

anyone can be a victim

■ Most victims are women, however men can be victims as well.

■ Domestic violence also can occur in same sex relationships. These relationships are not immune to the pattern of abusive and coercive behaviors that constitute domestic violence. Victims may not seek help because they fear that no one will believe that violence occurs in same sex relationships.

■ Elderly family members can be victims. They may be battered by their adult children or caretakers. They may be physically unable to defend themselves or leave the abuse. They also may be physically or mentally unable to report the abuse to anyone.

■ Children can be direct or indirect victims. They may be abused themselves. They may be forced to see their parent abused in front of them. The abuser may use threats to harm them as a means of controlling the victim. Research has shown that domestic violence negatively affects children. It can affect their emotional development, social functioning, learning abilities, moral development and their ability to negotiate intimate relationships as an adolescent/adult. Domestic violence has been associated with juvenile delinquency, antisocial behavior, substance abuse and mental illness.

things to know about the abuser

abusers typically have short fuses and become immediately angry They deny that the abuse has occurred and make light of a violent episode. They blame the victim, other people or outside events for the violent attack.

abusers don't become violent because they are "out of control" Abusers choose to respond to a situation violently. They are making a conscious decision to behave in a violent manner. They know what they're doing and what they want from their victims. They are not acting out of anger. They are not reacting to stress. They are not helplessly under the control of drugs and alcohol.

abuse is a learned behavior It is not a "natural" reaction to an outside event. It is not "normal" to behave in a violent manner within a personal relationship.

It is learned from seeing abuse used as a successful tactic of control – often in the home in which the abuser grew up in. It is reinforced when abusers are not arrested or prosecuted or otherwise held responsible for their actions.

understanding the pattern of abuse and how you are affected

At times, victims can begin to predict when the violence will occur again. A pattern has been found to exist, this is shown below.

the tension building phase

Tension and anger build up in the abuser. You may find yourself doing everything you can not to upset him/her.

the battering incident

When the abuser can no longer handle tension and again they explode. An incident takes place. It may include battering, sexual abuse or verbal abuse. It may even include all three of the forms of abuse.

honeymoon phase After an abusive incident, the abuser may feel guilty and maybe even ashamed. They may apologize and promise it will never happen again. The abuser may bring you or the children gifts and life may be all that you dreamed it could be, until the tension builds up again in the abuser and the cycle continues.

factors that signal a fatal or life threatening injury

As a victim of domestic violence, you need to know that there are factors that may signal a life threatening injury in the near future.

- A previous severe or life threatening attack
- Any past attempts to strangle you
- Recent abuse by a partner. In a research study, half the women who were killed had experienced violence within 30 days of the homicide, some within 1 or 2 days.
- Increasingly frequent violent attacks increase the risk of a fatal attack



■ Abusers threaten with a weapon. One study has found that women who were threatened or assaulted with a gun or other weapon were 20 times more likely than other women to be murdered.

■ Abuse of alcohol and/or drugs. In one study, research showed that more than two-thirds of the homicide and attempted homicide offenders used alcohol, drugs or both during the incident.

■ For a minority of women, about 1 in 5, the life threatening incident will be the first physical violence they experience from their partner. One recognizable risk factor for these abusers is controlling behavior or extreme jealousy.

safety measures while you're in an abusive relationship

If you are living with the person who is battering you, here are some things you can do to ensure your and your children's safety.

- Have important phone numbers memorized, i.e. friends and relatives whom you can call in an emergency. If your children are old enough, teach them important phone numbers, including when and how to dial 9-1-1.
- Keep this brochure in a safe place, where your batterer won't find it, but where you can get it when you need to review it.
- Keep change for pay phones with you at all times.
- If you can, open your own bank account.
- Stay in touch with friends and family. Get to know your neighbors. Resist any temptation to cut yourself off from people, even if you feel like you just want to be left alone.
- Rehearse your escape plan until you know it by heart.
- Leave a set of car keys, extra money, a change of clothes and copies of the following documents, with a trusted friend or relative.

