



**LOVE  
SHOULDN'T  
HURT**

**DOMESTIC VIOLENCE IS A COMMUNITY PROBLEM.**

EVERYONE KNOWS A **VICTIM**. EVERYONE KNOWS AN **ABUSER**. EVERYONE CAN MAKE A **DIFFERENCE**.

**A husband and wife** who are both assassins are assigned to kill one another. She hits him with her car and tries to blow him up. He slams her against walls and shoots at her. They suddenly realize they love each other and make love instead.

**MR. & MRS. SMITH,**  
a romantic action comedy

**T**hese scenarios from popular movies seem exciting and romantic at first glance, but under the surface they have elements of domestic violence such as stalking, assault, rape, manipulation and coercion. The fictional characters and their love affairs can sometimes fuel misconceptions about what love should and should not be.

A healthy relationship is one that is free from physical, psychological, sexual and verbal abuse and one in which both partners respect each other's boundaries, opinions and independence. Abusive relationships are exactly the opposite. Domestic violence can damage the body, mind and spirit and threaten the most important kind of love—love for oneself.

Domestic violence is a pattern of abusive behaviors used in an intimate relationship to exert power over another. It is a problem that touches all of our lives, directly and indirectly. Regardless of age, class, gender, race, religion or sexual orientation, anyone can be a victim—your family member,

friend, neighbor, co-worker...even you.

Real love is empowering, not abusive. Educating yourself and others on the difference between a healthy relationship and an abusive one and locating resources are the keys to fighting

this epidemic. Please read on to learn more about how you can help.

Domestic violence is a community problem. Everyone knows a victim. Everyone knows an abuser. Everyone can make a difference.

**A proper “Southern belle”** resists the sexual advances of her husband. He grabs her and carries her upstairs, against her will. The next morning she looks happy and in love.

**GONE WITH THE WIND,**  
a classic romantic drama

**A teenage girl** falls in love with her classmate who is a vampire. The two become obsessed with one another. He fights the urge to kill her and instead becomes extremely protective. He even sneaks into her bedroom at night and watches her sleep. Their love story continues.

**TWILIGHT,**  
a romantic fantasy film



## Choose Respect in Your Relationships

Put downs, taunts and a well-timed slap may be slapstick on television or in the movies, but they can cause actual harm in real life. Behaviors that teens learn and practice in early relationships can create patterns that last a lifetime. It is critical that young people learn models of emotionally mature, mutually respectful relationships to help them form safe early friendships and dating relationships. Dating violence occurs in teens across gender, race and socio-economic status. Parents, teachers, caregivers and adolescents can all work together to promote and encourage respectful relationships.

### Healthy relationships encourage:

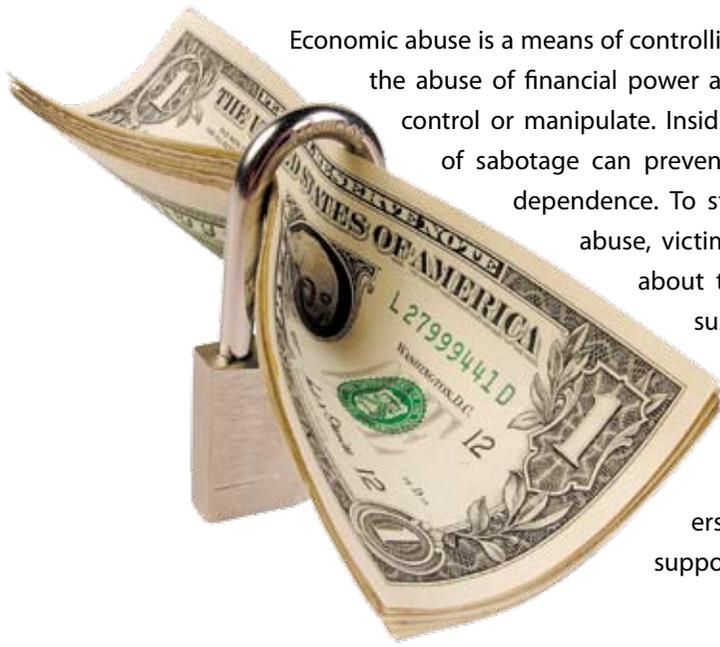
- **Individuality**
- **Honesty**
- **Good communication**
- **Problem solving**
- **Anger control**
- **Self-confidence**
- **Mutual respect**

### Dating abuse statistics from [www.chooserespect.org](http://www.chooserespect.org)

- About one in four teens reports verbal, physical, emotional or sexual abuse each year.
- About one in 11 teens reports being a victim of physical dating abuse each year.
- About one in five teens reports being a victim of emotional abuse.
- About one in five high school girls has been physically or sexually abused by a dating partner.
- 1 in 3 teens report knowing a friend or peer who has been hit, punched, kicked, slapped, choked, or otherwise physically hurt by his or her partner.
- Nearly 80% of girls who have been physically abused in their dating relationships continue to date their abuser.
- 80% of teens regard verbal abuse as a serious issue for their age group.

## What Is Economic Abuse?

Economic abuse is a means of controlling another person through the abuse of financial power and can be used to punish, control or manipulate. Insidious but common patterns of sabotage can prevent victims from gaining independence. To stop the cycle of economic abuse, victims can educate themselves about their financial rights, make sure there are assets in their name, set up access to alternative transportation or childcare and make safety plans with co-workers, family members or other support systems.



