• More at www.lifesaveher.com

MCA National Safe Place: www.nrscrisisline.org

• Alabama Child Abuse Prevention: ctf.alabama.gov

• Danger Assessment: www.dangerassessment.org

• National Hotline: 1-800-799-SAFE (7233) www.thehotline.org

• Alabama Hotline: 2-1-1

**KESOURCES:** 

\* Statistics from Atlanta Centers for Disease Control and American Bar Association with Bureau of Justice Statistics

Children in these families have lower ability to achieve; negative outlook on life; more likely to become an abuser; and some go to jail.

- Domestic violence contributes to the breakdown of the family unit.
- No one excluded: All ages, races, and genders (95% female; 5% male).
  - as teen pregnancy and attempted suicide.
     3.3 million children witness violence toward their mothers
- by a dating partner. 40% know another girl who has been abused.

   Abused girls are more likely to experience other risky behaviors such
- 1 in 5 high school girls reports being physically and/or sexually abused
  - #1 reason for work place deaths is violent spouse or boyfriend.
  - 3 or more women murdered by husbands/boyfriends every day.
    - 30% of first-time abuse occurs during pregnancy.
    - Every 9 seconds a woman is beaten or assaulted.
  - 4 million American women are assaulted by a partner every year.
- 37% of women seeking emergency care is for violence related injuries.
  - Leading cause of injury to women ages 15 to 45 is abuse.
  - #1 health problem for women in America is abuse (1 in 4 women).

ALARMING FACTS ABOUT DOMESTIC ABUSE IN AMERICA

NO ONE DESERVES IT!

Abuse is never deserved nor acceptable! Whether it's coming from a man, a woman, a teenager, or an older adult, everyone deserves to feel valued, respected, and safe.

Healthy Relationship - When both people give and receive safe and open exchange of ideas, feelings and thoughts; both have the freedom to respectfully challenge, confront, and strengthen one another.

Abusers Choose to Abuse - Violent and abusive behavior is the abuser's choice. Violence and abuse is not due to the abuser's loss of control over his behavior; it is a deliberate choice made by the abuser in order to control the victim. When at work or other environments he cannot control, he is able to behave well and fit in for long periods of time. However, when home or in his comfort zone, he is free to abuse physically and emotionally with use of dominance, humiliation, isolation, threats, intimidation, denial, and blame. Oftentimes an abuser will embarrass or humiliate his partner in public.

Abusers Motives - Abusers want to gain and maintain total control over their victims and/or exhibit an attitude of entitlement. An abuser doesn't "play fair." Abusers use fear, guilt, shame, and intimidation to wear a partner down and keep her under his thumb. An abuser may also threaten or hurt his partner and/or those around her, even pets.

WARNING SIGNS OF ABUSE

Domestic abuse occurs when one person in an intimate relationship tries to dominate or control the other one. This includes physical, sexual, emotional, economic, spiritual or psychological actions or threats that influence the partner; behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound.

# A FEW FAVORITE SCRIPTURES:

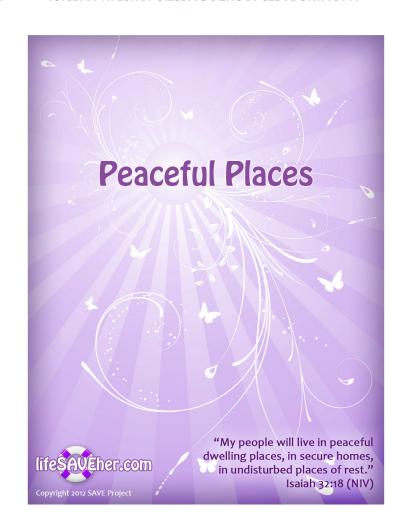
**Psalm 55:12-13:** "For it was not an enemy who insulted me, then I could have endured it. Neither was it he who hated me who raised himself up against me, then I would have hid myself from him. Instead, it is you—my equal, my companion and close friend."

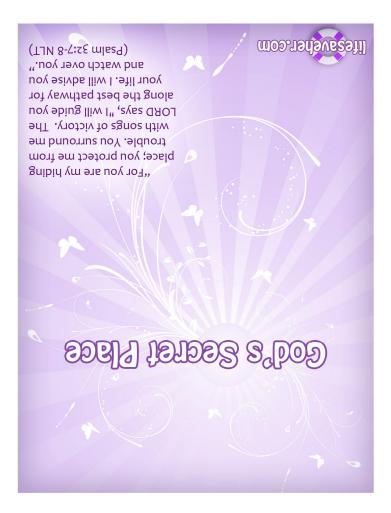
Romans 12:10: "Love each other with genuine affection, and take delight in honoring each other."

1 Corinthians 13:4-7: "Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance."

Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2007. Used by permission of Tyndale House Publishers Inc., Carol Stream, Illinois 60188. All rights reserved.

LifeSAVEhers - Provide contact info for your church or SAVE Group here.





## DOES YOUR PARTNER . . .

- Embarrass you with put-downs?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to or where you go?
- Stop you from seeing your friends or family members?
- Take your money or Social Security check, make you ask for money or refuse to give you money?
- Make all of the decisions?
- Tell you that you're a bad parent or threaten to take away or hurt your children?
- Prevent you from working or attending school?
- Act like the abuse is no big deal, it's your fault, or even deny doing it?
- Destroy your property or threaten to hurt or kill your pets?
- Intimidate you with guns, knives or other weapons?
- Shove you, slap you, choke you, or hit you?
- Force you to try and drop charges?
- Threaten to commit suicide if you don't return or comply?
- Threaten to kill you?

If you answered "yes" to even one of these question, you may be in an abusive relationship.

In reviewing your marriage or relationship, consider if there is an imbalance of power and control as well as patterns of abusive or destructive behaviors that escalate in frequency and intensity.

Don't wait until something worse happens to seek help. Read books, visit websites, contact local abuse agencies, talk to your Pastor (make certain confidentiality will be held). Seek counseling as a couple or individually if your partner. Statistics show that things usually do not get better until the abuser gets help to change his behaviors.

by Marie M. Fortune

- Keeping the Faith (Guidance for Christian Women Facing Abuse)
  - Bold Love by Dr. Dan Be Allender & Dr. Tremper Longman III
- No Place for Abuse by Catherine Kroeger and Nancy Nason-Clark
  - The Macho Paradox by Jackson Katz
  - Do You See This Woman by Elizabeth Sherrell

#### RECOMMENDED READING

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Other:	
раусаге:	
2сиооі:	
Pastor's Cell:	
Church Office:	
Local Police Station:	
Attorney:	
Ross Cell Phone:	

### **STOATHOO THAT SOUTH**

## **10 MOST IMPORTANT DECISIONS**

- 1. How will you get out of your house safely (with children)?
- Where is the safest place to be in your house during an argument—away from knives, guns, near a door/window.
- 3. Where will you go? (Think of four places he will not know.)
- 4. Who can you trust to help you execute your safety plan? (Family member, friend, co-worker, minister.)
- 5. What code phrase can you use to let someone know you are executing your plan? (I'm cooking brownies in 10 minutes.)
- 6. Where will you stash things you will need when you leave? (Extra clothes, car keys, money, important documents.)
- 7. Always keep change and important numbers on you.
- 8. Can you tell a neighbor about your situation and ask them to call 9-1-1– if they hear suspicious noises from your house? Also, tell your boss for work safety.
- 9. If you have a protective order, keep it on you at all times. Be sure schools/daycare know about the problem.
- **10.** Teach your children how to be safe, call for help, run to a neighbor's house, etc.

MORE IDEAS AT LIFESAVERHER.COM