

# “What You Need To Know”

Presented By the National Institute of  
The Study of Violence

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<http://www.nisv.org>

## **What is the National Institute of the Study of Violence?**

**Simply**, The National Institute of the Study of Violence is an organization whose primary goal is to prevent violence against women.

We believe this objective can be reached through research and the collection and dissemination of information throughout the country. We publish a newsletter, a magazine, and conduct seminars on issues of violence. Our seminars are designed to include all segments of the society.

Our secondary goal is to focus attention on the violence experienced by women in America.

The National Institute of the Study of Violence' main focus is prevention. We feel that our work is important, and will make a difference in the lives of women.

### **Our Pledge**

We pledge to the women of the United States and the women of the world to act on their behalf to prevent violence against women, and to assist women recovering from violent situations. We will accomplish this goal by publishing information, informing the male population on women's issues, and counseling and aiding women in finding or developing employment without governmental assistance. Our purpose is to engage in business activities to provide a viable livelihood for women. The task of assisting women is too large and varied to be affected by government intervention. We must look to ourselves for help. The problem of violence in a woman's life has to be attacked directly by women in the community at large, with all community components acting together.

We believe marriage is the cornerstone of every civilization and the woman is the nucleus of the family. It is her presence that holds the family together. Disintegration occurs when the woman is absent from the home. Maintaining the integrity of the family as a unit is the complimentary goal of our organization.

We are a non-political organization. All we ask is that all our members are registered to vote so that their opinions will be voiced through the electoral process. We affirm the rights of all people to live in a peaceful environment; therefore, we are opposed to racism, sexism, homophobia, arranged marriages, mutilation, and any force that attacks a person's well-being or prevents a person from directing his or her destiny. We will act to support the women of the world in controlling their lives regardless of race, religion, creed, ethnic origin, or social status. Our main focus will always be the prevention of violence in the lives of women.

If You Do Not Have A Safety  
Plan To Protect You  
And Your Children  
You Need To Read This Message  
From The Prosecuting Attorney of Indiana

**A Message from the Prosecuting Attorney:**

Steven D. Stewart

Clark County Prosecutor, Indiana

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The prosecution of domestic violence is among the highest priorities of the Office of the Clark County Prosecuting Attorney - Indiana.

The unique dynamics of domestic violence create inherent problems in the criminal justice system. Over the length of an intimate and abusive relationship, victims of domestic violence are constantly told the abuse is their fault. They will feel guilt for summoning aid from police, and feel responsible for the sanctions imposed by the criminal justice system. Because they often live in a world dominated by psychological terror, they will be very reluctant to "cooperate" with authorities. This is especially true if the system offers them no assistance, no protection, and no relief. Society often perpetuates the myths that domestic violence is the fault of the woman, who only had to leave to solve the problem. Police, Prosecutors, Probation Officers, and Judges have to be better educated in order to effectively deal with the problem.

Intervention systems must not overlook the children, who are themselves victims. The cycle of violence will continue from generation to generation. Children who witness domestic violence in the home are many times more likely to be abusive adults. This is a cost our society cannot afford to pay.

It is impossible to expect the victim of domestic violence to negotiate the complex maze of the legal system without help. Victim advocates who are knowledgeable about the legal system, and who understand the dynamics of domestic violence, must be available to give assistance. Through the Victim Assistance Program and the Domestic Violence Unit of the Clark County Prosecuting Attorney, help and information is available. An effective coordinated response to domestic violence is essential. Only with the aid of these dedicated professionals can true justice and healing be accomplished. We are proud to assist in making these important services available to the citizens of Clark County.

Domestic violence occurs among all kinds of people. It cuts across cultural, economic and social boundaries. It can involve the person you've worked with for 10 years, your best friend who married her childhood sweetheart, your teenage daughter who just met someone new and exciting, or your next-door neighbor. Together, we can prevent domestic violence. We must work together towards the common goal of insuring the safety of victims, and holding offenders accountable and responsible for their behavior. We must learn to take action.

Steven D. Stewart

Clark County Prosecuting Attorney

Sherry Jones

Victim Advocate

Darlene Coleman

Victim Advocate

**What is Domestic Violence?**

Domestic Violence is a violent confrontation between family or household members involving physical harm, sexual assault, or fear of physical harm. Family or household members include

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spouses / former spouses, those in (or formerly in) a dating relationship, adults related by blood or marriage, and those who have a biological or legal parent-child relationship.

Domestic violence destroys the home. No one deserves to be abused. The responsibility for the violence belongs to the abuser. It is not the victim's fault!