### Economic Abusers Might:

- Withhold money or information about income or household finances
- Destroy their partner's credit or reputation
- Threaten to leave their partner penniless or.
- Prevent their partner from working or attending school
- Make the victim late for work
- Hide or destroy work clothes
- Stalk the victim on the job
- Inflict injuries so that the victim will be too upset or hurt to attend work or school

# Emotional Abuse:

## Domestic Violence is More Than Skin Deep

Emotional abuse hurts too. Even though emotional abuse isn't a criminal offense, it is a form of domestic violence. Emotional abuse is often harder to detect than other forms of abuse because it can be disguised as love and is often inflicted verbally. With emotional abuse, the perpetrator uses jealousy, guilt, manipulation, insults, intimidation, judgments and isolation to control their victims, often convincing them that they are worthless and that the abuse is their fault. Everyone has the right to respectful relationships with healthy boundaries and should be aware of the symptoms of emotional abuse.

### An Emotional Abuser Might:

- Give you the silent treatment
- Insult and humiliate you in public or private
- Make threats against you or your family
- Reject and degrade you
- Control and withhold money
- Lie, use mind games and manipulation
- Threaten or harm your pets
- Make threats with weapons
- Smash objects or destroy property
- Discredit your feelings, thoughts or opinions
- Threaten to "out" you

### Emotionally Abused People Might:

- Have difficulty with intimate relationships
- Have trouble accepting compliments
- Constantly seek approval
- Feel different from others
- Lie when it isn't necessary
- Judge themselves harshly
- Be extra responsible or irresponsible
- Take responsibility for failures but not successes
- Feel that no matter how much they give, it is never enough

**No always means no.**

**Silence is not consent.**

## Sexual Assault

Sexual assault is any form of nonconsensual sexual contact. Sexual assaults can be enacted through violence, coercion, threats, intimidation or taking advantage of someone who is otherwise unable to give their consent. While sexual assaults can happen between strangers, by men against women, men against men, women against women and women against men, 80% of sexual assaults are committed by an acquaintance, dating partner, spouse or friend. In a sexual relationship, a "yes" should be clearly communicated.

### Ways to Communicate "No"

#### Include:

- Saying, "Stop," "I don't like this," or "You are hurting me."
- Crying
- Pulling away
- Putting clothes back on
- Pleading
- Trying to leave
- Shaking your head no
- Not participating

### Optimize Your Safety

- Do not allow yourself to be isolated with someone you don't know well
- Travel with a friend or in groups
- Never leave your beverage unattended
- Be aware of your surroundings at all times
- Moderate alcohol consumption
- Stay aware of where your phone is located
- Clearly communicate your sexual expectations with your partner

## Stalking & Technology

Unfortunately, many of the advances and conveniences of modern society can be used to a stalker's advantage. The Internet, GPS devices, cell phones, microchip cameras and social networking sites can aid stalkers while leaving victims more vulnerable. Find out what you can do to protect yourself against technology stalking and maximize your safety.

### If You Are Being Stalked:

- Order "complete blocking" on your cell phone
- Change your email address
- Use a computer in a public place, like the library
- Keep a log of all stalking activity as a transcript or voicemail
- Obtain an unpublished and unlisted phone number
- File a police report and make a safety plan

### How to Protect Yourself:

- Be cautious about applying for a domain name
- Limit the amount of personal information you post
- Evaluate your privacy settings on social networking sites
- Use passwords that can't be easily guessed
- Use and maintain anti-virus software
- Remember that any information or photographs posted online can't be retracted



# Domestic Violence Affects **Everyone**

- **Children of all ages** who witness domestic violence may exhibit the following behaviors: crying, irritability, aggressiveness, sleep disturbances, bed-wetting, nightmares, digestive problems and developmental delays.
- There is not a typical woman who will be a victim – the risk factor is **being female**. As many as one in four women in the United States have been victims of domestic violence, battered by male, female or transgender intimate partners.
- Economic stress, marital conflict and traditional gender roles of males and females can all be contributing factors to domestic violence against **men**, who are often less likely to report domestic and sexual assault.
- **People from all walks of faith** and religious backgrounds can be victims or perpetrators of domestic violence and may even be upstanding members of their faith communities.
- **Older adults** can suffer from physical abuse such as slapping, bruising, cutting, burning, or forcibly restraining, from perpetrators such as a spouse, family member, friend, caregiver or staff member of a facility.
- Studies have found that there is a 40% greater chance of experiencing violence and that sexual assault is four times more common for **women with disabilities**.
- **Immigrants** who are victims of domestic violence do not have to reveal their immigration status when calling the police, using shelter-services or getting protective orders.
- Sexual violence can be used as a means of punishing and humiliating a person for their **sexuality or gender identity/ expression**.
- For **persons of color**, racism, discrimination and stereotyping can add barriers to seeking help.
- **Women in military families** are particularly vulnerable to abuse because of geographic isolation from family and friends.
- Domestic violence can be directed towards **pets** with the intention of isolating victims, preventing victims from leaving or coercing victims to return.

## Sexual Harassment



Sexual harassment is unwanted and if it happens to you, it is not your fault. Although the victims of sexual harassment are occasionally men, it is far more common with women and may be expressed visually, physically or verbally. Leering, comments or jokes, fondling and rape all constitute sexual harassment. Sexual harassment can cause emotional, physical and psychological stress. Victims might lose sleep, develop health issues, have lowered job performance or self-confidence and have difficulty advancing in their career.

### Forms of Sexual Harassment

- You find a pornographic photograph hidden in your desk.
- You receive sexually explicit emails in your inbox.
- Your boss threatens the security of your job if you refuse his/her advances.
- A coworker touches you or rubs up against you in an inappropriate manner.

### What To Do If You're Being Harassed

- Become familiar with your company's sexual harassment policy.
- If anyone says or does anything that makes you feel uncomfortable, tell them to stop.
- If they refuse to stop, inform them that their behavior constitutes harassment and alert your manager or supervisor.
- If he/she does not respond, they are liable for encouraging a hostile environment.

