

Domestic Violence Awareness

It happens every 7.4 seconds...

Domestic violence is the leading cause of serious injury to women, more common than rape, muggings, and car crashes combined.¹ But domestic violence doesn't just get inflicted upon women, it happens to men and children too, and its effects can be devastating.

Research shows that every 7.4 seconds someone in the U.S. is beaten by their spouse or partner, and it is estimated that nearly half of all abusive incidences go unreported. Research also shows that up to 10 million children will witness domestic violence this year. For the majority of these children, life will never be the same and many will suffer severe consequences. It is reported that 40% of these children will suffer anxiety and 48% will suffer from depression.



What exactly is domestic violence?

Domestic violence is more than a bruised face or broken arm. It includes:

- Physical abuse – slapping, kicking, choking, spitting, punching, pinching
- Sexual abuse – forced sexual activity, sexual assault, sodomy
- Emotional abuse – humiliation, intimidation, name calling, demoralization, playing mind games, isolation
- Financial - limiting access to family income or assets, restricting or disrupting employment

How will I know if I am a victim of domestic violence?

Does your spouse or partner put you down and make you feel ashamed? Do they tell you what to do and who you can see? Have they ever threatened to hurt you or your family? Have they ever pushed or hit you, or forced you to have sex? If you have answered "yes" to any of these questions, you are a victim.

What should I do if I am feeling threatened?

- Avoid rooms without exits or with potential weapons, such as kitchens.
- Arrange a signal with a neighbor to let them know when you need help, such as pulling down a certain window shade.
- Discuss a safety plan with your children, including people they can call or go to in an emergency.
- Call 911 if you are in immediate danger.

What if I'm an inflictor of domestic violence...how do I get help?

Inflictors of domestic violence also have many avenues for getting help. Contact Family Service at 765-342-0202 or the National Domestic Violence Hotline at 1-800-799-7233 or 1-800-787-3224 (TTY). Both are available to you 24 hours a day 7 days a week. Another option is through your health care provider.

Change is not always easy, but it can be done. Professional help is your best avenue, but you can take the first steps by:

- Leaving the room or vicinity
- Taking responsibility for the hurt and fear you may be causing
- Talk with someone about what you are doing
- Watch for warning signs of your behavior

Help is just a phone call away!



Who can help?

Our goal is to provide you with several avenues for getting help.

Law Enforcement

Emergency.....911
Morgan County Sheriff.....342-5544
Martinsville P.D.....342-6614
Mooreville P.D.....831-3434

Victim Assistance

Morgan County.....342-1186
Pager.....349-2610

Shelters

Desert Rose.....765-342-ROSE
Julian Center.....317-920-9320
Middle-Way House.....812-336-0846
Sheltering Wings.....317-745-1496

Support/Counseling

Desert Rose.....765-342-ROSE
Breaking Free.....317-923-4260
Family Service.....765-342-0202

Other Important Numbers

Morgan County Prosecutor.....765-342-1050
Legal Aid.....1-800-822-4774

Note: To be notified when your batter is released from jail (Morgan Co.) call 342-4303

If you find yourself in immediate danger, call

911

Who are victims of domestic violence?

They are your co-workers, neighbors, friends or family. Victims of domestic violence are in every age bracket, every race and every culture.

Safety Plan

Safety Signal (to alert neighbor to call police)



Have a bag packed (include the following if possible)

- Change of clothes for yourself and children
- Address book – include phone numbers of friends, relatives, doctors, lawyers
- Money – include change for payphone
- Extra keys – to home and car
- Emergency Medicine
- Important papers – include checking and savings: account numbers, copy of lease, copy of No Contact order/Protective Order, birth certificate, social security numbers for yourself and children and partner. ADC/SSI/Medical cards, etc.

Remember: Avoid long distance calls if possible (long distance calls can be traced). Advise school system, court and welfare not to give out any information.

¹ Stark and Flitcraft, 1985

Desert Rose Shelter



**Sheltering our Community
Against Domestic Violence**



Desert Rose Foundation, Inc.
P.O. Box 1754
Martinsville, IN. 46151
765-342-ROSE (7673) – Crisis Line
888-342-ROSE (7673) – Toll Free
765-342-1777 – Business Line
www.desertrose.cc