



Domestic Abuse – also called Intimate Partner Violence or Domestic Violence – is the use of power and control within an intimate relationship that threatens a person’s well-being. A domestic abuser, or batterer, uses physical or sexual violence, emotional hurt, or threats to gain control through the victim’s fear. It’s a pattern of behavior, often with repeated episodes of violence. There may also be times when the abuse is less obvious. However, even one threat, or one abusive act, results in intimidation that is felt throughout the family. **No one deserves to be physically, emotionally, or sexually abused.**

Where to call for help with Domestic Abuse

24-Hour Hotlines 2-1-1 or 317 926-4357

National Domestic Violence Hotline 1-800-799-SAFE (1-800-799-7233)

Emergency and Law Enforcement

Emergency 911
 IMPD non-emergency number 317 327-3811
 IMPD Victim Assistance Program 317 327-3331
 Marion County Prosecutor’s Office 317 327-8500
 Indiana SAVIN (offender alert notification service) www.indianasavin.in.gov

Shelters and Transitional Housing

Salvation Army/Ruth Lilly Center 317 637-5551
 The Julian Center (shelter and transitional housing) 317 920-9320
 Holy Family Shelter 317 635-7830
 Coburn Place Safe Haven (transitional Housing) 317 923-5750
 Sheltering Wings (Hendricks County) 317 745-1496
 Alternatives (Madison County) 1-866-593-9999

Advocacy, Support Groups, and Counseling

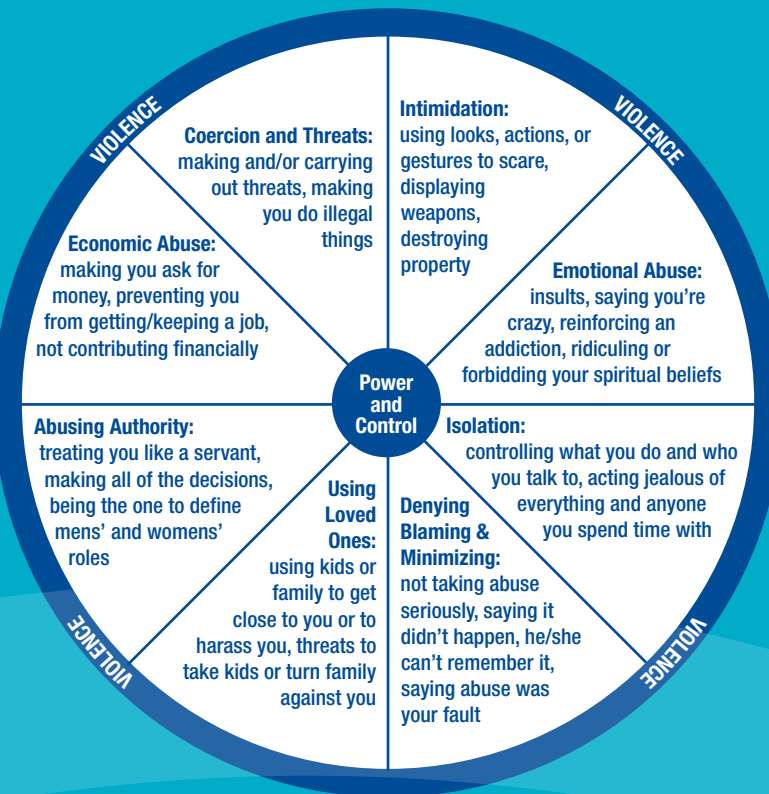
Families First 317 634-6341
 Legacy House (East Indianapolis) 317 554-5272
 Christian Theological Seminary (West Indianapolis) 317 924-5205
 Prevail (Hamilton County) 317 773-6942
 Beacon of Hope 317 731-6140
 Protective Order Advocates 317 327-4679 or 317 327-2480 (Spanish)

Legal Assistance

Neighborhood Christian Legal Clinic 317 429-4131
 Indiana Legal Services, Inc. 317 631-9410
 Center for Victims and Human Rights 317 610-3427