## Domestic Violence in Later Life

Older adults can be vulnerable to physical, sexual and mental abuse, neglect and financial exploitation at the hands of family members or caregivers. Abuse can range from physical violence to the denial of basic care such as food, heat or medication, withholding affection, using humiliation, making threats or taking advantage of an older person's confusion. In 2007, in Virginia, 21% of the deaths of family and intimate partners were 55 and older. While most cases of abuse occur in the home, older adults can also be assaulted in institutions or other locations. Signs that an older adult may be suffering from abuse include repeated "accidental" injuries, isolation, a history of alcohol or drug or prescription drug abuse, vague chronic complaints and attempted suicide. If you suspect the abuse of an older adult and are interested in an intervention, contact local domestic abuse or elder abuse agencies.

## Impact on Small Children

Up to ten million children witness domestic violence in their homes each year, leaving a strong negative impact on their emotional well-being whether or not they are physically abused. Child abuse, however, is fifteen times more likely to occur in a home where the woman is also abused or battered. Children who witness domestic abuse are susceptible to assuming responsibility for the violence and often blame themselves. They are more likely to suffer from grief, depression, guilt and confusion. They often have difficulty forming close relationships, are more prone to acting out violence in the community or at school and can become suicidal. Children from birth to five years of age may suffer from sleep disturbances, bed wetting, excessive separation anxiety and failure to thrive. Children between the ages of six and twelve may attempt to control parental violence, fear abandonment, have eating disturbances, be insecure and distrustful and fear being killed or killing themselves. Understanding that the violence is not their fault and being encouraged to talk openly about their feelings is critical to healing. Children need trustworthy adults to talk with, age-appropriate activities, predictable routines and positive role models. A child living in a situation with domestic abuse should be taught how to call 911, to stay out of the fight, to avoid getting trapped and the location of a safe escape outside of the home.

**“Get up woman! I have watched you sleep for two hours! You have destroyed my life and I am here to destroy yours!”**

Was this a bad dream? How was he in the house and standing by my bed? Why had I gone to sleep next to my seven year old and forgotten to put the alarm near me on the bedside table? I get out of the bed, my eyes glued to his face. I have never seen him so angry, never heard him yell so loud. As my fingers find the ADT device, I see my seven year old grab his leg and cry, “Daddy, Daddy, please don't hurt Mommy.” He doesn't even look at her. He just shakes her grip off of his leg and yells for me to go with him down the hall.

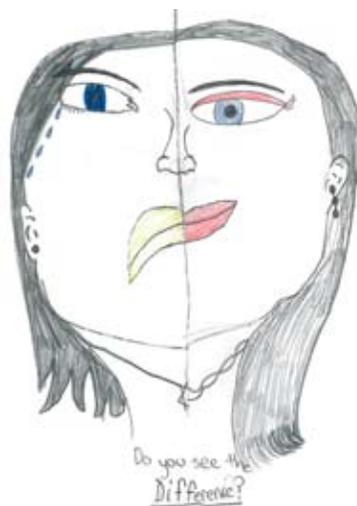
Linda, a friend who had offered to stay with us for the two weeks, meets us in the hall and he yells at her to come to the other end of the house also. By then, my daughter is sobbing and Linda pleads, “You have upset Amy, let me stay with the girls.” For some strange reason, he agrees. I later learn that Linda told Amy to go out the window, run across the street and awaken the neighbors to call for help. Linda would follow with my sleeping four year old.

He kicks me and punches me as I walk down the hall. When we reach the den, he tells me to sit in the chair. He gets up in my face and yells at me that he is going to slit my throat and let me die slowly so that I will feel some of the pain that I had caused him. I see the knife coming toward my neck. I lift my hand to block the blade, catching my thumb. He shouts at me to go to the garage. I get up and start walking as he shoves me and beats me. I go down the stairs into the garage and I back up to the door that I knew I had double locked before going to bed. After feeling for the knob behind me, I know there is no way out. I face him and see

the anger on his face and through clenched teeth he growls, “After I slit your throat, I am going to cut your arms and legs off and they are going to find both of us laying here on the floor”. I start to beg, “Kill yourself if you have to but don't leave our girls as orphans without a mother or a father.”

He then swings a metal army flashlight, hitting my forehead and I feel my head spinning. I start to pray the ‘Hail Mary’ when the garage phone rings. He hollers in my face, “Did you call the police?” and I cry, “How could I, I was here with you?” As he goes to knock the phone off the hook, I run up the stairs and into the house. I try to close the door but it will not latch. He is pushing and I try to keep the door shut but it still will not lock. I lift the door and it finally catches. I run to the front door grabbing the keys on my way and go to put the key in the lock when I hear banging on the door. I wonder how he got around to the front so fast. I am sobbing, “Who is it?” As I realize it is the police, he is back inside with the knife in one hand and flashlight in the other hollering “It's the police and I am going to kill you before they get to you.” I cry into the door pleading for their help.

I see him raise his arm so I duck and run into the dining room, around the table and over some papers piled on the floor. I hear him tripping behind me. Without thinking, I raise the window and slip out onto the porch and as the sheriff tries to push in the front door. He stares at me in shock, yelling at me to stop but I run down the steps and across the yard, not feeling my feet touch the ground until I meet Linda at the road. Shortly after, I am lying on the stretcher in the ambulance as two of the sheriffs come to the back and tell me they have my husband in custody and that “he won't be out for a long, long time”.