## **HELP IS AVAILABLE THROUGH THE VICTIM ASSISTANCE PROGRAM AND THE DOMESTIC VIOLENCE UNIT OF THE CLARK COUNTY PROSECUTING ATTORNEY.**

### **Symptoms of Abuse - Misuse of Power And Control**

Abuse in a relationship is any act used to gain power and control over another person. Women who are abused physically are often isolated. Their partners tend to control their lives to a great extent as well as verbally degrade them.

Listed below are some of the warning signs of domestic abuse. Look to see if there are multiple warning signs that are occurring in your life.

#### **USING PHYSICAL AND SEXUAL ABUSE**

Hair pulling, biting, shaking, pushing, pinching, choking, kicking, confinement, slapping, hitting, punching, using weapons, forced intercourse, unwanted sexual touching in public or in private and depriving her of food or sleep.

#### **USING EMOTIONAL ABUSE**

Insulting her in public or in private  
 Putting down her friends and family  
 Making her feel bad about herself  
 Calling her names  
 Making her think she's crazy  
 Playing mind games  
 Humiliating her  
 Making her feel guilty  
 Using Male Privilege; acting like "Master of the Castle"  
 Treating her like a servant  
 Making all the big decisions  
 Being the one to define men's and women's roles.

#### **USING ECONOMIC ABUSE**

Preventing her from getting or keeping a job  
 Making her ask for money  
 Giving her an allowance  
 Taking her money  
 Not letting her know about or have access to family income  
 Not allowing her a voice in important financial decisions  
 Demanding exclusive control over household finances.

#### **USING COERCION AND THREATS**

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Making or carrying out threats to do something to hurt her  
 Threatening to leave her, or to commit suicide  
 Threatening to report her to welfare  
 Making her drop charges  
 Making her do illegal things.

### **USING INTIMIDATION**

Making her afraid by using looks, gestures, or actions  
 Throwing or smashing things, destroying property  
 Abusing pets  
 Dangerous driving  
 Displaying weapons.

### **USING CHILDREN**

Making her feel guilty about the children  
 Using the children to relay messages  
 Using visitation to harass her  
 Threatening to take the children away.

### **USING ISOLATION**

Controlling what she does, who she sees, what she reads, & where she goes  
 Limiting her outside involvement  
 Refusing to let her learn to drive, go to school, or get a job  
 Not allowing her to freely use the car or the telephone.

### **USING JEALOUSY AND BLAME TO JUSTIFY ACTIONS**

Minimizing, Denying, Blaming  
 Making light of the abuse and not taking her concerns about it seriously  
 Checking up on where she's been or who she's talked to  
 Accusing her of infidelity  
 Saying the abuse didn't happen  
 Shifting responsibility for abusive behavior  
 Saying she caused it.

### **Why Get Help?**

The danger is real.

If you are controlling or have a controlling partner, don't ignore these behaviors. They are not the result of stress, anger, drugs or alcohol. They are learned behaviors that one person uses to dominate, intimidate and manipulate. They are destructive and dangerous.

If the abuse continues without outside help, the abusing partner may risk being arrested, going to jail, or losing the relationship.

Domestic violence hurts all family members. When a person is abusive he or she eventually loses the trust and respect of his or her partner. Abused partners are afraid to communicate their feelings and needs.

Everyone has the right to feel safe in a relationship. With help, people who are abusive can learn to be non-violent.

### **Learn the Warning Signs**

Disagreements develop from time to time in relationships. Domestic violence is not a disagreement. It is a whole pattern of behaviors used by one partner to establish and maintain power and control over the other. These behaviors can become more frequent and intense over time.

The abusive person is responsible for these behaviors. That person is the only one who can change them. Don't wait until you and the ones you love get hurt. You Are Not Alone. Consider getting some help. Talk with friends about your situation.

### **Fast Facts on Domestic Violence**

Battering on women is the most under reported crime in America. Domestic violence is the leading cause of injury to women between the ages of 15 and 44 in the United States; more than car accidents, muggings, and rapes combined. "Violence Against Women, A Majority Staff Report," Committee on the Judiciary, United States Senate, 102nd Congress, October 1992, p.3.

Three to four million women in the United States are beaten in their homes each year by their husbands, ex-husbands, or male lovers. "Women and Violence," Hearings before the U.S. Senate Judiciary Committee, August 29 and December 11, 1990, Senate Hearing 101-939, pt. 1, p. 12.

One woman is beaten by her husband or partner every 15 seconds in the United States. Uniform Crime Reports, Federal Bureau of Investigation, 1991. About 1 out of 4 women are likely to be abused by a partner in her lifetime. Sara Glazer, "Violence, Against Women" CO Researcher, Congressional Quarterly, Inc., Volume 3, Number 8, February, 1993, p. 171.

Approximately 95% of the victims of domestic violence are women. Statistics, National Clearinghouse for the Defense of Battered Women, Ruth Peachey, M.D. 1988. Police report that between 40% and 60% of the calls they receive, especially on the night shift, are domestic violence disputes. Carrillo, Roxann "Violence Against Women: An Obstacle to Development," Human Development Report, 1990.