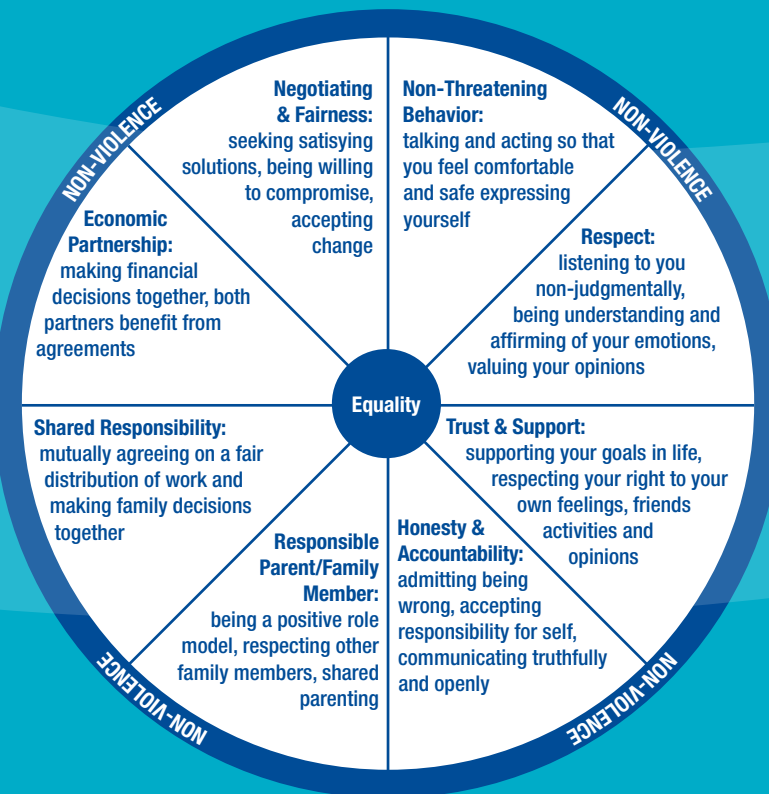
Power and Control Wheel

Physical abuse is only one part of a whole system of abusive behaviors. This wheel shows how each seemingly unrelated behavior is an important part of the overall effort to control someone.



Equality Wheel

The Equality wheel offers a view of a relationship that is based on equality and non-violence.



Signs of Battering Personality

- Jealousy**
Possessive, jealous of anyone or anything with which you spend time.
- Controlling Behavior**
Demanding you account for every minute or get “permission” for things. Maintains dominance by keeping you in a traditional role.
- Quick Involvement**
Moving quickly into commitment before you have a chance to figure out his/her abusive behavior.
- Unrealistic Expectations**
Expecting you to read his/her mind and know what he/she wants. Constantly changing his/her demands.
- Isolation**
Keeping you from seeing or talking to friends and family. Picking fights with your loved ones. Demanding you choose between your friends/family and him/her.
- Blames Others for Problems and Feelings**
Blames others for “making” him/her violent or angry. Nothing is ever completely his/her responsibility.
- Hypersensitivity**
Abuser is easily insulted, paranoid, thinks that everyone is out to get him.
- Cruelty to Animals or Children**
Yells at or hits others when angry. Has hurt or killed pets.
- Verbal Abuse**
Calls you names, puts you down, and devalues anything or anyone of importance to you.
- Threats of Violence, Intimidation**
Threatening to harm you, him/herself or a loved one. Breaking or striking objects. Using any force in an argument.
- Unpredictable Mood Swings**
“Dr. Jekyll and Mr. Hyde”. Acts charming and loving one moment, then violent and hateful the next.
- Insensitive/Unwanted Force During Sex**
Not respecting your right to say “no” to a sexual activity.
- History of Battering Other Partners**
Abuser may have a criminal history. He/she may claim that past abuse was partner’s fault.

Levels of Abuse

Abuse does not just go away. It will almost always escalate and get more severe and dangerous over time. While even a low level of violence can lead to death, the risk becomes greater as the abuser uses more severe violence.



Are you being abused? How’s your relationship?

Have you or someone else ever been concerned about the safety of your relationship? Take the quiz below. Remember, domestic violence doesn’t have to be physical and happens in all spaces to all kinds of people.

Do you:

- Apologize all the time?
- Willingly accept the blame for everything that goes wrong in your relationship?
- “Walk on eggshells”, watching every word you say?
- Rehearse what you will say to your partner to avoid triggering a reaction?
- Cry more than you used to?
- Hide your feelings, especially anger?
- Constantly try to figure out how to get your partner’s approval?
- Give up interests, activities, and people that were once important to you?
- Constantly excuse your partner’s behavior to yourself or others?

