

# **Domestic Violence - It Can Happen! What You Need To Know!**

## **Know the Facts**

- Abuse is about power and control.
- Violence can happen in all families, rich or poor, young or old, and in heterosexual or homosexual relationships.
- Abuse usually gets worse over time.
- If nothing is done to stop it, abuse can lead to serious injury or even death.
- Abuse takes many different forms such as physical, mental, verbal and sexual abuse.
- Women sometimes batter their partner, but more commonly its men who get violent and it's the women who are battered.
- Roommates who batter or fight are also committing domestic abuse.

## **Warning Signs of Domestic Abuse**

A woman who is being battered by a man may:

1. Worry that he will be jealous.
2. Be afraid of his temper.
3. Go along with just about anything he says or does.
4. Avoid friends.
5. Seldom be seen in public with him.
6. Have low self-esteem.
7. Constantly apologize for his behavior
8. Allow him to make all the decisions.
9. May drink heavily or use drugs.

A man who is battering a woman may:

1. Be very jealous and have a bad temper.
2. Have difficulty showing feelings, other than anger.
3. Threaten to hurt her, himself or the children.
4. Criticize and put her down, especially in front of others.
5. Believe that women are not as good as men.
6. Abuse pets.
7. Control all the money.
8. Drink heavily or use drugs.
9. Throw things at the woman, or hit, shove or kick her.

## **High Risk Factors**

- Past or present threats to kill the victim.
- Use or in possession of potentially lethal weapons, such as guns, knives, etc.

- A degree of obsession, possessiveness and or jealousy regarding the victim.
- Violations of restraining orders. Shows little or no worry about the consequences of arrest and jail time.
- Past incidences of violence.
- Past or present threats of suicide.
- Access to the victim or the victim's family.
- Hostage-taking.
- Depression.
- Mental illness.
- Abuse of alcohol or drugs.
- History of domestic violence.

### **The Cycle of Violence**

1. The batterer's anger begins to build.
2. The batterer explodes and acts out in anger.
3. A "loving" or "denial" stage often follows.
4. The batterer says he is sorry.

### **Important Numbers**

**Framingham State University Police: 508-626-4911**

**FSC Counseling Center: 508-626-4640**

**Framingham Police Department: 508-872-1212**

**Women's Protective Services: 508-626-8686**

**Wayside Youth and Family Support Network: 508-879-9800**

**Middlesex Domestic Violence Unit Advocate: 508-872-4355 or 508-875-4141**

**National Domestic Violence Hotline: 1-800-799-SAFE**