

DOMESTIC VIOLENCE  
AWARENESS MONTH  
#WeBelieve

*Safe  
on  
Sunday*  
October 22, 2017

**We thank you for your partnership in this Domestic Violence Awareness Month community outreach and education event.**

Enclosed are:

- ◇ Informational sheets about Domestic Violence
- ◇ Promotional postcards to be handed out or used as program inserts
- ◇ Promotional posters to be displayed around the church
- ◇ Crime Victim Assistance Brochure highlighting victim services.

Please feel free to add your logo/ministry information to the postcards and posters. For more ideas on how to participate in this event, or to schedule a training, please contact Gena at 254.629.3223 ([education@eastlandcrisis.org](mailto:education@eastlandcrisis.org)).



# *Defining The Abuse*

Domestic violence affects approximately 12 million people annually and crosses all demographic, psychographic, socioeconomic, and geographic boundaries. Abuse between current or former spouses, dating relationships, roommates, family members, and/or romantic/intimate relationships is considered family or domestic violence. Both males and females can be offenders or victims of domestic violence and there are legal, counseling, advocacy, and financial assistance resources available to men, women, and children who are victims of this type of abuse- even if it isn't physical.

## Types of Abuse:

**Emotional/Mental/Psychological Abuse:** Name calling, belittling, manipulation through threats to harm self or others, attacking victim's self esteem and relationships, changing victim by saying "If you loved me you would..."

**Financial Abuse:** Limiting victim's access to financial resources to keep victim financially dependent including not allowing victim to work, have access to bank accounts or credit cards, stealing or keeping victim's money, fraudently establishing credit or debt in victim's name

**Sexual Abuse:** Forcing victim to perform sexual acts they are not comfortable with through use of force, threats, or manipulation, drugging victim to insure sexual compliance, threatening to embarrass victim if he/she leaves by spreading rumors about their sexual life

**Physical Abuse:** Using any type of physical force to establish control over and/or fear in the victim including hitting, kicking, strangulation, pushing, slapping, holding victim down, striking with objects, throwing objects, or physically blocking victim from leaving.

**Stalking:** Following and monitoring (including online) victim during or after the relationship, repeatedly harassing victim and/or loved ones, continuing to pursue victim after he/she has left the relationship,



Identifying the domestic violence offender may be difficult for those outside of the home. The abuser may be successful in business, popular in the community, and/or charming or pleasant to be around. However, there are certain characteristics or behaviors that can serve as warning signs a person may have or develop an abusive personality:

### Common Characteristics of An Abusive Personality:

- \* Charming— When not being abusive, offenders can be very charming to victim and others
- \* Jealous— Regularly believes partner is unfaithful or being pursued
- \* Manipulative— Easily identifies people's weak spots and how to use them
- \* Controlling— Needs everything to be perfect in order to be happy
- \* Narcissistic— Believes they are the center of the relationship and their happiness is most important
- \* Unable to accept responsibility— Blames actions on others or outside forces beyond their control
- \* Inconsistent— Mood, desires, morals, beliefs, consequences, and responses change frequently and without notice depending on the situation.

### Warning Signs A Partner Might Be Abusive

- \* Telling you that you can never do anything right
- \* Showing jealousy of your friends and time spent away
- \* Keeping you or discouraging you from seeing friends or family members
- \* Controlling every penny spent in the household
- \* Looking at you or acting in ways that scare you
- \* Controlling who you see, where you go, or what you do
- \* Preventing you from making your own decisions
- \* Telling you that you are a bad parent or threatening to harm or take away your children
- \* Preventing you from working or attending school
- \* Destroying your property or threatening to hurt or kill your pets
- \* Intimidating you with weapons
- \* Pressuring you to have sex when you don't want to or do things sexually you're not comfortable with
- \* Pressuring you to use drugs or alcohol



Domestic violence is a complicated and layered crime that can develop over days, weeks, months, and even years. However, even if a victim chooses to remain with the offender, it DOES NOT mean he/she deserves the abuse.

### The Cycle of Violence

**Tension Building Phase**— Offender begins to feel pressure, irritation, stress, fear, anger, or other negative emotions. Can be result of relationship or outside forces.

**Incident Phase**— Offender “explodes” and acts out in an abusive manner towards the victim. Over time this will happen more frequently and will become increasingly violent.

**Honeymoon Phase**— Offender feels remorseful about the abuse and works hard to convince victim it will not happen again. This phase may last and shows the victim what the offender could be like without the abusive behavior. Victims may feel like they can control or stop the abuse and remain in this phase if they can change or control the circumstances that started the Tensions Building Phase. They will often internalize the blame at this point and feel like they can or should do more in the future to make the relationship work.

Unfortunately even if they control one factor, another will lead to the abuse since the only one who can stop the abuse is the abuser.