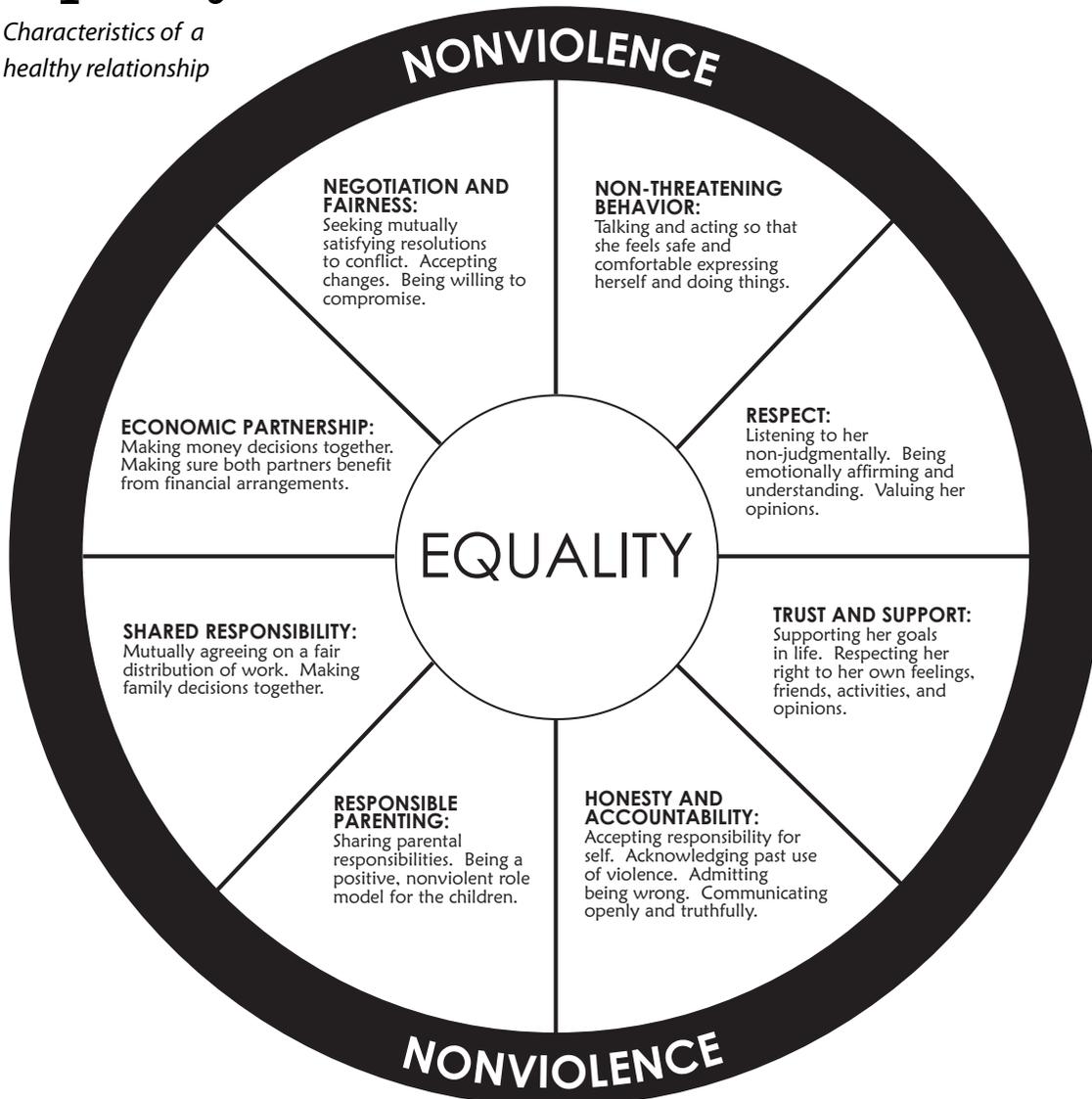
Do you see the  
Difference?

How I feel on the inside (left) is my  
my feelings mostly everyday. How I act on  
the outside is my mask almost  
everyday.



## Equality Wheel

Characteristics of a healthy relationship



## Warning Signs

Harsh words and bad names. Control and manipulation. Coercion and threats. We call that domestic violence. What do you call it? It does not matter what name you use, a less than respectful relationship with a partner is unhealthy. Domestic violence is not always violent, but it is always abusive. Do you know how healthy your relationship is? Answer the following questions honestly to assess your situation.

### Does your partner:

- Embarrass you with bad names or put-downs?
- Blow up at little things or is always angry about something?
- Control what you do, whom you see or talk with or where you go?
- Look or act in ways that are frightening?
- Force you to have sex when you do not want to?
- Always blame someone or something for any troubles?
- Threaten or harm your pets or other animals?
- Read your mail or go through your personal items, such as your purse?
- Stop you from seeing or talking to friends or family?
- Take your money, make you ask for money or refuse to give you money?
- Try to keep you from having a job or furthering your education?
- Tell you that you are a bad parent or threaten to take away or hurt your children?
- Act like the abuse is no big deal, blame it on you, or even deny doing it?
- Withhold care or assistive devices related to a disability?
- Prevent you from calling 911 or threaten you if you try?
- Tell you how to dress or act?
- Accuse you of flirting, "coming on" to others or of cheating on them?
- Have a history of trouble with the law, violence or destroying personal property?
- Threaten to hurt you or commit suicide if you leave?



# Domestic Violence Impacts Physical & Mental Health

SPONSORED BY VCU HEALTH SYSTEM'S  
DEPARTMENT OF WORKFORCE DEVELOPMENT  
AND STRATEGY IN SUPPORT OF THE VCU  
INSTITUTE FOR WOMEN'S HEALTH

## The Health and Mental Health Impact

Most of us know that domestic violence can cause serious physical injury and even death. But domestic violence is implicated in a whole range of long-term and chronic health issues. Physical and psychological abuse creates health problems, aggravates existing problems, and increases vulnerability to illness and risky behaviors. It can also make treatment of existing conditions less effective. In addition, domestic violence has adverse effects on members of the abused person's family, including children.

