

## What is Domestic Violence?

Domestic violence is a pattern of behaviors used by one person to maintain power and control over another person in an intimate or family relationship.

- ❖ 1 in 3 women and 1 in 4 men have been physically abused by an intimate partner.
- ❖ 1 in 5 women and 1 in 7 men have been severely physically abused by an intimate partner.
- ❖ Domestic violence accounts for 15% of all violent crime.
- ❖ Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined.
- ❖ Studies suggest that up to 10 million children witness some form of domestic violence annually.
- ❖ Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend threatened violence or self-harm if presented with a breakup.
- ❖ The costs of intimate partner violence in the US alone exceed \$5.8 billion per year: \$4.1 billion are for direct medical and health care services, while productivity losses account for nearly \$1.8 billion.

If you are a victim, you are not alone. Domestic violence does not discriminate. Anyone of any race, age, sexual orientation, socioeconomic background and education, religion or gender can be a victim of domestic violence. It can happen to people who are married, living together or who are dating.

## Mission Statement

Promote individual empowerment by providing a safe, respectful, non-judgmental environment with confidential choices and culturally sensitive support to victims and survivors of domestic violence, sexual assault, stalking, and dating abuse through shelter, advocacy, education and resources.

## Services Available

- 24 Hour Crisis Hotline
- Crisis Intervention
- Emergency Shelter (90 days)
- Transportation
- Safety Planning
- Emotional Support
- Case Management
- Lay Legal Advocacy
  - Court Accompaniment
  - Assistance with Orders of Protection
- Education / Life Skills
- Resource Information & Referral
- Prevention and Awareness
- Teen Dating Abuse Awareness

***Never forget that walking away from something unhealthy is BRAVE!***

## What is Sexual Violence?

Sexual violence is any sexual contact or behavior that happens without your consent. Other names used for sexual violence – rape, sexual abuse and sexual assault.

## What is Rape?

Rape is a crime of violence and domination in which one person forces, coerces or manipulates another person to have sex. There are many types of rape that can occur, but the most common types are Date Rape and Acquaintance Rape.

- ❖ 1 in 5 women and 1 in 71 men will be raped at some point in their lives; sexual assault of men is thought to be greatly unreported.
- ❖ 1 in 3 transgender and gender non-conforming people experience sexual violence.
- ❖ 1 in 3 girls and 1 in 5 boys will be sexually assaulted by the time they are 18.
- ❖ In 8 out of 10 cases of rape, the victim knew the person who sexually assaulted them
- ❖ 81% of women and 35% of men report significant short-term or long-term impacts such as Post Traumatic Stress Disorder (PTSD)

If you are a victim, you are not alone. Sexual violence can happen to anyone, men, women and children of all ages, races, gender, sexual identity, religion and economic classes. Sexual assault victims often feel isolated or ashamed and often do not report an attack. It is never the victim's fault.