### Reasons a Victim Might Stay with an Abuser:

- \* **Feeling Powerless**— Victim lacks access to resources to help them rebuild after leaving the relationship
- \* **Feeling Helpless**— Victim feels even if resources were available they will not be able to use them or they won't make a difference in the long-term
- \* **Personal Beliefs**— Victim believes it will violate a belief, value, conviction, or moral to leave relationship
- \* **Children**— Victim believes children will suffer without the other parent and as long as abuse doesn't happen directly to the children, the victim is behaving as a good parent by staying
- \* **Acceptance**— Victim has normalized abuse and believes it is a natural part of relationships
- \* **Love/Hope**— Victim believes that if they love the abuser enough the behavior will stop on its own
- \* **Fear of Shame**— Victim worries about community backlash and embarrassment by making abuse public

It is important to remember that the most dangerous time for victims of family/domestic violence is when they choose to leave their abusers. In fact, 75% of domestic violence related fatalities occur AFTER a victim has left the relationship.



While this type of violence may seem like a private matter between a couple, family violence has very real physical and emotional consequences- even if the abuse isn't physical.

### Effects of Family Violence on Adult Victims:

- \* Mental health problems including depression, anxiety, and/or suicidal tendencies
- \* Dependency on alcohol and/or drugs
- \* Increased risk for stress related health problems including- heart attack, stroke, diabetes, fibromyalgia
- \* Difficulty in obtaining and/or maintaining employment
- \* Withdrawal from society and/or support systems
- \* Irritability with children or others
- \* Confusion, forgetfulness, or avoidance of other responsibilities

### Effects of Family Violence on Children:

- \* Excessive irritability
- \* Sleep problems
- \* Emotional distress
- \* Fear of being alone
- \* Immature behavior
- \* Poor concentration and focus
- \* Depression
- \* Suicidal tendencies

In addition these children are at a greater risk for suffering abuse at home or later in life, substance abuse, and bullying or aggressive behavior. While not every child from a violent home becomes violent it can be a powerful indicator of the potential to continue the cycle of violence as either an offender or victim.

In addition to the effects of those directly involved in the abuse, domestic violence also impacts society through the cost of lost work productivity, medical care, criminal proceedings, and can even increase the amount of homelessness in a community.



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*You Deserve  
to be safe  
Today  
& everyday.*

If you or someone you knows needs help, the Crime Victim Assistance Center provides free and confidential services for all victims of domestic/sexual violence. Services are available 24 hours a day by trained staff & volunteer advocates.

Learn more at:  
[www.eastlandcrisis.org](http://www.eastlandcrisis.org) ~  
254.629.3223  
Facebook: @eastlandcvac

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We Affirm:

*Your right to  
live free of fear &  
abuse.*

*Safe on Sunday - October 22, 2017*  
Because you deserve to be safe  
today & everyday.





We Affirm:

*Your right to be  
treated with  
respect.*

*Safe on Sunday - October 22, 2017*  
Because you deserve to be safe  
today & everyday.





We Affirm:

*You deserve to  
be in a love that  
doesn't hurt.*

*Safe on Sunday - October 22, 2017*  
Because you deserve to be safe  
today & everyday.





We Affirm:

*Your right to be  
treated as an equal  
partner.*

*Safe on Sunday - October 22, 2017*  
Because you deserve to be safe  
today & everyday.





We Affirm:

*Your responsibility  
to treat others with  
respect.*

*Safe on Sunday - October 22, 2017*  
Because you deserve to be safe  
today & everyday.



# Our Goal

- To decrease the impact of domestic violence and sexual assault on primary and secondary victims.
- To present information and support to victims and their families that allows them to make choices that are most appropriate for his/her own needs.
- To recognize limitations in the services offered by our agency and take responsibilities in working closely with referral agencies for effective management of victims and their families.
- To promote stabilization and emotional health.



# Our Mission

*To provide services designed to meet the physical, social, and emotional needs of domestic violence and sexual assault victims by providing immediate, short, and long-term assistance.*

## If you or someone you know needs help

### Eastland County

Cisco PD.....254-442-1770  
Eastland PD.....254-629-1700  
Gorman PD.....254-734-2317  
Ranger PD.....254-647-3232  
Rising Star PD.....254-643-4261  
Eastland Co. Sheriff.....254-629-1774  
Eastland Mem. Hospital.....254-629-2601  
District Attorney.....254-629-2659  
Children's Advocacy Center...254-629-8229

### Other Important Numbers

Child/Elder Abuse Hotline.....800-252-5400  
Runaway Hotline.....800-392-3352  
Teen Dating Abuse Hotline...866-331-9474  
Texas Council on Family Violence:  
Hotline.....800-799-7233  
Legal.....800-374-4673  
Texas Association Against Sexual Assault:  
RAINN Hotline .....800-656-HOPE



## Advocacy for Survivors of Domestic Violence and Sexual Assault

**Eastland Office**  
**(254) 629-3223**  
**24 Hour Hotline**  
**(888) 686-3222**

**[www.eastlandcrisis.org](http://www.eastlandcrisis.org)**

### Office Hours

8:00 - 12:00, 1:00 - 5:00 Mon. - Fri.

