

What is Domestic Violence?

Locations

For more information about services offered at The Center, please call any of our locations or visit our website.

KENTUCKY

Kentucky Campus

Open 24 Hours

P.O. Box 2048

Louisville, KY

(502) 581-7222 Domestic Violence Crisis Line

(502) 581-7242 TDD

West Louisville Campus

(502) 775-6408

Bullitt County Services

(502) 538-0212

Shelby County Area Services

(502) 633-7800

INDIANA

Southern Indiana Campus

Open 24 Hours

New Albany, IN

(812) 944-6743 Crisis Line

Corydon Office

(812) 734-0280

Marengo Office

(812) 365-2338

Scottsburg Office

(812) 752-7996



(877) 803-7577

Toll Free Crisis Line • 24 Hours

www.thecenteronline.org

The Center for Women and Families is committed to creating an environment in which diversity is valued and assures no person shall be excluded from participation in, denied the benefits of, subjected to discrimination under, or denied employment on the basis of race, religion, sex, national origin, sexual orientation, gender identity, age, handicap, disability, veteran status, familial status, or political opinion.

Our programs are funded in part by the following: Kentucky Domestic Violence Association, Kentucky Association of Sexual Assault Programs, Kentucky Housing Corporation, Metro Louisville, Metro United Way, United Way of Scott County, Inc., U.S. Department of Housing and Urban Development, and many more federal, regional and local sources. Please review our most recent annual report at www.thecenteronline.org for a complete list of our funders.

"I was married to this man for over 10 years. He always had a way of putting me down, making me feel so small. I put up with it for years.

Then finally one day after work, my husband just snapped and he punched a hole through our kitchen wall. It scared me and I started to feel unsafe.

I called The Center and after going through counseling, I realized that I had been living in a domestic violence situation for years."



"I've heard the term 'domestic violence', but that's when you get black eyes and broken bones. My husband just has a bad temper and he only gets that way when he's drinking. He's never given me a black eye or anything, so that can't be domestic violence, right?"

Information from



THE
CENTER
FOR
WOMEN
AND
FAMILIES

Services Available

24-hour Crisis Line - (877) 803-7577 - this number is staffed with Certified Domestic Violence Counselors, trained to offer crisis counseling, support, referrals, and other information about domestic violence.

Emergency Shelter - shelter offers a safe place for women and their children to escape from the threat of violence and begin their healing process.

Transitional Housing - a second step in the shelter program, these facilities are available for people who are leaving the shelter, but who are not yet able to relocate independently.

Hospital Advocacy - available 24 hours a day, advocates meet victims of domestic violence in the emergency rooms of area hospitals to immediately begin offering the support and services of the Center for Women and Families.

Legal Advocacy - advocates are available to explain the legal process and offer emotional support by being present with the client in court.

Safety Planning - provides support regarding decision making.

Counseling - available to resident and nonresident victims of domestic violence, this support helps the victim regain self-esteem and make decisions about their life.

Casework - provides a linkage to legal options, financial aid, employment and permanent housing.

Children's Services - the goal is to teach children that violence is not okay and that it is not their fault, to help improve their self image and communication skills, and to teach them ways to be safe.

What Is It?

When most people think about domestic violence, the first thing they think of is physical abuse - a slap, a hit, or a shove that results in a bruise, a black eye, or a broken bone. Yes, that is domestic violence, but it is very important to remember that the goal of abusers is to have power and control over the other person and there are many other forms of abuse that can be used as well.

A person who insults another person, puts them down, criticizes what is important to that person, is committing emotional abuse. Over time, this can lower the other person's self-esteem and can cause them to feel that they don't deserve anything better.

Domestic Violence occurs between intimate partners, married and dating parents and children. It also occurs in relationships of all ages, including teen dating and elderly couples.

Isolation is another form of abuse. Not letting a person have friends, moving frequently, not having access to a phone or vehicle, or not letting a person spend time with their family can lead that person to believe that they have no one to turn to for help.

Frightening someone by threatening or intimidating them is another way that abusers control their partners' behavior. Even if they don't physically do anything to hurt their partners, this is still a form of abuse.

Forcing someone to perform unwanted sexual acts against their will is sexual abuse, even if the other person is a spouse or committed partner.

Economic abuse means not letting the other person have any control over money. This could mean not letting them have any money, taking their money, giving them an allowance, or making them ask for money.

How Do I Know?

ABUSERS...

Below are some "warning signs" to look for in a person who might be, or could become, abusive:

Someone who...

- witnessed or experienced abuse as a child is likely to have learned that same behavior.
- loses their temper frequently, or expresses anger in violent ways.
- drinks too much or abuses other drugs.
- is unusually jealous or possessive.
- may have very traditional ideas about the roles of men and women in society.
- is gentle and loving most of the time, but is sporadically violent.
- promises never to hit or abuse again, but eventually is violent again.

VICTIMS...

Below are some "warning signs" to look for that may indicate that you or someone you know is being abused...

Someone who...

- is frightened by their partner's temper.
- is afraid to disagree with their partner.
- frequently apologizes for their partner's behavior.
- feels the need to constantly justify and explain everywhere they go and everything they do.
- has been forced by their partner to have sex.
- does not see or spend time with friends or family because of their partner's jealousy.
- is repeatedly hurt by their partner

What Can I Do?

Although it may not seem like it, there are many options and resources for a victim of a violent relationship and those who are trying to help them. The following are just a few of these options:

If you are a victim of domestic violence...

- **Tell someone you trust.** It is not easy to admit that you are being abused. However, acting on your decisions is easier when you have support.
- **Safety Planning.** Essentially, this means being aware of your surroundings, and planning where to go and what to do in the case of a violent incident.
- **File for a Protective Order.** While this is not a coat of armor, disobeying any part of this order can cause your perpetrator to spend time in jail.
- **Seek counseling.** This can help you raise your self-esteem, make decisions about your life, and understand that you are not to blame for what happened.
- **Seek shelter.** If you are in fear for your physical safety, go to a friend's, a relative's, a neighbor's, or to a shelter for victims of domestic violence.

If someone you know is a victim of domestic violence...

- **Know available resources.** Be aware of what services are available at the agencies in that person's area. Keep their phone numbers readily accessible.
- **Tell them you care.** Let them know that you are concerned for their safety and the safety of their children. Make sure they know that you are available to them when they are ready.
- **Don't judge or criticize.** Victims must move at their own pace when making a decision to leave.

Things to Remember

These are only some of the various forms of abuse. There are others, and it is common for a person to use more than one form. Also, the abuse will escalate over time, increasing in severity, frequency, and danger.

These are only some of the possible warning signs that a person may be in a violent relationship. And most of these by themselves do not mean that a person is being abused or abusive. However, the more of these signs that are present, and the more consistently they occur, the greater the risk of that person being in an abusive relationship.

Safety is the number one priority! In an emergency, do not hesitate to call 911.

For more information on these or other options, you can call The Center for Women and Families, 24 hours a day, at (877) 803-7577.

Domestic Violence is a CRIME!