



RESOURCES

- 24-hour Safeline: 1-800-522-SAFE (7233) provides assistance with safety planning, crisis intervention, emergency shelter and advocacy to victims of domestic violence, sexual assault, stalking
- VINE - Jail & Prison Victim Notification 1-877-654-8463
- Child Abuse Hotline 1-800-522-3511
- Address Confidentiality Program (ACP) 1-866-227-7784
- Communication Services for the Deaf 1-866-845-7455
- Elder Abuse Hotline 1-800-522-3511
- Victims Impact Panel of Oklahoma, Inc. (405) 216-9556
- National Domestic Violence Hotline: 1-800-799-7233
- Rape, Abuse, & Incest National Network Hotline: 1-800-656-4673 (HOPE)
- Oklahoma Coalition Against Domestic Violence & Sexual Assault: 1-405-524-0770

Does the person you love...

- Threaten to hurt you or your children?
- Abuse you when using alcohol or drugs?
- Blame you for everything?
- Promise not to abuse you again, but does?
- Put you down in public or keep you from contacting family/friends?
- Force you to have sex when you don't want to?
- Make you feel bad about yourself or tell you no one else wants you?
- Make you justify everything you do, every place you go and everyone you see to avoid his/her temper?
- Throw you down, push, hit, choke, kick or slap you?

Just one "yes" answer means you're involved in an abusive relationship. But you're not alone, and you do have choices. No one deserves to be abused...

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GET THE FACTS ON DOMESTIC VIOLENCE



Silence
hides
violence

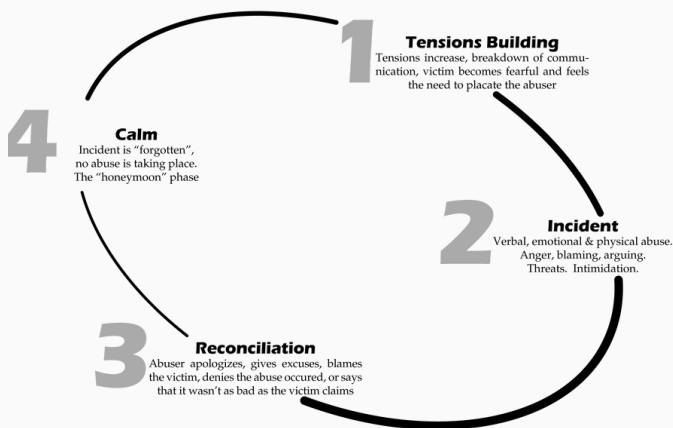
**2022 DISTRICT ATTORNEYS COUNCIL
TRAINING & OUTREACH**

What Is Domestic Violence?

Domestic violence can include intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain **power and control** over the other.

Domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. It is often accompanied by emotionally abusive and controlling behavior that is only a fraction of a systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death. The devastating physical, emotional, and psychological consequences of domestic violence can cross generations and last a lifetime.

Cycle of Abuse



(National Coalition of Domestic Violence: <http://www.ncadv.org/learn-more/what-is-domestic-violence>)

Signs of an abusive partner

Anyone can be an abuser. They come from all groups, all cultures, all religions, all economic levels, and all backgrounds. They can be your neighbor, your pastor, your friend, your child's teacher, a relative, a coworker -- anyone. It is important to note that the majority of abusers are only violent with their current or past intimate partners. One study found 90% of abusers do not have criminal records and abusers are generally law-abiding outside the home.

What Traits Do Abusers Have in Common?

There is no one typical, detectable personality of an abuser. However, they do often display common characteristics.

- An abuser often denies the existence or minimizes the seriousness of the violence and its effect on the victim and other family members.
- An abuser objectifies the victim and often sees them as their property or sexual objects.
- An abuser has low self-esteem and feels powerless and ineffective in the world. He or she may appear successful, but internally, they feel inadequate.
- An abuser externalizes the causes of their behavior. They blame their violence on circumstances such as stress, their partner's behavior, a "bad day," on alcohol, drugs, or other factors.

- An abuser may be pleasant and charming between periods of violence and is often seen as a "nice person" to others outside the relationship.

What Are the "Warning Signs" of an Abuser?

Red flags and warning signs of an abuser include but are not limited to:

- Extreme jealousy, and/or possessiveness
- Unpredictability, and/or a bad temper
- Cruelty to animals
- Verbal abuse
- Extremely controlling behavior
- Antiquated beliefs about roles of women and men in relationships
- Forced sex or disregard of their partner's unwillingness to have sex
- Sabotage of birth control methods or refusal to honor agreed upon methods
- Blaming the victim for anything bad that happens
- Sabotage or obstruction of the victim's ability to work or attend school
- Controls all the finances
- Abuse of other family members, children or pets
- Accusations of the victim flirting with others or having an affair
- Control of what the victim wears and how they act
- Demeaning the victim either privately or publicly
- Embarrassment or humiliation of the victim in front of others
- Harassment of the victim at work