Community Based 501(c)3 Organization



## We Offer

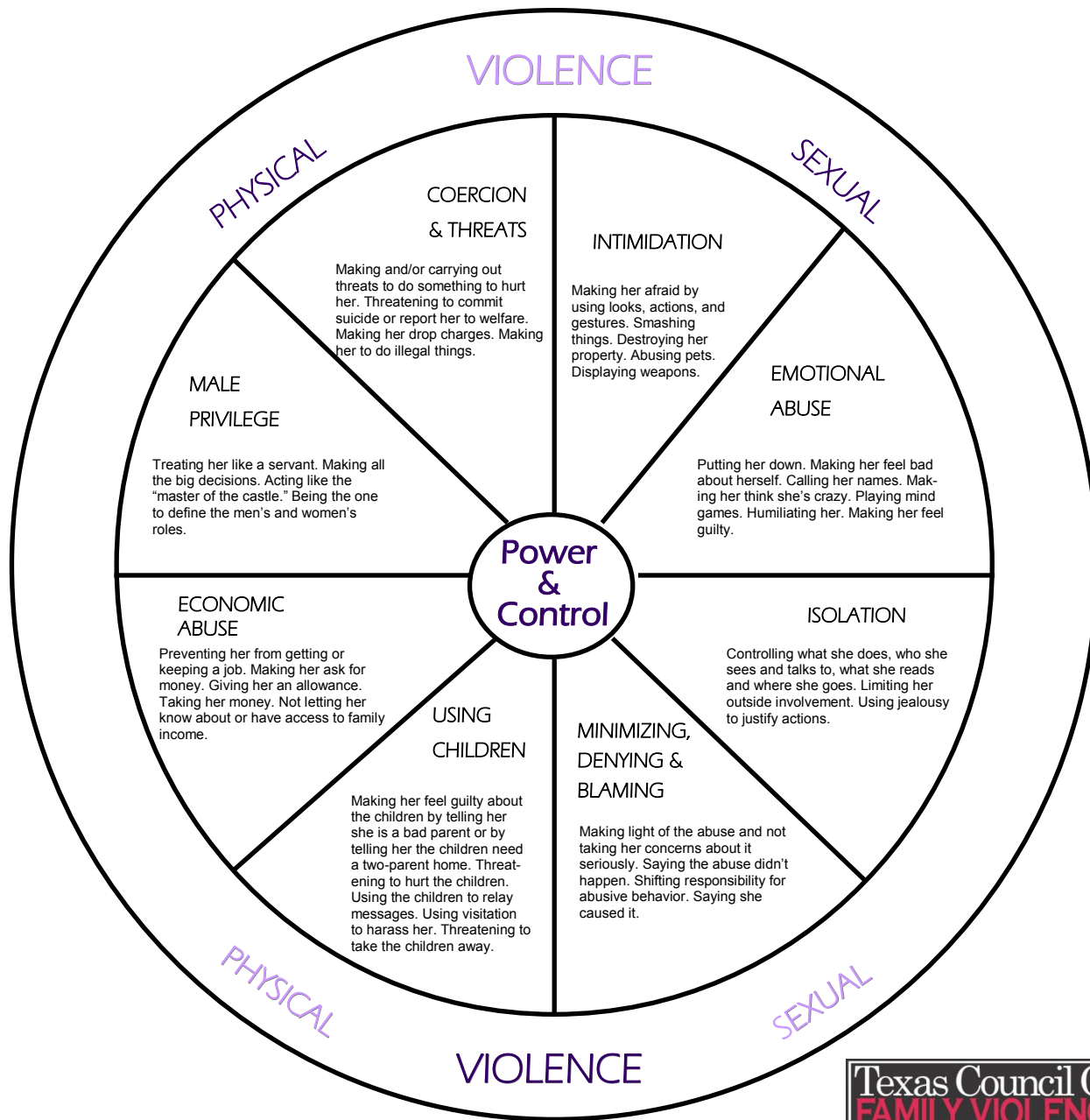
- 24 Hour crisis intervention and response hotline: (888) 686-3222.
- Counseling, confidential crisis intervention, safety planning, and support to victims of violence.
- Transportation to shelters.
- Accompaniment and/or transportation to social service agencies.
- Referrals to service agencies, county and statewide.
- Assistance and accompaniment throughout the medical and legal processes.
- A safe place for clients to meet during court appearances.
- Opportunities and training for volunteers and local service agencies.
- Spanish bilingual Services.
- Education for schools, community, and professionals.
- Children's Advocacy Center where abused or neglected children can go to tell their story and receive specific services.



*All services are FREE.*

## Is your relationship based on power and control?

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



**Texas Council On  
FAMILY VIOLENCE**

P.O. Box 161810 - Austin, TX 78716  
512-794-1133 - Fax: 512-794-1199