

HOW TO HELP A RELATIVE/FRIEND

1. Tell them you love and care for them and you're there for them.
2. Listen to her/him, this might be the single most important and helpful thing that you can do.
3. Let her/him talk without interruption or judgment.
4. Believe her/him. Tell your relative/friend that abuse is not her/his fault and that she/he is not alone (there is help: family/friends, counselors, community resources).



5. You should know the warning signs of domestic violence and dating violence. Help your relative/friend recognize the abuse by asking questions about what is happening to her/him.
6. Support your friend's strength. Recognize the things your relative/friend does to take care of herself/himself. Say things to help build their self-esteem so that one day they will have the courage to leave the situation.
7. Ask them how you can help? Let them give suggestions before you give information about resources that are available if they need them. This will give them a chance to think about the resources and possibly ask about them now or later.
8. Talk to her/him in a safe and private place, where the abuser cannot trace where they are or who they were talking with.

Domestic Violence Resources & Services

- Emergency - 911 - Police
- 24 Hour Domestic Violence Hot Line -1-800-700-7233
- 24 Hour Teen Violence Hot Line - 866-331-9474
- Child Abuse Hotline-1-800-4-A-CHILD
- Women's Shelter Hotline-1-800-580-4878
- California Youth Crisis Hot Line-1-800-843-5200
- Coalition Against Domestic Violence-800-932-4632
- Battered Women's Justice Project -800-903-0111 Ext. 1
- National Coalition Against Domestic Violence -303-839-1852

October is Domestic Violence Awareness Month



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Domestic Violence: Also known as domestic abuse, spousal abuse, battering, family violence, and intimate partner violence (IPV) is defined as a pattern of abusive behaviors by one partner against another in an intimate relationship. Some of the abuses consist of verbal abuse, emotional abuse, sexual abuse, and physical abuse.



Race, culture, and religion
keep some victims trapped in a cycle of violence.

Statistics

- ◆ Over 50% of marriages in the U.S. are involved in at least one incident of battering
- ◆ Up to 1,800 women die of domestic violence each year
- ◆ More than 4 women are killed by their husbands or boyfriends every day
- ◆ A woman is battered every 9 seconds
- ◆ Every 26 seconds a woman gets raped
- ◆ Divorce rate is up to 70%

Most break-ups and divorces don't end friendly and happy, they end with abuse, violence, suicide, murder, and most of the time at the very least the couple hating each other.

How To Spot A Domestic Violence Victim

- Injuries with a suspicious explanation for the cause
- Complaining about depression, headaches, nightmares, insomnia
- Incidents of anger or arguments
- Use of tranquilizers, over using prescribed drugs
- History of suicidal thoughts or actions
- Lack of eye contact

The purpose of battering and abuse is to instill fear, intimidate, and control behavior not to leave bruises. Some of the most effective batterers do not beat; they do not need to, at least not very often. **Threats and hostile looks** to spouses, partners and their children serve the same purpose: to control behavior through fear and to keep victims trapped in the **Cycle of Violence**.

Victims go back to the batterer/abuser
an average of 8 times