### Physical Health Effects:

- Long-term or permanent effects of injury, including traumatic brain injury and injury to the head, neck, teeth and mouth, eyes, ears, or jaw.
- Chronic pain or fibromyalgia, a debilitating syndrome characterized by chronic, widespread pain and sensitivity in muscles, bones, and/or soft tissue.
- Chronic digestive disorders, such as irritable bowel syndrome.
- Musculoskeletal conditions and complaints such as neck-aches or back-aches and other muscular and bone and joint problems and pain
- Eating disorders, which can lead to health problems of the heart and digestive system
- Hypertension (high blood pressure), which can cause serious complications including heart attacks, strokes, and damage to the kidneys and eyes.
- Smoking and associated health effects like lung cancer, heart disease, and emphysema
- Difficulties during pregnancy, including higher risk of miscarriage and stillbirth. Women who are abused are likely to have less medical care during pregnancy than women who are not abused.

### Mental Health Effects:

- Depression
- Anxiety
- Sleep disorders
- Poor self-esteem
- Suicide or suicidal thoughts
- Post Traumatic Stress Disorder
- Alcohol and/or drug abuse
- Eating Disorders

### Health Effects of Forced Sex:

- Sexually Transmitted Infections (STI's)
- Correlation between forced sex and increased HIV risk.
- Increased risk for pelvic inflammatory disease, chronic pelvic pain and sexually transmitted diseases
- Urinary tract infections
- Unintended pregnancy
- Anal & vaginal tearing
- Risk of homicide

**VCU Health System**  
Virginia Commonwealth University  
MCV Hospitals and Physicians

**VCU Women's Health**  
Institute for  
Virginia Commonwealth University

## Talk to Your Doctor or Health Care Provider

If you are in an abusive relationship—or if you think you might be in one but you're not sure—talk to your health care provider. Doctors, nurses, and other health care providers can help you improve your health and your safety by assessing your situation and your risk, documenting abuse in your medical record (where the information will be protected by privacy laws but still available if you need it), and referring you to domestic violence experts.

If you are a health care provider, remember that you are in a unique position to offer early identification and even prevention of abuse. You can help patients understand the connection between abuse, health problems, and risk behaviors, and you can refer them to other agencies or individuals who can provide more help.

## Domestic Violence is a Workplace Issue Affecting the Health & Well-being of Employees

As the Richmond area's largest employer, VCUHS proudly serves patients, employees and our community as a Working Mother magazine 100 Best Company (for the fifth time). We recognize that domestic violence also comes to the workplace. Together we have been working to increase awareness of the dynamics of domestic violence. We also offer employees and managers a variety of services and resources to help them balance work and family life and to confront issues like domestic violence, such as in-service trainings for managers, a trained police response and Employee Assistance Programs (EAP) for employees. Publication Date: February 2010

For appointments at the VCU Women's Health Center at Stony Point, contact: **(804) 560-8950**.

For more information on the VCU Institute for Women's Health, visit [www.womenshealth.vcu.edu](http://www.womenshealth.vcu.edu).

For more information on the health impacts of domestic violence visit [www.endabuse.org/programs/healthcare](http://www.endabuse.org/programs/healthcare)

## Protective Orders

In Virginia, domestic violence is called family abuse and allows victims of violence, force or threats to be protected by the law. Protective orders may be granted to victims of family abuse, sexual battery, stalking or serious bodily injury. Protective orders can be used to order the abuser to stop contacting you or other members of your family, to leave your house and give you temporary possession of your house or vehicle, to gain temporary custody of children and to order the abuser to participate in treatment, counseling or other programs. Emergency protective orders grant immediate protection and can be applied for on weekends and after business hours. Preliminary protective orders are filed as the first step in acquiring a permanent protective order and are in effect for up to fifteen days. Permanent protective orders last up to two years and are granted after a full court hearing. Filing a protective order is free and does not require a lawyer, although having one may prove helpful.

*For more information contact your local Victim Witness Assistance Program or advocacy program.*



## Teen Dating Violence

Teen dating violence can be demonstrated physically, emotionally or sexually. Unchecked unhealthy relationships between teens can result in injury, emotional damage and even death. Although dating violence is more commonly perpetrated against teenage girls, it occurs across gender and sexual orientation. Talking with your teenager and modeling healthy relationships can help prevent teen violence. For more information visit [chooserespect.org](http://chooserespect.org).

### Warning Signs of Teen Dating Violence

- Alcohol and/or drug abuse
- Inability to manage anger or frustration
- Poor social skills
- Lack of parental supervision or support
- Problems at school
- Witnessing abuse at home
- Use of threats or violence

### Statutory Rape

In Virginia, statutory rape is defined as sexual activity between a teenager fifteen years old or younger and a sexual partner three or more years older. While statutory rape is more commonly perpetrated against girls, it also happens to boys and is not limited to sex, but includes exploitation and manipulation at the hands of the adult. Factors that put children at increased risk for statutory rape include not being raised by both biological parents, having parents with minimal education and having a mother who was a teen parent. Teens in relationships that constitute statutory rape are more at risk for STDs and teen pregnancy. According to the law in Virginia, a minor cannot consent to a sexual relationship with an adult. For more information visit [varapelaws.org](http://varapelaws.org).

## Relationship Bill of Rights

1. I have the right to have and express my own feelings and opinions, whether or not others agree.
2. I have the right to make decisions about myself, and to have equal decision-making power in my relationships.
3. I have the right to say no to any act that makes me uncomfortable at any time.
4. I have the right to refuse to be with this person at any time.
5. I have the right to choose my own friends, and to maintain relationships with those friends.
6. I have the right to participate in activities that do not include my friend.
7. I have the right to control my own possessions.
8. I have the right to live free from fear and abuse.
9. I have the right to end a relationship with a friend if it's not healthy for me.

*From Relate2You.com, an interactive web site launched as a resource for early adolescents and teens by the Chesterfield County Domestic Violence Task Force Delta Project.*

# Rompamos El Silencio

La violencia domestica es un patrón de conducta abusiva, utilizada por un individuo con la intención de ejercer poder y control sobre otro individuo, en el contexto de una relación íntima o familiar.

