

By the numbers:

Children of an abusive parent are two times as likely to be abused themselves.

Approximately 1.3 million women and 835,000 men are physically assaulted by an intimate partner annually in the United States.

~U.S. Department of Justice

Domestic violence claims the lives of four women each day.

~U.S. Department of Justice, Jan 1994

For homicides, intimate partners commit:

- 30% of homicides of females.
- 5% of homicides of males.

~U.S. Department of Justice

73 percent of domestic violence incidents go unreported.

It is estimated that 25% of workplace problems such as absenteeism, lower productivity, turnover and excessive use of medical benefits are due to family violence.

~Employee Assistance Providers/MN



You're not alone.

Crisis and Information Lines

24-Hour Crisis Line

(206) 461-3222

WA State Domestic Violence Hotline

1 -800-562-6025

Shelters and Support Services

Domestic Abuse Women's Network (DAWN)

(425) 656-STOP

Refugee Women's Alliance (REWA)

(206) 721-0243

Asian Pacific Island Women and Safety Center

(API) (206) 467-9976

East Cherry YWCA

(206) 461-4423

New Beginnings (24 Hours)

(206) 522-9472

Consejo Counseling and Referral Services

(206) 461-4880

Seattle Indian Health Board

(206) 324-9360

Sexual Assault

Children's Response Center

(425) 688-5130

Harborview Sexual Assault Center

(206) 521-1800

King County Sexual Assault Resource Center

and Crisis Line

1-888-99VOICE

(425) 226-5062

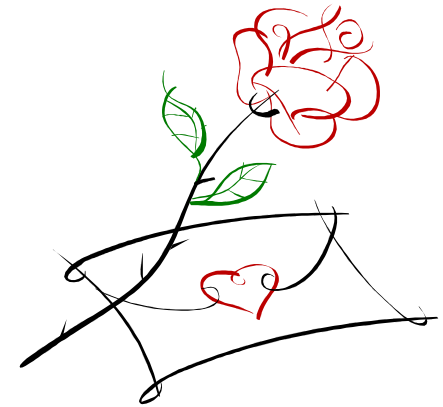
Al-Shifa Clinic

Email: alshifa@u.washington.edu

Website: <http://students.washington.edu/alshifa>

Domestic Violence

Find the courage to love yourself



Does your partner...

- Say things to try and make you feel worthless?
- Tell you not to spend time with your friends and family?
- Make all the decisions in the relationship?
- Blame you for his or her mistakes?
- Control where you go and who you talk to?
- Threaten to hurt you if you don't do what they want?
- Push, slap, kick, or otherwise assault you, and promise that it won't happen again?
- Force you to have sex or do other sexual acts when you don't want to?

If so, you may be a victim of domestic violence and there is help.

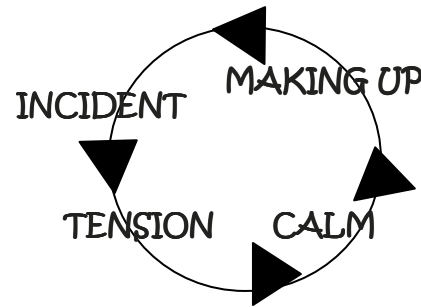
Domestic violence (sometimes referred to as **domestic abuse**) occurs when a family member, partner or ex-partner attempts to physically or psychologically dominate or harm the other.



Image taken from:
<http://www.kpbs.org/media/assets/OUTREACH/outreach-billboard-dv2.jpg>

Cycle of Violence

A cycle of violence exists in many, but not all relationships. The cycle goes from phases of calm and rest to explosion of abuse. If you find yourself caught in this cycle, recognizing the situation is the first step, you can get out of the cycle.



Incident:

-abuse occurs, can be physical, emotional or sexual

Making-Up

-Abuser may:

- apologize for abuse
- promise it will never happen again
- blame the victim for causing the abuse

Calm

- Abuser acts like the abuse never happened
-Physical abuse may not be taking place
-Abuser may give gifts to victim

Tension

-Abuser starts to get angry and abuse begins
-Victim feels the need to keep the abuser calm and as if they are “walking on egg shells”

Getting Help

At first it may seem difficult to leave the abuser because the victim fears retaliation. With support victims can find help in ending the abuse. If you or someone you know is a victim of domestic abuse, these are a few steps towards ending the abusive cycle.

- Contact a domestic violence hotline. People who are staffing the phones or email can advise you on how to protect yourself, refer you to other services and shelters, and inform you about local laws and restraining orders.
- Develop a safety plan that specifies who will be with you when you need companionship and protection. Also plan for safety in your workplace or at your school.
- Call people who are willing to help you and tell them how they can help to protect you now and in the future.
- If you have been abused in front of others, ask witnesses to write down what they saw.
- Contact the police if your abuser has broken a law, or even if you just think they might have broken a law.
- Consider getting a restraining order or protective order to keep your spouse or intimate partner away from you.
- Learn self-defense to protect yourself.