

PLAN OF ACTION

If you are being abused — emotionally, psychologically, or physically — by a current or former intimate partner, I urge you to seek help from one or more of the many public and private resources available for victims of abuse. While it is my sincerest hope that you will find the courage to leave this situation quickly and permanently, you should at least have a safety plan in place that prepares you to respond immediately to dangerous situations. Below you will find some of the steps recommended by domestic violence professionals for designing your own safety plan.

- ◆ Keep important phone numbers readily available (including police, hotline, friends, family and shelter).
- ◆ Ask a trusted neighbor to call the police if suspicious noises are heard coming from your home.
- ◆ Choose a word or phrase that you will use to alert friends or family that you need immediate help. Share it with your children, neighbors, and other people you would contact in an emergency.
- ◆ Put aside money for an emergency. Begin planning for your financial future.
- ◆ Make arrangements for a temporary place to stay in a crisis. Know how to contact your local domestic violence shelter.
- ◆ Keep your purse, credit cards, some cash, an extra set of keys, and your identification in a place where you can see and grab them quickly in case you need to leave your home in a hurry.
- ◆ Change your daily routine to avoid contact with your abuser if it is someone who does not live in your home.
- ◆ Take a self-defense course.

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A Message from

Senator Roxanne J. Persaud
19th Senate District

On Stopping the Deadly Cycle of Domestic Abuse

**19th Senate
District**

District Office: 1222 East 96th St. • Brooklyn, NY 11236 • (718) 649-7653

Albany Office: 504 Legislative Office Bldg. • Albany, NY 12247 • (518) 455-2788

Website: persaud.nysenate.gov • E-mail: persaud@nysenate.gov

YOU DON'T HAVE TO LIVE IN FEAR



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Cycle of Domestic Abuse**

PREVENTION

What is domestic/intimate partner violence?

Domestic violence occurs when one person in a relationship purposely hurts another person physically or emotionally. Domestic violence is also called intimate partner violence (IPV) because it often is caused by a husband, ex-husband, boyfriend or ex-boyfriend. Women also can be abusers.

People of all races, education levels and ages experience domestic abuse, including:

- Physical abuse - hitting, shoving, kicking, biting or throwing things;
- Emotional abuse - yelling, controlling or threatening;
- Sexual abuse – forcible sex; and
- Threats - use of words, gestures or weapons to communicate the intent to cause death, disability, injury or physical harm.

Intimate Partner Violence: Risk and Protective Factors

Risk factors are associated with a greater likelihood of intimate partner violence (IPV) victimization or perpetration. A combination of these factors contribute to the risk of becoming a victim or perpetrator of IPV, and understanding these factors can help identify opportunities for prevention.

Individual Risk Factors

- Low self-esteem; low income; low academic achievement; young age; aggressive or delinquent behavior as a youth; prior history of being physically abusive; having few friends/being isolated from other people; perpetrating psychological aggression; experiencing physical discipline as a child.

Relationship Factors

- Marital conflict-fights, tension and other struggles; marital instability-divorces or separations; dominance and control of the relationship by one partner; economic stress; or unhealthy family interactions.

Community Factors

- Poverty; unavailability of social support systems; weak community sanctions against IPV.

Societal Factors

- Traditional gender norms (e.g., women stay home/men support the family).

VICTIM ASSISTANCE

Centers for Disease Control and Prevention National Center for Injury Prevention and Control

(NCIPC)

800-CDC-INFO

800-232-4636

TTY: 888-232-6348

www.cdc.gov/violenceprevention/intimatepartnerviolence/index.html

National Sexual Assault Hotline

800-656-HOPE (4673)

New York State Office for the Prevention of Domestic Violence

NYS Domestic and Sexual Violence Hotline

800-942-6906

Spanish language: 800-942-6908

In NYC: 800-621-HOPE (4673) or dial 311

TTY: 866-604-5350

www.opdv.ny.gov/

New York State Coalition Against Domestic Violence

Local Domestic Violence Programs and Hotlines (listed by county)

www.nyscadv.org

New York State Office of Victim Services

Financial compensation to crime victims for certain expenses
related to their victimization

800-247-8035

518-457-8727 (Albany)

718-923-4325 (NYC)

716-847-7992 (Buffalo)

PROTECTION

IPV is a serious problem in the United States. According to the Centers for Disease Control and Prevention:

- On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the U.S. – more than 12 million women and men over the course of a year; and
- Nearly 3 in 10 women and 1 in 10 men in the U.S. have experienced rape, physical violence and/or stalking by a partner and report a related impact on their functioning.

Don't Let This Happen to Someone You Know

In New York State during 2011:

- ✓ Eighty-nine intimate partner homicides were reported, with 49 reported in New York City and 40 in the rest of the State;
- ✓ Forty-four percent of female homicide victims aged 16 and older were killed by an intimate partner and 4% of male homicide victims were killed by an intimate partner;
- ✓ Firearms were used in 20 of the 89 intimate partner homicides (22%);
- ✓ There were 118,556 total assaults reported by police agencies outside of New York City, 25% (30,096) were committed by intimate partners, and females were the victim in 80% of these assaults;
- ✓ Police outside of NYC responded to 201,904 domestic incidents;
- ✓ There were 10,469 strangulation offenses charged in arrests and arraignments in New York State; and
- ✓ Twenty-five percent of those 28,000 parolees released under Community Supervision (parole) were identified as having a history of domestic violence.

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