## Patrón:

La violencia domestica no solo envuelve un incidente de violencia aislada, sino un patrón de una gran variedad de comportamientos abusivos que usualmente van pasando con mayor frecuencia e intensidad a medida que pasa el tiempo, con la intención de ejercer poder y control.

La violencia domestica puede ser verbal o emocional, sexual y física. Sucede en relaciones familiares e íntimas, como matrimonios, noviazgos, padres e hijos, tutores y personas bajo su cuidado.

- Abuso emocional: Incluye amenazas de suicidios, humillaciones, insultos, amenaza de violencia hacia los hijos, intimidación, controlar el dinero, aprovecharse de la residencia o ciudadanía, religión o tradición para controlarlo, etc.
- Abuso físico: Incluye golpes, bofetadas, empujones, patadas, apretones en la garganta, puñaladas o disparos con armas de fuego, etc.
- Abuso sexual: Incluye contacto sexual forzado o contra la voluntad de la persona, aun entre los esposos, puede constituir un delito.

## Planeando su seguridad:

Un plan de seguridad son medidas y acciones que se toman para así reducir el riesgo de ser atacada(o) u hostigada(o). Es una forma de actuar y pensar de manera que usted y los suyos estén protegidas(os).

- Usted puede tomar medidas de seguridad sin importar si se queda o se va de la relación en la que esta siendo abusada(o).
- Un plan de seguridad es algo que usted hace para ayudarle a sentirse mejor y mas segura(o), cuando esta siendo maltratada(o) y lastimada(o) físicamente.
- Si esta siendo maltratada(o) por su esposo(a), algún miembro de su familia, su novio(a), alguien en su lugar de trabajo, la escuela o por cualquier otra persona, hay cosas que puede hacer y que le pueden ayudar a aumentar su nivel de seguridad. Por ejemplo:
- Puede pedir ayuda a alguien.
- Puede llamar a la policía o a la línea de ayuda para la violencia domestica.
- Puede tratar de terminar la relación.
- Tratar de evitar decir o hacer cosas que vayan a molestar a la persona que le esta maltratando.
- Puede enseñarle a los niños como pedir ayuda, etc.
- Es mucho mas fácil hacer un plan de seguridad si se tiene a alguien que le ayude a pensar en distintas situaciones y que opciones tiene.

Para mayor información o cualquier pregunta llame a la línea de Ayuda para la Violencia Familiar y el Abuso Sexual de Virginia: 1-800-838-3238 (v/tty).



# Break the Silence

As a member of the community, how can i help?

## If You Are a Victim:

- Know that the abuse is not your fault. No one deserves to be abused emotionally or in any other way.
- Find support by talking to others whom you think will listen, understand and support you.
- If it is safe to do so, talk to family, friends, religious leaders, counselors or other members of your community.
- Contact your local domestic violence programs for help and support. Resources are listed in this publication.
- Call the police and make a report.
- Inquire about a protective order.
- Develop a plan to get you and your children to safety.

## If Someone You Know is a Victim:

- Ask direct questions, gently. Give the victim time to talk.
- Listen carefully and without judging.
- Believe the victim and let them know the violence is never their fault
- Explain that domestic violence is never okay and that despite promises, the violence will probably continue and even get worse.
- Express your concern for their safety and the safety of the children.
- Provide the victim with information about what help is available if it's safe to do so.
- Encourage the victim to plan ahead for safety and the safety of children.
- Call the police if you see or hear abuse in progress.

## If Someone You Know Is An Abuser:

- Tell them that abuse is wrong.
- Advise them to seek counseling.

- Advise them to seek education at a batterer intervention program.
- Provide them with the information they need to get help.
- If abuse is imminent, call the police department.
- Advise them to take a walk and let things cool down
- Advise them to avoid alcohol and drugs. While they do not cause violence, they will not help the situation.

## If You Think You Are an Abuser:

- Do you constantly check up on your partner and accuse her or him of cheating or lying?
- Are you extremely jealous or possessive?
- Do you have an explosive temper?
- Have you hit, kicked, shoved or thrown things at your partner?
- Do you become violent when you use drugs or alcohol?
- Do you use threats or intimidation to get your way?
- Do you withhold care from your disabled partner?
- Have you ever forced your partner to have sex with you through threats?
- Have you ever threatened your partner with physical harm?
- Have you threatened to hurt yourself or someone else if your partner breaks up with you?

*If you are being abusive, stop. Seek counseling, a batterer intervention program or courses in anger management. Accept responsibility for your behavior and do not make excuses or blame your partner for your abusive behavior. Recognize that abusive behavior is unacceptable and seek professional help. Alcohol, drug use and mental health issues are not excuses for abusive behavior.*

# Community Support and Resources

## Resources:

*These types of organizations are available to provide assistance.*

### Animal Protection Unit:

Provides care to rescued animals and animal rescue for neglected or abused animals

**Clerk's Office:** Provides case related information and court documents. Assist judges by preparing, recording and maintaining court orders, subpoenas, pleadings and managing court dockets.

**Commonwealth's Attorney Office:** Prosecutes criminal cases, answers citizen inquires concerning the criminal justice system

**Community Corrections Program:** Provides an alternative to incarceration through pre and post trial services. Supervision and treatment options for domestic violence defendants may include batterer intervention groups, substance abuse treatment or screening and mental health screening and counseling

**District Court Service Unit:** Drafts petitions for protective orders, custody, visitation and support related matters. Refers juveniles to an array of community based services

**Health Department:** Provides medical services to promote health and healthy behaviors for the community. Services include immunizations, nutritional program, nursing home screenings, dental program, clinics, Tubercu-

losis program, and sexually transmitted disease program.

**Magistrate's Office:** May issue arrest warrants, determine terms of bail, issue subpoenas, civil warrants, accept prepayment for certain offenses, issue emergency custody orders, temporary mental detention orders, medical emergency temporary detention orders and issue emergency protective orders.

