

## October is Domestic Violence Awareness Month

**NO MORE**

TOGETHER WE CAN END  
DOMESTIC VIOLENCE & SEXUAL ASSAULT

**Domestic Violence** is a pattern of coercive tactics that are used to gain and maintain power and control in an intimate relationship, within families, or in care giving relationships. Generally, over time, several

forms of abuse, such as emotional, verbal, psychological, physical, sexual and/or financial, are used in combination.

### Statistics

In Wisconsin in 2014 at least 43 people died as a result of domestic violence. Nationally, 1 in 4 women and 1 in 7 men have experienced severe physical violence by an intimate partner. 1 in 3 teens in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner. Nationally, girls and young women between the ages of 16 and 24 experience the highest rate of intimate partner violence—almost triple the national average.

### Examples of Domestic Violence

Isolation from family and friends, refusing access to finances, name-calling, threats, intimidation, control over where the partner can go and what they can do, minimizing or denying the abuse, blaming the victim for the abuse, destroying property or abusing pets, unwanted sexual acts, and pushing, slapping, or hitting.

### Why don't they just leave?

There are many barriers that make leaving an abusive relationship difficult. Reasons include fear of themselves or their children being hurt or killed, financial dependence on the abuser, still loving the abuser and hoping they will change, embarrassment about the abuse, fear that others will not support or believe them, wanting to keep the family together, feeling obligated to stay for religious or cultural reasons, and not knowing about supportive resources.

*Adapted from the FaithTrust Institute*

### What can I do to be helpful?

- Listen, believe, and support the survivor. Tell them that the abuse is not their fault, and the abuse is not God's will. Tell them that they are not alone and that help is available.
- Talk to the survivor in private. Tell them you're concerned for their safety and that you are there to help. Offer to call a helpline for them or to accompany them to a domestic violence services center.
- Don't talk with the abuser unless you know it is safe for yourself and for the survivor for you to do so. If it's safe, hold the abuser accountable – don't minimize their abusive behavior. Support them in seeking specialized batterers' counseling to help change their behavior.
- If you see or hear physical violence, call 911.
- Role model respectful behavior and teach youth about healthy relationships that are based on respect, equality, trust, honesty, good communication, support, and shared responsibility.

### For more information, please visit

- [www.TheHotline.org](http://www.TheHotline.org)
- [www.FaithTrustInstitute.org](http://www.FaithTrustInstitute.org)
- [www.FuturesWithoutViolence.org](http://www.FuturesWithoutViolence.org)
- [www.EndAbuseWI.org](http://www.EndAbuseWI.org)

### Free and Confidential Services

Hope House of South Central Wisconsin provides advocacy and shelter to people affected by domestic violence and sexual assault. Services include a 24/7 helpline, 24/7 on-call emergency response, individual counseling, legal assistance, support groups, shelter, children's programming, and community education.

### Hope House of South Central Wisconsin

720 Ash St/P.O. Box 557

Baraboo, WI 53913

608-356-9123

24-hour helpline: 1-800-584-6790

[www.HopeHouseSCW.org](http://www.HopeHouseSCW.org)