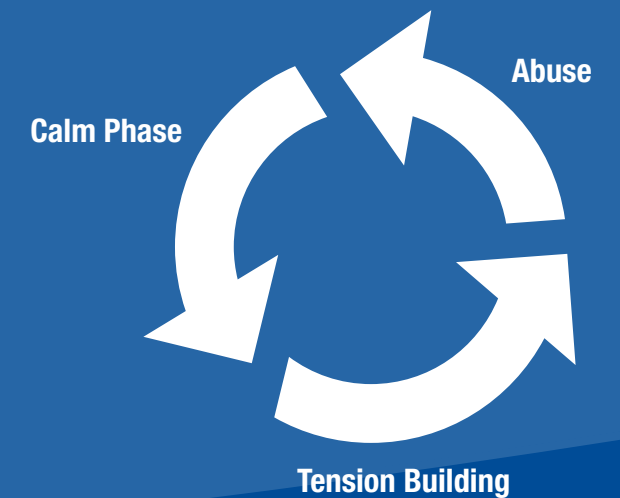
Does your partner:

- Act jealous or possessive toward you?
- Restrict your contact with your family or friends?
- Check up on you constantly through emails, phone calls or texting?
- Blame others?
- Belittle you?
- Control what you do, who you see or talk to or where you go?
- Believe in stereotyped gender roles?
- Get too serious too fast?
- Refuse to accept breaking up?
- Abuse drugs, alcohol, or other mood-altering substances?
- Pressure you to use/abuse alcohol or drugs?
- Pressure you for sex?
- Mistreat animals or children?
- Scare or threaten you or others?
- Use or display weapons to back up threats?
- Break objects, especially those that are important to you?
- Act like the abuse is no big deal, it’s your fault, or even deny doing it?
- Threaten to take away or hurt your children?
- Take your money, make you ask for money or refuse to give you money?

If you answered yes to even one question, you could be in danger. Get help.

Cycle of Violence

Violence is often committed in a predictable pattern or cycle. This cycle has three basic phases: tension building, abuse and calm phases.



Tension Building

Increasing tension, anger, blaming and arguing.

Abuse

Verbal threats, intimidation, battering, hitting, slapping, kicking, choking, and/or use of objects and weapons.

Calm Phase

Abuser will be calm, apologize, blame others (even the victim) for violence, and promise to change.

Safety Plan

It is always more dangerous when leaving the abuser. Whether or not you feel able to leave an abuser, there are things you can do to make you and your family safer.

IN AN EMERGENCY

IF YOU ARE AT HOME AND YOU ARE BEING THREATENED OR ATTACKED

- **Stay away from the kitchen** (the abuser can find weapons, such as knives, there).
- **Stay away from the bathrooms**, closets or small spaces where the abuser can trap you.
- **Get to a room with a door** or window to escape.
 - _____
 - _____
- **Get to a room with a phone** to call for help; lock the abuser outside if you can.
- **Call 911 right away** for help, clearly state your name and address and get the dispatcher's name if you can.
 - _____
- Think about a neighbor or friend you can run to for help.
 - _____
 - _____
- If a police officer comes, tell him/her what happened; **get his/her name and badge number** and a case number.
 - _____
 - _____
- **Get medical help** if you are hurt.
- **Take pictures** of bruises or injuries (even if you don't call the police).
- **Call a domestic violence program or shelter** (some are listed on this pamphlet) ask them to help you make a safety plan and assist you with getting a protective order.

HOW TO PROTECT YOURSELF AT HOME

- **Memorize emergency phone numbers.**
- **Keep a phone** in a room you can lock from the inside; if you can, get a cell phone that you can keep with you at all times. Have multiple phones in different locations if possible.
- **Keep purse and car keys** in a safe, easy to access location.
- If possible **keep an extra set of car keys somewhere safe**, for example, in a magnetic holder under the wheel well of your car.
- If the abuser has moved out, **change the locks** on your door; get locks on the windows or bars the window somehow.
- **Plan an escape route** out of your home; multiple if possible. Teach them to your children and practice getting out of the house safely.
- **Have a code word with your children.** Plan ahead of time what the children will do when they hear the code word.

- **Think about where you would go** if you need to escape. Family, friends, or neighbors. Go somewhere the abuser is not aware of if possible.
 - _____
 - _____
 - _____
- **Ask your neighbors** to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled down or a light is on.
- **Pack a bag** with important things you'd need to if you had to leave quickly; put it in a safe place, or give it to a friend or relative you trust.
- Include **cash, car keys and important information** such as: court papers, protective order, passport or birth certificates, medical records and medicines, immigration papers, social security cards, etc.
- **Get an unlisted phone number.**
- **Block caller ID when calling out.**
- **Screen calls.**
- **Take a good self-defense course.**