**Mental Health and Retardation Services:** Provides services to persons in crisis, mental health services to youth, families and adults, substance abuse services to adolescents and adults, day support and vocational programs, early intervention programs for children and prevention consultations and services.

No one is denied service due to an inability to pay.

**Military OneSource:** Military OneSource is provided by the Department of Defense at no cost to all active duty Service members and members of the National Guard, Reserve and their families. Someone is available to answer the call 24 hours a day at 1-800-342-9647 stateside or 800-3429-6477 overseas.

**Sheriff's Office:** Provides security for county jails, courthouses and judges and serves civil process.

**Social Services:** Provides financial assistance and social service programs to meet basic human needs. Programs include foster care, adoption, elderly compan-

## In An Emergency: Dial 911

ion services and screening, child day care assistance, temporary assistance to needy families, food stamps, Medicaid and fuel assistance. For suspected abuse, neglect or exploitation contact: Child Protective Services at (800) 552-7096 or Adult Protective Services at 1-888-832-3858.

**Victim Witness Assistance Program:** Informs victims regarding their legal rights and community resources available for protection. Notifies victims and witnesses of court appearances, case status and pretrial interviews. Provides court accompaniment to criminal trials and civil protective order hearings.

### Chesterfield County:

- **Commonwealth Attorney's Office:** 748-1341
- **Community Corrections & Pretrial Services:** 717-2250
- **Court Services Unit – Protective Orders/Custody and Support Filing:** 748-1372
- **Domestic and Sexual Violence Resource Center:**
- **Coordinator:** 706-1272
- **Victim Advocate:** 706-1267
- **Domestic Violence Task Force:** 768-7842
- **Juvenile and Domestic Relations Court, Clerk's Office:** 748-1379
- **Magistrate's Office:** 748-1410
- **Mental Health 24-hour crisis line:** 748-6356
- **Mental Health Support Services:** 748-1227
- **Police Department, non-emergency:** 748-1251; **Domestic Violence Coordinator:** 751-4113
- **Prevention Services:** 768-7800
- **Social Services:** 748-1100
- **Victim Witness Assistance Program:** 717-6179
- **YWCA hotline:** 643-0888

### Hanover County and the Town of Ashland

- **Ashland Police, non emergency:** 798-1227
- **Commonwealth Attorney's Office:** 537-6068 or 730-6185
- **Court Services Unit:** 537-6201 or 730-6201

- **Department of Social Services:** 365-4100
- **Hanover Community Services Board:** 1-800-635-5754
- **Hanover Health Department:** 752-4313 or 1-800-464-5506
- **Hanover Memorial Regional Medical Center:** 764-6000
- **Hanover Sheriff's Office, non emergency:** 537-6140 or 730-6140
- **Juvenile and Domestic Relations Court:** 537-6200 or 730-6200
- **Magistrate Office:** 537-6206 or 730-6185, 24 hours
- **Victim Witness Assistance Program:** 537-6068 or 730-6068

### Henrico County

- **Animal Protection Unit:** 501-5000
- **Juvenile and Domestic Relations Court Clerk's Office:** 501-4202
- **Commonwealth's Attorney Office:** 501-4218
- **Community Corrections Program:** 501-5188
- **Division of Police, non emergency:** 501-5000; Domestic Violence Coordinator: 501-5732
- **Fourteenth District Court Service Unit:** 501-4692
- **Health Department:** 652-3190, East Office or 501-4651, West Office
- **Magistrate's Office:** 501-5285
- **Mental Health and Retardation Services:** 727-8484, 24-hour crisis
- **Sheriff's Office:** 501-5860
- **Social Services:** 501-4001
- **Adult protective services:** 501-4001
- **Child Protective Services:** 501-5437

**Victim Witness Assistance Program:** 501-1680

### Richmond City

- **Animal Control:** 646-5573
- **Commonwealth's Attorney Office:** 646-2950
- **Health Department:** 646-3153
- **Juvenile and Domestic Relations Court Clerk's Office:** 646-2942
- **Magistrates Office:** 646-6689
- **Richmond Police, non-emergency:** 646-5100
- **Sheriffs Office:** 646-0930
- **Social Services:** 646-7212
- **Victim Witness Assistance Program:** 646-7665

### Fort Lee

- **Military Police:** 734-7400
- **Confidential Sources for Reporting:**
- **Social Work Service:** during duty hours both restricted and unrestricted, 734-9152; After duty hours, 778-9935
- **Victim Advocate Coordinators:** 479-6775, 24 hour contact

### Tri-Cities Area

- **Commonwealth's Attorney**
- **Petersburg:** 861-8899
- **Hopewell:** 541-2255
- **Prince George:** 733-2790
- **Colonial Heights:** 520-9293
- **Court Services**
- **Petersburg:** 733-2371
- **Hopewell:** 541-2265
- **Prince George:** 733-2786
- **Colonial Heights:** 520-9355

**Department of Social Services (Child Protective Services and Adult Protective Services)**

- **Petersburg:** 861-4720
- **Hopewell:** 541-2330
- **Prince George:** 733-2650
- **Colonial Heights:** 748-1100

### Domestic Violence Taskforces

- **Tri-Cities Regional Domestic Violence Taskforce:** Rosalyn Dance, Chairperson: 732-1711
- **Petersburg:** Sara Amos, Vice Chairperson: 518-2128
- **Hopewell:** Jane Clayborne, Chairperson: 458-2704
- **Prince George:** William Gandel, Chairperson: 733-2650
- **Colonial Heights:** Phyllis Cheely, Chairperson: 520-9287

### Legal Aid

- **Southside Area Domestic Violence Attorney:** 862-1100 x 2126

### Magistrate

- **Petersburg:** 733-2311
- **Hopewell:** 524-6611
- **Prince George:** 524-6611
- **Colonial Heights:** 748-1410

### Non-Emergency Police

- **Petersburg:** 732-4222
- **Hopewell:** 541-2275
- **Prince George:** 733-2770
- **Colonial Heights:** 520-9300

### Victim Witness Assistance Program

- **Petersburg:** 733-0226
- **Hopewell:** 541-2352
- **Prince George:** 863-1826
- **Colonial Heights:** 520-9258

## Metro Richmond Area Resources

### Batterer Intervention Programs

- **Commonwealth Catholic Charities:**  
285-5900
- **Frank D. Manners and Associates, Inc:**  
673-4578
- **Domestic Violence Interventions, Inc:**  
355-6341

Groups are available for men and women, usually services are provided to court ordered individuals although some programs take voluntary participants. Groups are a minimum of 36 hours over 24 weekly classes. Programs also offer anger management classes that are not domestic violence specific. Fees are required.

