make a difference:

- Get involved and volunteer at shelters or community based programs that offer assistance to individuals in abusive situations.
- Lend your support to organizations that support Domestic Violence Awareness Month.
- Give your time, talents, financial support, or donations to your local shelter or transitional housing facility.
- Lend your ear at a 24-Hour Hotline.
- Become an advocate with Stop the Violence.
- Continue to pray for peace in the world, your country, your neighborhood, and your relationships.



Take a step, make a fresh start and face the truth. If you or someone you know is currently dealing with these or similar issues, please contact: Regent University— Psychological Services Center at (757) 352-4488 for more assistance.



TOP 10 WARNING SIGNS

1. Emotionally abuses you (insults, belittles, degrades, ignores, pouts or gets angry when you initiate an action or idea).
2. Tries to control elements of your life or relationship which involves telling you who you may be friends with, or how you should dress.
3. Berates or talks negatively about women in general.
4. Demonstrates jealousy for no reason.
5. Thinks poorly of himself and guards his masculinity by acting tough
6. Berates you for not wanting to get drunk, get high, have sex, or go with him to an isolated or personal place.
7. Is physically violent to you or others, even if it's "just" grabbing and pushing to get his way.
8. Invades your "personal space" (sits too close, speaks as if he knows you much better than he does, touches you when you tell him not to). Acts in an intimidating manner toward you.
9. Demonstrates the inability to handle sexual and emotional frustrations without becoming angry.
10. Makes you feel like there is no way out of the relationship.



"For the Lord God will help Me; Therefore I will not be disgraced; Therefore I have set my face like a flint, and know that I will not be ashamed."
Isaiah 50:7 (NKJV)

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Relationship Violence: The Deadly Truth



"Over 4.4 million physical assaults are committed against women by an intimate partner annually."

~Center for Disease Control and Prevention "Costs of Intimate Partner Violence Against Women in the United States," 2003

What Should I Know About Relationship Violence?

D

Definition

Sexual violence is a sex act completed or attempted against a victim's will or when a victim is unable to consent due to age, illness, disability, or the influence of alcohol or other drugs. It may involve actual or threatened physical force, use of guns or other weapons, coercion, intimidation, or pressure.



What is Sexual Violence? Do You See the Signs?

Sexual violence also includes intentional touching of the genitals, anus, groin, or breast against a victim's will or when a victim is unable to consent. Also, voyeurism, exposure to exhibitionism, or undesired exposure to pornography are considered acts of sexual violence. The perpetrator of sexual violence may be a stranger, friend, family member, or intimate partner.

Violence against women is present in every country, cutting across boundaries of culture, class, education, income, ethnicity, and age. (United Nations Children's Fund, "Domestic Violence Against Women and Girls," *Innocenti Digest*, No. 6, May 2000)



W

Who are the victims?

- Eight-five percent of domestic violence victims are women. (Bureau of Justice Statistics, *Factbook: Violence By Intimates*, 1998, NCJ-167237)
- Women of all socio-economic groups can experience abuse. However, women in poverty face particular hardships and challenges when they try to leave abusive relationships because they lack the resources they need to support themselves and their children. (Family Violence Prevention Fund, "Speaking Up," Vol. 8, Issue 6, 1998)
- In almost nine out of ten incidents of domestic elder abuse and neglect, the perpetrator is a family member. (1998 National Elder Abuse Incidence Study)
- Domestic violence among gay and lesbian couples occurs in approximately 25-30 percent of relationships—the same statistical frequency as in heterosexual relationships. However, women are nearly three times more likely to report being victimized by a male partner than by a female partner and men are nearly twice as likely to report being victimized by a male partner than by a female partner. These findings suggest that men primarily perpetrate violence, whether against male or female partners. (US Department of Justice, *Extent, Nature, and Consequences of Intimate Partner Violence: Findings from the National Violence Against Women Survey*, July 2000)

U.S. Department of Justice, *Criminal Victimization 2000: Changes 1999-2000 with trends 1993-2000*. Washington (DC): U.S. Government Printing Office; 2001. Publication No. NCJ 187007 Available from: URL: <http://www.ojp.usdoj.gov/nis/aboutnc008.htm>

Tjaden P, Thoennes N. Full Report of the Prevalence, Incidence, and Consequences of Violence Against Women: Findings from the National Violence Against Women Survey. Report for grant 93-IJ-CX-0012, funded by the National Institute of Justice and the Centers for Disease Control and Prevention. Washington (DC): National Institute of Justice; 2000.

Relationship Between Victim & Perpetrator

Most perpetrators know their victims. According to the 2000 National Crime Victimization Survey, 62% of rape and sexual assault victims knew the perpetrator. More than 40% of rapes and sexual assaults came at the hands of a person the female victim called a friend or acquaintance. Female victims identified intimate partners as the perpetrator in 18% of rapes and sexual assaults (Department Of Justice 2001).

In the National Violence Against Women Survey, approximately 25% of women and 8% of men said they were raped and/or physically assaulted by a current or former spouse, cohabiting partner, or date in their lifetimes. The survey estimates that more than 300,000 intimate partner rapes occur each year against women 18 and older. (Tjaden 2000).

Prevention Efforts

What Life-Skills Do I Need?

- Anger management (John 4:2)
- Communication skills (I John 4:11)
- Stress management (I Cor. 6:19)
- Decision Making & Problem Solving skills (Psalm 27:14)

Resources: If you currently believe that you are, or may become a victim of domestic violence, contact the National Domestic Violence Hotline at:

1-800-799-SAFE (7233)