HOW TO MAKE YOUR CHILDREN SAFER

- **Teach them not to get in the middle of a fight**, even if they want to help.
- **Teach them how to get to safety**, to call 911, to give your address and phone number to the police.
- **Teach them who to call for help.**
- **Tell them to stay out of the kitchen or bathrooms.**
- **Give the principal at school or the daycare center a copy of any court order** you receive (including protective orders, custody or visitation orders); tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser.
- **Make sure the children know who to tell at school if they see the abuser.**
- **Make sure the school knows not to give out your address** or phone number to ANYONE.
- **Change your regular travel habits.**

HOW TO PROTECT YOURSELF OUTSIDE THE HOME

- Try to get **carpool with different people.**
- **Shop and bank at different places.**
- **Cancel any bank accounts** or credit cards you shared; open new accounts at a different bank.
- **Keep your protective order and emergency numbers with you at all times.**
- **Keep a cell phone and program it to 911** (you can still call 911 even without phone service).

HOW TO MAKE YOURSELF SAFER AT WORK

- **Keep a copy of your protective order at work.**
- **Give a picture** of the abuser to security and friends at work.
- **Tell your supervisor** - see if they can have someone screen your calls, put up security cameras, etc.
- **Don't go to lunch alone.**
- Ask a **security guard** (or co-workers if no security is available) to walk you to your car or to the bus.
- If the abuser calls you at work, **save voice mail and email. Document everything** even when there is no voicemail left.

SAFETY WHILE USING TECHNOLOGY

If it seems that an abuser knows too much about your activities then it is possible you are being monitored through the use of technology. There are numerous ways an abuser can use cell phone technology, email and internet to track your activities.

Use of cell phones:

- **Turn off your cell phone** when not in use.
- **Check the settings** on your phone. Turn off the GPS function to avoid the abuser being able to track your location.
- **Use a cordless phone** (if available) for sensitive conversations.

- **Call your Phone Company** and change passwords or pin numbers to prevent the abuser from gaining access to your phone records.
- After you have safely left, **get a new or donated phone.** Contact a local hotline or shelter to ask about phone donation programs or prepaid phone cards for victims of domestic violence.

Use of computers and internet:

- **Use a safe computer** when looking for help, a new place to live, legal options, etc. Ideas include using a computer at a local library, community center or school.
- **Open a new email account** with non-identifying information. Use this account for all your sensitive activities. **Do not check this email** on any device the abuser can access including your phone.
- **If your abuser is technologically savvy** and you fear he/she may be tracking you, **talk to an advocate** who can help you safety plan with that in mind.
- **Delete all social media accounts.**
- **Search for your name** on the internet. When possible, take steps to remove any identifying information from those sites.
- **Get a post office box** to give out so that your true address is kept out of national databases. The Indiana Attorney General's Office offers these for free as part of their **address confidentiality program.**
<http://www.in.gov/attorneygeneral/2375.htm>

USING THE LAW TO HELP YOU

PROTECTION ORDERS AND NO CONTACT ORDERS

- **Protection Orders** are civil orders that you can file yourself; or you can seek help from a domestic violence advocate to file them. They are valid in all 50 states.
- **No Contact Orders** are filed as part of criminal charges being filed. They are requested by the Prosecutor's Office and ordered by the Judge.

In most places, the judge can:

- **Order the abuser to stay away** from you and your children.
- **Order the abuser to leave your home.**
- **Order the police to accompany** the abuser to the home to pick up any belongings.

- **Give you temporary possession** of the car, house, other belongings.
- **Order the abuser to go to a batterer' intervention program** (this is most likely to happen in a criminal case).
- **Order the abuser not to call you at work or come to your workplace.**
- **Order the abuser to surrender guns and/or gun permit to the police.**

If you are worried about any of the following, make sure you:

- **Show the judge** any pictures of your injuries.
- **Tell the judge that you do not feel safe** if the abuser comes to your home to pick up the children to visit with them.
- **Ask the judge to order the abuser to pick up and return the children at the police station or some other safe place such as a fire department.**
- **Ask that any visits with the children the abuser is permitted are at very specific times** so the police will know by reading the court order if the abuser is there at the wrong time.
- **Tell the judge if the abuser has harmed or threatened the children;** ask that visits be **supervised;** think about who could do that for you.
- **Get a certified copy of the court order** and keep the court order with you at all times.

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The logo for the Domestic Violence Network (dvn) features the lowercase letters 'dvn' in a bold, teal, sans-serif font. The letters are closely spaced, with the 'd' and 'v' overlapping slightly. Below the letters is a thin horizontal teal line.

domestic violence network