### Central Virginia Legal Aide Society:

648-1012

A nonprofit organization providing legal assistance in family law, elder law, employment and civil rights, disability and public benefits law, consumer law and housing law. Low income or elderly individuals needing assistance in civil matters are provided advice and or representation by attorneys. Legal services are free to all clients who qualify.

### Hunton and Williams Church Hill Office:

775-2248

Provides free counseling for family law, housing and guardianship matters and will make appropriate referrals. Provides affordable legal representation for low-income residents of Richmond City. Legal representation is provided for uncontested divorces, guardianship and housing problems.

### Senior Connections:

The Capital Area Agency on Aging:  
343-3000

A nonprofit agency dedicated to helping seniors maintain quality of life and independence as they age. Services include information and assistance, caregiver support, care management, insurance counseling, money management, senior employment and nutrition services. Provides home and community services, information/referral, education and advocacy for older adults and caregivers. Serves the City of Richmond and the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, and Powhatan.

## Statewide Resources

### I-CAN! 1-800-838-8238 (24-hotline)

For help with completing a family abuse protective order petition online, go to: [www.courts.state.va.us](http://www.courts.state.va.us) and search: assistance with family abuse protective orders.

### Prevent Child Abuse Virginia:

1-800-552-7096

Prevent Child Abuse Virginia is a statewide, private nonprofit organization that strives through advocacy, education, direct services and partnerships to eliminate child abuse and neglect in the Commonwealth. PCAV leads a coalition of independent agencies and Healthy Families programs across Virginia and provides a range of support and information to help families and children thrive.

### Virginia Coalition for Prevention of Elder Abuse/Virginia Center on Aging:

828-1525

A not-for-profit organization offering individual and professional memberships. It works across Virginia to increase public awareness and understanding of elder abuse, neglect, and exploitation; improve services to adults at risk; train those who respond to, and work to prevent maltreatment; and advocate with policy makers on behalf of vulnerable elders. To join VCPEA or to find out more, please call or email us at [vcpea@vda.virginia.gov](mailto:vcpea@vda.virginia.gov).

### Virginia Crime Assistance Info-Line:

1-888-887-3418

This info-line provides crime victims, including domestic violence victims, with information and referrals to appropriate local programs, informs crime victims of their rights under the Crime Victim and Witness Right Act and provides crisis intervention to callers, as needed.

### Virginia Poverty Law Center: 782-9430

A not-for-profit organization concentrating in the areas of law that affect low-income families. Established to advocate on behalf of low-income Virginians on poverty issues of statewide importance, VPLC is the only statewide organization providing training to local legal aid program staff, private bar attorneys, and low-income clients, relating exclusively to the legal rights of Virginia's poor.

### Virginia Sexual and Domestic Violence Action Alliance - 24-hour hotline:

1-800-838-8238

The Action Alliance is a coalition of persons and agencies devoted to ending sexual and domestic violence. They provide advocacy, community resources and education to individuals, communities professionals and legislators and they work to build networks in Virginia.

## Emergency Shelters and Hotlines:

### Hanover Safe Place

**24 hour hotline: 752-2702 or 1-888-370-SAFE**

The mission of Hanover Safe Place is to prevent domestic violence and sexual assault, provide services for victims and create community awareness around these issues.

### Safe Harbor

**24-hour crisis hotline: 287-7877**

Provides free services to victims of domestic violence including a 24-hour hotline, emergency shelter, community counseling and support groups, children services, court advocacy and education and violence prevention presentations.

### YWCA

**24 hour crisis hotline: 643-0888**

Provides support for victims of domestic and/or sexual violence. Services include: hospital and court accompaniment, shelter, individual and group counseling, adult and child-centered case management, as well as speakers and training for community or workplace groups.

### The James House Intervention/Prevention Services (Sexual Assault/Domestic Violence Crisis Center)

**458-2704, [helpline@thejameshouse.org](mailto:helpline@thejameshouse.org).  
24-Hour Crisis Hotline: 458-2840 (TTY)**

## Thank You To Our Supporters

### \$50-\$150

- Hanover Safe Place
- James House Intervention/Prevention Services
- Senior Connections, The Capital Area Agency on Aging
- Wild Women of Wisdom task Force of the Virginia Sexual and Domestic Violence Action Alliance
- Petersburg Domestic Violence Task Force
- Mr. & Mrs. Lonnie Taylor

### \$200-\$300

- Safe Harbor
- Henrico Fraternal Order of Police Lodge #4
- Henrico Lodge Charitable Foundation
- Chesterfield County Domestic Violence Task Force DELTA Project
- Metro Richmond Sexual and Domestic Violence Coordinating Council

### \$400-\$600

- Virginia Coalition for the Prevention of Elder Abuse
- Virginia Department of Social Services, Office of Family Violence
- YWCA of Richmond
- Virginia Department of Health, Division of Injury and Violence Prevention

### \$1000-\$1500

- VCU Health System Department of Workforce Development and Strategy In Support Of The VCU Institute for Women's Health
- Richmond City Police Department
- Verizon Wireless