

“Am I alone?”

- Approximately 1 out of every 3 high school and college students has experienced sexual, physical, verbal, or emotional violence in dating relationships.
- A survey of high school students showed that 17% of girls had been physically abused and 12% had been sexually abused, while 12% of boys had been physically abused and 5% had been sexually abused.
- Victims of sexual assault are about four times more likely to be victimized by someone they know than by a stranger.
- According to the U.S. Department of Justice statistics, one person is raped every 2.7 minutes; one person is assaulted every 7.2 seconds.

“What do I do now?”

Talk to a Victim Advocate

If you aren't sure whether you have been a victim or not; if you have been a victim and need to talk; or if you would just like more information, please contact a victim advocate.

Contact the Victim Service Center

- Call 574-372-9539 to speak to an advocate.
- Visit our website at:
www.victimservicecenter.org

Talk to someone!

Please don't try to face this alone.
Your future depends on it!!

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

If you have been
or are currently a
victim of violence

IT'S NOT TOO LATE!

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.



**600 E. Winona Avenue, Suite #8
Warsaw, IN 46580**

574-372-9539

www.victimservicecenter.org

“I don’t think this applies to me.”

Hopefully it doesn’t. However, it is common for a person to be a victim of violence and not even realize it. Answer the following questions to help you better understand your situation.

In your Dating Relationship

- Do you feel nervous around him?
- Do you have to be careful to control your behavior to avoid his anger?
- Do you feel pressured by him when it comes to sex?
- Are you scared of disagreeing with him?
- Does he criticize you or humiliate you in front of other people?
- Is he always checking up on you or questioning you about what you do when you’re not with him?
- Does he repeatedly and wrongly accuse you of seeing other guys?
- Does he tell you that if you changed he wouldn’t abuse you?
- Does his jealousy stop you from seeing friends or family?
- Has he ever scared you with violence or threatening behavior?
- Does he prevent you from going out or doing things you want to do?
- Do you feel that, with him, nothing you do is good enough?
- Does he say that he will kill or hurt himself if you break up with him?
- Does he make excuses for his abusive behavior by saying it’s because of alcohol or drugs, or because he can’t control his temper, or that he was “just joking?”



You might have answered “yes” to some of these questions, but still think “it’s not that bad.” But feeling scared, humiliated, pressured or controlled is not the way you should feel in a relationship. You should feel loved, respected and free to be yourself. Your feelings and safety are important.

Abusers will often make you feel like it’s your fault and you are to blame for their behavior. You might think that if you try and change to be more like what he wants you to be, then the abuse will stop. But you should be able to feel okay just being yourself and doing what you want to do.

If you are in an abusive relationship, it is likely to get worse over time. But you can’t make your boyfriend change his behavior. He has to accept responsibility for abusing you, and not make excuses for his behavior. If this does not happen, the violence is not going to stop.

Rape and Sexual Abuse

- Rape is having sex with someone who doesn’t want it. Rape is forcing sex on someone by using physical violence or restraint, verbal coercion (“talking her into it”), and/or using intimidation or threats. Rape is having sex with someone who is unable to give consent. Rape has nothing to do with the way a person dresses or acts. Rape has nothing to do with past sexual encounters or relationships. No one deserves to be raped and no one asks for it.
- Sexual abuse includes unwanted touching and/or other sexual behavior. The abuser is typically someone the victim trusts.

If you can identify with any of these questions or examples, or if you are in another violent/threatening situation, please talk to someone. You do not have to face this alone.

It’s not too late!

“I don’t need to talk to anyone; I can deal with this on my own.”

Unfortunately, this is not something that anyone can erase from his/her life. The only way to “get over it” is through healing, which is a process that may take some time. Victims of violence are impacted beyond their control. The way they see themselves and others and the world around them changes. Below are *just some* of the possible after-effects:

- Depression
- Intrusive thoughts
- A variety of new fears
- Self-destructive behaviors (i.e. eating disorders, addictions, self-cutting, promiscuity)
- Low self-esteem
- Feeling crazy or different
- Withdrawal and isolation
- Anxiety, panic attacks
- Guilt and shame
- Shutting down emotionally
- Feeling confused or disoriented much of the time
- Feeling like damaged goods
- Pattern of re-victimization
- Relationship problems
- Flashbacks
- Nightmares
- Spiritual problems
- Headaches, stomach aches
- Denial, minimization

Each person is unique and is affected differently, but all the scars are very real and cannot be ignored. **There is hope, and there is help available.**