



A Message from  
**Senator  
Rubén Díaz, Sr.**  
*32<sup>nd</sup> Senate District*

## On Stopping the Deadly Cycle of Domestic Abuse

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# YOU DON'T HAVE TO LIVE IN FEAR



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### 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, 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.

## PREVENTION

Heightening public awareness of domestic violence and engaging in preventive measures are vital aspects of our efforts to rid society of domestic violence. This year, millions of women will be battered by a husband, boyfriend, or former intimate partner. It is up to us as a community to know what the signs of abuse are, and what to do to prevent the tragic cycle of domestic violence from continuing into the next generation.

### Defining Domestic Violence

Domestic violence is a crime. It is a pattern of behavior that may include physical, emotional, psychological, sexual and economic abuse that affects people who are married, dating, living together, and/or related to each other. If you recognize any of the following signs in your relationship or in someone you know, it is a strong indication that there is domestic abuse taking place. Please seek help from one of the resources I have compiled in this brochure.

- ◆ Constant criticism, humiliation and berating.
- ◆ Extreme jealousy and/or overprotectiveness, which may include isolation from family and friends.
- ◆ Threats against you, your children, family, and/or pets.
- ◆ Deprivation of money, credit cards, and other financial resources. Forced surrender of your paycheck and any other income.
- ◆ Intimidation and manipulation.
- ◆ Shoving, hitting, biting, kicking or smacking.
- ◆ Forcing sex or sexual acts.
- ◆ Limitation of social activity.

### You Are Not Alone

The following organizations, shelters, hotlines, and counseling centers were created for the sole purpose of providing aid to the victims of domestic violence. Feel free to contact them if you or someone you know is being abused by an intimate partner, or if you are interested in joining the fight against domestic violence. Keep in mind that these establishments are extremely sensitive to the privacy concerns of those seeking their help.

### New York State Domestic & Sexual Violence Hotline

English: 1-800-942-6906

Espanol: 1-800- 942-6908

This hotline can also help you and your children find safe, temporary shelter.

### New York City Domestic Violence Bilingual Hotline

1-800-621-HOPE (4673)

1-866-604-5350 (Hearing Impaired)

Both numbers are toll-free and available 24 hours a day in all languages.

### Advocacy & Counseling Centers

Safe Horizon Counseling

(800) 621-HOPE

Steps to End Family Violence

(646) 315-7600

Sanctuary for Families

(212) 349-6009

Violence Intervention Program

(800) 664-5880

### Legal Services

Sanctuary for Families Center for Battered Women's

Legal Services (212) 349-6009

InMotion (212) 695-3800

New York Legal Assistance Group

(212) 613-5000

## PROTECTION

If you are like 30% of Americans, you know a woman who is being physically abused. Please consider reaching out to them in a nonjudgemental way to offer your help. Too many people ignore the signs of domestic abuse in their neighbors, family members, and friends. You will have regrets later if you do nothing now.

### Don't Let this Happen to Someone You Know

- ◆ In 2001, women were the victims in 85% of all reported family offenses involving adult intimate partners.
- ◆ More than 33% of all women murdered in the United States are killed by a husband, ex-husband, or boyfriend.
- ◆ 76% of those murdered by an intimate partner in 2002 were women.
- ◆ 78% of stalking victims are female.
- ◆ 1 in 5 female high school students report being physically and/or sexually abused by someone they have dated.

### Dispelling the Myth: Domestic Violence Affects Everyone

Most people believe that women — especially low-income women — are the only victims of domestic violence. While it is true that females are the victims in most instances of domestic abuse, the effects of domestic violence are felt throughout every segment of our society. Children of every race, economic background, and social class are particularly vulnerable to the damage caused by domestic abuse, and males who are brought up in abusive households are more likely to batter their own wives and children.

- ◆ More than half of female victims of domestic violence live in households with children under the age of 12.
- ◆ 50% of men who frequently abuse their wives also frequently abuse their children.
- ◆ 324,000 pregnant women have been battered by their partners. Homicides account for 31% of all maternal injury deaths.
- ◆ Children who have witnessed domestic violence in their home are highly likely to suffer health problems, sleeping difficulties, anxiety, inappropriate social behavior, and feelings of guilt, fear and powerlessness.
- ◆ Children who have seen their father batter their mother are at a higher risk for alcohol and drug use, teen pregnancy, homelessness, and suicide than other children.

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