

MEN AND WOMEN CAN BE VICTIMS IN INTIMATE RELATIONSHIPS

Domestic violence can take many forms, but its goal is always the same: batterers want ways to control you through fear. They do this by abusing you physically, sexually, psychologically and/or economically.

Here are forms of domestic violence you may have experienced:

Physical Abuse: Hitting, kicking, slapping, strangling (often referred to as choking), pushing, punching, beating.

Verbal Abuse: Constant criticism, making humiliating remarks, no responding to what you are saying, name calling, yelling swearing, interrupting, putting you down in front of your children or other people.

Sexual Violence: Forcing sex, demanding sexual acts that you do not want to perform, degrading treatment.

Isolation: Creates difficulty for you to see friends and relatives, monitoring phone calls, reading mail, controlling where you go, taking your car keys.

Coercion: Makes you feel guilty, pushing you into decisions, sulking, manipulating children and other family members, insists on being right, making up impossible rules and punishing you for breaking them.

Harassment: Following or stalking, embarrassing you in public, constantly check up on you, refusing to leave when asked.

Economic Control: Not paying bills, refusing to give you money, not letting you work, interfering with your job, refusing to work and support the family.

Threats and Intimidation: Threatens to harm you, the children family members and pets, using physical size to intimidate, keeping weapons and threatening to use them.

Destruction of Property: Destroying furniture, punching walls, throwing things, breaking things.

Self-Destructive Behavior: Abusing drugs or alcohol, threatens self-harm or suicide, driving recklessly, deliberately doing things that will cause fear.

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Glendale Family Advocacy Center (GFAC)
(623) 930-3720

National Domestic Violence Hotline
1(800) 799-7233

DV Shelter Hotline
(480) 890-3039

Community Legal Services
(602) 258-3434

MCSO Jail Info
(602) 876-8276

Glendale City Prosecutor's Office
(623) 930-3475

Glendale City Court
(623) 930-2400

St. Mary's Food Bank
(602) 242-3663

WIC (Women Infant Children)
(800) 252-5942

Department of Child Safety
1 (888) 767-2445

Victim Compensation
(602) 506-4955

Empact Crisis/Suicide Line
(480) 784-1500

Crisis Response Network (24 Hour Mental Health)
(602) 222-9444

Orders of Protection
azpoint.azcourts.gov

Emergency
911

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**DOMESTIC
VIOLENCE**
It is more than just
physical abuse



GLENDALE POLICE DEPARTMENT

UNDERSTANDING THE PATTERN OF ABUSE

A cycle of domestic violence exists and there are times when victims can begin to predict when the violence will occur.

Tension Building Phase: Tension and anger build up in the abuser. You may find yourself doing everything you can not to upset him/her.

Battering Incident: When the abuser can no longer handle tension and they explode. It may include physical, sexual or verbal abuse.

Honeymoon Phase: After an abusive incident, the abuser may feel guilty and ashamed. They may apologize and promise it will never happen again. The abuser may bring you or the children gifts and you might be hopeful that the abuse will stop. Then, the tension builds up again in the abuser.... and the cycle continues.

LIFE-THREATENING RISK FACTORS

As a victim of domestic violence, you need to understand that many factors may increase your risk for life threatening injuries and/or death.

- Any past attempts to strangle or kill you or any increasingly severe, violent attacks make the risk of a fatal attack more likely.
- Research shows that half the women who were killed in a domestic violence situation had experienced violence within 30 days of the homicide, some within 1 or 2 days before.
- If the abuser threatens with a gun or other weapon, one study found that you are 20 times more likely than others to be murdered by the abuser.
- Research has shown that more than two-thirds of the homicide and attempted homicide offenders used alcohol and /or other drugs during the incident.
- For a minority of women, about 1 in 5, the life-threatening incident will be the first physical violence they experience from their partner. One recognizable risk factor for these abusers is their controlling behaviors and/or extreme jealousy.

SAFETY MEASURES

If you are living with the person who is battering you, here are some things you can do to ensure your safety.

- Have important phone numbers memorized, i.e. friends and relatives whom you can call in an emergency. If your children are old enough, teach them important phone numbers, including when and how to dial 9-1-1. Have an extra phone that can dial 9-1-1, charged and hidden in a spot you can easily access in an emergency.
- Stay in touch with friends and family. Get to know your neighbors. Try not to allow yourself to become isolated and out of touch.
- Leave a set of car keys, extra money, a change of clothes and copies of the following documents with a trusted friend or relative, or safely hidden where you can easily access if needed:
 - You and your children's birth certificates
 - Children's school and medical records
 - Medicine
 - Bank books
 - ID/Driver's License
 - Passports or green cards
 - Social Security Cards
 - Welfare identification
 - Lease agreements or mortgage payment books
 - Insurance papers
 - Important addresses and telephone numbers
 - Keys (car/home/safety deposit box)
 - Any other important documents
 - Phone Card

CHILDREN CAUGHT IN THE MIDDLE

Approximately 15.5 million children in the US are currently being exposed to violence in the home. Many parents experiencing domestic violence believe that their children don't know what is happening. Research shows that most of the children were aware of the violence and many of those were being abused themselves.

The effects of exposure to domestic violence on kids can include immediate effects in the violent situation, ongoing effects in

childhood, as well as long term effects in adult life. By witnessing these behaviors, they learn what is acceptable treatment of others and are more likely to abuse or be abused as they begin dating.

Some signs to watch for in children that witness or experience violence in the home include aggression, behavior problems, trouble interacting with peers, emotionally withdrawn or detached, separation anxiety, fear, general anxiety, low self-esteem and difficulty concentrating or sleeping.

SAFETY AFTER YOU HAVE LEFT THE RELATIONSHIP

- If you rent your residence, get assistance with an Early Lease Termination per A.R.S. §33-1318
- Change the locks and install as many security features as possible. These might include reinforced windows, metal doors and gates, security alarm system, peep hole in the door and outside lights.
- Obtain an order of protection from the court and have it served. Keep it near you at all times and make sure family, friends, employers and neighbors have copies to show the police. Pets are often used as tools by the batterers to control emotions. Include family pets on Orders of Protection.
- Let your coworkers know about the situation. Ask them to warn you if they observe that person around. Vary your route to and from work.
- Inform neighbors that your former partner is not welcome on the premises and ask them to call the police if they see that person loitering about your property or watching your home.
- Avoid the stores, banks and businesses you used when you were living with the batterer.
- Get counseling for you and your children. Attend support groups. Do whatever it takes to form a supportive network that will be there when you need it.
- Always carry a cell phone with you to call 9-1-1 if needed.