- Your and your children's birth certificates
- Your children's school and medical records
- Bank books
- Welfare identification
- Passports or green cards
- Your social security card

- Lease agreements - mortgage payment books
- Insurance papers
- Important addresses and telephone numbers
- Any other important documents
- ID/Driver's License
- Keys (home, car and safety deposit box)
- Medicine
- Phone Card

safety after you have left the relationship

Once you no longer live with the batterer, here are some things you can do to enhance you and your children's safety.

- Change the locks.
- Install as many security features as possible in your home. These might include metal doors and gates, security alarm system, peep hole in the door, smoke detectors and outside lights.
- Inform neighbors that your former partner is not welcome on the premises. Ask them to call the police if they see that person loitering about your property or watching your home.
- Make sure the people who care for your children are very clear about who does and who does not have permission to pick up your children.
- Obtain an order of protection from the court and have it served. Keep it near you at all times, and make sure friends and neighbors have copies to show the police.
- Let your co-workers know about the situation. Ask them to warn you if they observe that person around. Vary your route to and from work.
- Avoid the stores, banks, and businesses you used when you were living with the batterer.
- Get counseling. Attend support groups. Do whatever it takes to form a supportive network that will be there when you need it.
- Carry a cell phone with you at all times so if you need to call 9-1-1 you can.

Domestic violence is more than just physical abuse.

Domestic violence can take many forms, but its goal is always the same: Batterers want to control you through fear. They do this by regularly abusing you physically, sexually, psychologically and economically. Here are some forms of domestic violence you may have experienced:

- **physical abuse:** Hitting, slapping, kicking, strangling (often referred to as choking), pushing, punching, beating.
- **verbal abuse:** Constant criticism, making humiliating remarks, not responding to what you are saying, name calling, yelling, swearing, interrupting.
- **sexual violence:** Forcing sex, demanding sexual acts that you do not want to perform, degrading treatment.
- **isolation:** Creates difficulty for you to see friends & relatives, monitoring phone calls, reading mail, controlling where you go, taking your car keys.
- **coercion:** Makes you feel guilty, pushing you into decisions, sulking, manipulating children and other family members, insists on being right, making up impossible rules and punishing you for breaking them.
- **harassment:** Following or Stalking, embarrassing you in public, constantly checking up on you, refusing to leave when asked.
- **economic control:** Not paying bills, refusing to give you money, not letting you work, interfering with your job, refusing to work and support the family.
- **threats and intimidation:** Threatens to harm you, the children, family members and pets; using physical size to intimidate, keeping weapons and threatening to use them.
- **destruction of property:** Destroying furniture, punching walls, throwing things, breaking things.
- **self-destructive behavior:** Abusing drugs or alcohol, threatens self-harm or suicide, driving recklessly, deliberately doing things that will cause fear.

take action — help is available

EMERGENCY: 9-1-1

Glendale Family Advocacy Center (GFAC)
623-930-3030

National Domestic Violence Hotline
1-800-799-7233

CONTACTS Shelter Hotline
602-263-8900
1-800-799-7739

Community Legal Hotline
602-258-3434

A New Leaf Counseling
623-930-3453

MCSO Jail Info
602-876-5209

Glendale City Prosecutor's Office
623-930-3475

Glendale City Court
623-930-2400

NW Regional Center
14264 W. Tierra Buena Ln.
602-506-3676

St. Mary's Food Bank
602-242-FOOD

WIC (Women Infant Children)
800-252-5942

Child Protective Services
888-767-2445

Victim's Compensation
602-506-4955

Community Action Program
623-930-2854

Empact Crisis/Suicide Line
480-784-1500

Maricopa County Crisis Line
800-631-1314
602-222-9444

Community Info & Referral
800-352-3792



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Domestic Violence

...it's more than just physical abuse



GLENDALE POLICE DEPARTMENT