

## Are you a Victim of Domestic Violence?

### In public, have you ever been...

- Humiliated?
- Abandoned in dangerous places?
- The passenger of a reckless driver?
- Unjustly accused of flirting?

### When you're at home, are you afraid...

- You'll be forced to have sex?
- Things will be thrown at you?
- You'll be kept from going out or talking to friends?
- Your credit cards and checkbook will be taken from you?

### Has your partner...

- Embarrassed you with bad names and put-downs?
- Looked at you or acted in ways that scare you?
- Controlled what you do, who you see or talk to, or where you go?
- Stopped you from seeing or talking to friends or family?
- Taken your money or social security, made you ask for money or refused to give you money?
- Told you you're a bad parent or threaten to take away or hurt your children?
- Acted like the abuse is no big deal, it's your fault, or even denied doing it?
- Destroyed your property or threatened to kill your pets?
- Intimidated you with guns, knives, or other weapons?
- Shoved you, slapped you, or hit you?
- Forced you to drop charges?
- Threatened to commit suicide?
- Threatened to kill you?

If you answered yes to any of these questions, you may be a victim of domestic violence.

## What is Domestic Violence?

Domestic violence is not a private matter. It can include physical, sexual, psychological, or emotional abuse from a current or former intimate partner. Domestic violence is usually not a single event and often becomes more severe and frequent over time.

Remember, your partner's violence is the problem, not you. Safety is your first priority, and only you can truly judge what will be the safest and best way to handle your situation. Many domestic assaults occur while the victim is trying to leave. You should consider all options so it can end as safely as possible.

Every person in an abusive relationship needs a safety plan. Know where you can go to get help. Tell someone what is happening to you.

## What is Child Abuse?

Child abuse occurs when a parent, family member or caretaker physically hurts a child or adolescent, makes that youth feel worthless, has sexual contact with him or her, or does not provide adequate food, care, or shelter. All forms of child abuse cause the victim pain and suffering. Child abuse happens in all types of families, and in most cases, the abuser is related to the victim. Young people often blame themselves for the family crisis brought on by abuse, but it is not their fault. Every state has laws against child abuse.

It is important to tell someone who can help you decide if there is abuse in your family. If you tell someone that does not believe or help you, tell someone else until someone listens.

## What is Sexual Assault?

Sexual assault is non-consensual sexual contact. This includes rape, which is having sex with someone who does not want it or is incapable of agreeing to it.

Common *myths* of rape and sexual assault:

- Most sexual assaults are committed by strangers.
- Women provoke rape by their behavior and the way that they dress.
- If the victim does not fight back, it is not rape.
- Rape victims should just forget about it and move on.

If you have been sexually assaulted, please do not try to get through it alone. There are resources available to help you through your healing journey.

## What is Stalking?

1 in 12 women and 1 in 45 men will be stalked in their lifetimes. Stalking is a course of conduct directed at a specific person that places a reasonable person in fear for her or his safety. It is against the law in every state. Stalking across state lines or in federal territories is illegal under federal law.

If you think that you are being stalked, contact local law enforcement and keep track of the phone calls, damages, letters, and anything else they do and say. Do not communicate with the stalker or respond to attempts to contact you.

## Internet Crimes Against Children

One in five children is sexually solicited online. This is a very real danger facing our children, but there are ways to increase their safety. GET EDUCATED IMMEDIATELY! Here is a great place to start: [www.netsmart.org](http://www.netsmart.org)



[www.ncvc.org](http://www.ncvc.org) 1-800-FYI-CALL

# Crime Clock



**Homicide:** One person is murdered every 31 minutes.

**Rape:** One person is raped every 2.7 minutes.

**Assault:** One person is assaulted every 7.2 seconds.

**Domestic Violence:** One woman is victimized by an intimate partner every 1.4 minutes. One man is victimized every 6.7 minutes.

**Child Abuse and/or Neglect:** One child is reported abused or neglected every 36 seconds.

**Drunk Driving:** One person is killed in an alcohol-related traffic crash every 31 minutes.

**Theft:** One home is victimized by theft every 2.3 seconds.

**Burglary:** One home is burglarized every 9.2 seconds.

**Identity Theft:** One person becomes a victim of identity theft every 9 seconds.

**Elder Abuse:** One elderly person is victimized every 2.7 minutes.

**Hate Crime:** One hate crime is reported to the police every 55 minutes.

**School Violence:** 163 violent victimizations are committed against 12-17 year-old students on school grounds every hour.

## Resources for Information and Assistance

### Emergency Phone Numbers:

Police Emergency...911

Fire Emergency...911

Warsaw Police Dept...574-372-9511

Kosciusko Co. Sheriff's Dept...574-267-5667

State Police...1-800-552-2959

Child Protective Services...574-267-8108

Kosciusko Community Hospital...574-267-3200

Warsaw Victim Service Center...574-372-9539

National Center for Victims of Crime...1-800-394-2255

National Domestic Violence Hotline...1-800-799-7233

Sexual Assault/Sexual Abuse

National Hotline .... 800-656-HOPE

National Center for Missing and Exploited Children

1-800-843-5678

Child Abuse National Hotline ...1-800-422-4453

### Victims Assistance

Warsaw Police Dept...574-372-9511

Kosciusko Co. Prosecutor's Office...574-372-2419

Warsaw Victim Service Center...574-372-9539 or

574-269-9112

### Counseling Resources

Bowen Center...574-267-7169

1-800-342-5653

Northeastern Center .... 574-269-3400

Behavioral Healthcare of Northern Indiana

1-800-795-6252

National Suicide Prevention...1-800-273-8255

### Shelters

Kosciusko Co./Beaman Home...574-267-7701

Noble County Shelter ...800-441-4073

Elkhart Co. Women's Shelter...574-294-1811

South Bend YWCA Women's Shelter...574-232-9558

Allen Co. YWCA Shelter for Women... 800-441-4073

### Other Important Numbers

Rape, Abuse, and Incest National Network

1-800-656-4673

Heartline Pregnancy Care & Counseling

574-267-5110

To Check Jail Status....574-267-5667

National Runaway Switchboard...1-800-786-2929

National Drug Abuse Hotline...1-800-662-4357

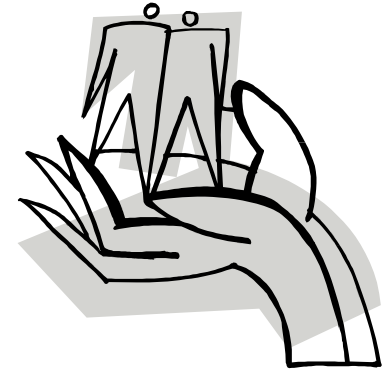
Boys and Girls Club of Kosciusko....574-268-1155

Baker Youth Club .... 574-267-8771

United Way/AIRS – Information for Referrals 211

## Are YOU a VICTIM?

Help is available....



## VICTIM SERVICE CENTER

*The Victim Service Center offers crisis counseling, information and referrals, and personal advocacy to victims of violent crime and their families, along with public education/awareness on violent crime victimization.*



**(574) 372-9539**

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

[bam@kconline.com](mailto:bam@kconline.com)