Battering occurs among people of all races, ages, socio-economic classes, religious affiliations, occupations, and educational backgrounds. Fifty percent of all homeless women and children in this country are fleeing domestic violence. Senator Joseph Biden, U.S. Senate Committee on the Judiciary, Violence Against Women: Victims of the System, 1991.

A battering incident is rarely an isolated event.  
Battering tends to increase and become more violent over time.  
Many batterers learned violent behavior growing up in an abusive family.

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25% - 45% of all women who are battered are battered during pregnancy.

Domestic violence does not end immediately with separation. Over 70% of the women injured in domestic violence cases are injured after separation.

Domestic violence is not only physical and sexual violence but also psychological. Psychological violence means intense and repetitive degradation, creating isolation, and controlling the actions or behaviors of the spouse through intimidation or manipulation to the detriment of the individual. "Five Year State Master Plan for the Prevention of and Service for Domestic Violence." Utah State Department of Human Services, January 1994

### **Myths and Facts about Domestic Violence**

#### **MYTH #1: DOMESTIC VIOLENCE AFFECTS ONLY A SMALL PERCENTAGE OF THE POPULATION AND IS RARE.**

**FACT:** National studies estimate that 3 to 4 million women are beaten each year in our country. A study conducted in 1995 found that 31% of women surveyed admitted to having been physically assaulted by a husband or boyfriend. Domestic violence is the leading cause of injury to women between the ages of 15 and 44 in our country, and the FBI estimates that a woman is beaten every 15 seconds. Thirty percent of female homicide victims are killed by partners or ex-partners and 1,500 women are murdered as a result of domestic violence each year in the United States.

#### **MYTH #2: DOMESTIC VIOLENCE OCCURS ONLY IN POOR, UNEDUCATED AND MINORITY FAMILIES.**

**FACT:** Studies of domestic violence consistently have found that battering occurs among all types of families, regardless of income, profession, region, ethnicity, educational level or race. However, the fact that lower income victims and abusers are over-represented in calls to police, battered women's shelters and social services may be due to a lack of other resources.

#### **MYTH #3: THE REAL PROBLEM IS COUPLES WHO ASSAULT EACH OTHER. WOMEN ARE JUST AS VIOLENT AS MEN.**

**FACT:** A well-publicized study conducted by Dr. Murray Strauss at the University of New Hampshire found that women use violent means to resolve conflict in relationships as often as men. However, the study also concluded that when the context and consequences of an assault are measured, the majority of victims are women. The U.S. Department of Justice has found that 95% of the victims of spouse abuse are female. Men can be victims, but it is rare.

#### **MYTH #4: ALCOHOL ABUSE CAUSES DOMESTIC VIOLENCE.**

**FACT:** Although there is a high correlation between alcohol, or other substance abuse, and battering, it is not a causal relationship. Batterers use drinking as one of many excuses for their violence and as a way to place the responsibility for their violence elsewhere. Stopping the abusers' drinking will not stop the violence. Both battering and substance abuse need to be addressed separately, as overlapping yet independent problems.

#### **MYTH #5: DOMESTIC VIOLENCE IS USUALLY A ONE TIME, ISOLATED OCCURRENCE.**

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**FACT:** Battering is a pattern of coercion and control that one person exerts over another. Battering is not just one physical attack. It includes the repeated use of a number of tactics, including intimidation, threats, economic deprivation, isolation and psychological and sexual abuse. Physical violence is just one of these tactics. The various forms of abuse utilized by batterers help to maintain power and control over their spouses and partners.

**MYTH #6: MEN WHO BATTER ARE OFTEN GOOD FATHERS AND SHOULD HAVE JOINT CUSTODY OF THEIR CHILDREN IF THE COUPLE SEPARATES.**

**Fact:** Studies have found that men who batter their wives also abuse their children in 70% of cases. Even when children are not directly abused, they suffer as a result of witnessing one parent assault another. Batterers often display an increased interest in their children at the time of separation, as a means of maintaining contact with, and thus control over, their partners.

**MYTH #7: WHEN THERE IS VIOLENCE IN THE FAMILY, ALL MEMBERS OF THE FAMILY ARE PARTICIPATING IN THE DYNAMIC, AND THEREFORE, ALL MUST CHANGE FOR THE VIOLENCE TO STOP.**

**FACT:** Only the batterer has the ability to stop the violence. Battering is a behavioral choice for which the batterer must be held accountable. Many battered women make numerous attempts to change their behavior in the hope that this will stop the abuse. This does not work. Changes in family members' behavior will not cause the batterer to be non-violent.

**MYTH #8: BATTERED WOMEN ARE MASOCHISTIC AND PROVOKE THE ABUSE. THEY MUST LIKE IT OR THEY WOULD LEAVE.**

**FACT:** Victim provocation is no more common in domestic violence than in any other crime. Battered women often make repeated attempts to leave violent relationships, but are prevented from doing so by increased violence and control tactics on the part of the abuser. Other factors which inhibit a victim's ability to leave include economic dependence, few viable options for housing and support, unhelpful responses from the criminal justice system or other agencies, social isolation, cultural or religious constraints, a commitment to the abuser and the relationship and fear of further violence. It has been estimated that the danger to a victim increases by 70% when she attempts to leave, as the abuser escalates his use of violence when he begins to lose control.

**MYTH #9: MEN HAVE A RIGHT TO DISCIPLINE THEIR PARTNERS FOR MISBEHAVING. BATTERING IS NOT A CRIME.**

**FACT:** While our society derives from a patriarchal legal system that afforded men the right to physically chastise their wives and children, we do not live under such a system now. Women and children are no longer considered the property of men, and domestic violence is a crime in every state in the country

**FREQUENTLY ASKED QUESTIONS**

**What can I do if I am abused?**

Call the police. Charges may be filed if the abuser's acts constitute a crime. You may also apply for a Protective Order. You may seek counseling. You can leave the home. The proper course of action depends upon the nature and extent of the abuse. Do not ignore the abuse.

### **What is a Protective Order?**

A Protective Order is a civil court order that can be issued by a judge if he/she finds probable cause to believe that the applicant has been abused or is threatened with abuse from another person. Violation of a Protective Order may be a criminal offense.

### **Am I eligible for a Protective Order?**

If you are in fear because your partner has threatened you with bodily injury, caused you bodily injury, or attempted to do so, you may be granted a Protective Order. There is no requirement that the other person live in the same household, or be married to you.

### **What does a Protective Order do?**

It is a court order directing that the other person refrain from abusing or threatening you. In the order, the court may also require the other person and/or the applicant to obtain counseling or other social services, including domestic violence education.

### **Where can I go to get a Protective Order?**

The Office of the Clark County Clerk, located on the first floor of the City-County Building at 501 East Court Avenue in Jeffersonville, has form applications for a Protective Order. They may be completed and filed with the Clerk. The allegations in the Application must be sworn to or affirmed. Be truthful, specific, and do not exaggerate. There is no requirement for you to have an attorney and filing fees are often waived in cases of domestic violence. The Domestic Violence Unit of the Clark County Prosecuting Attorney is available to assist you in this process.

### **How long does it take for the Judge to issue the Protective Order?**

Depending on the seriousness of the allegations in the Application, the Protective Order may be issued immediately, without a hearing. When the Protective Order is first issued, it is only temporary. The court will set a hearing date for both parties to appear within 20 days. At the hearing, the court may hear testimony from both sides, then will determine whether the temporary Protective Order should be made permanent. If the abuse is proved by a preponderance of the evidence, the court will issue a permanent Protective Order, ordering the other person to refrain from abusing, harassing, or disturbing the peace of the victim, either directly or indirectly.

### **What happens if a violation takes place?**

Call the police. A knowing or intentional violation of a Protective Order is a criminal offense called Invasion of Privacy (Class B Misdemeanor), punishable by up to 180 days imprisonment and/or a \$1,000 fine. If the violation was accomplished by committing other crimes (e.g., Battery, Confinement, and Intimidation), those crimes may also be charged. A police officer need not witness the violation in order to make an arrest as long as there is proof that the Protective Order has been served on the other person, and there is probable cause to believe that the other person committed the violation. Always keep your Protective Order with you and

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show to the police who respond to your call. If the other person cannot be located, the police officer will submit a report to the Prosecuting Attorney, who will file charges in court if appropriate. It may be necessary later for you to appear in the Prosecutor's Office to give a statement regarding the incident.

### **How long does the Protective Order last?**

A temporary Protective Order lasts only for 20 days, or until a permanent Protective Order hearing is held, whichever occurs first. A permanent Protective Order expires not more than 1 year after the order is issued. If the Protective Order is issued as a condition of bail, it will remain in effect until final disposition of the criminal charge. If the Protective Order is issued as a condition of Probation, it will remain in effect during the term of probation, usually 1 year.

### **What if I want to change the order?**

Any modifications must be made by the judge. You must return to court and ask the judge to amend the order.

### **What is a safety plan?**

Although no one should have to leave their home as a result of their partner abusing them, safety concerns may cause one to choose to leave. Should this situation present itself, a safety plan can be a big help. It will assist you in your efforts to leave. For instance: Safety during a violent incident ( try to move to a low risk place that has access to the outside of the house. Get away from the kitchen, bathroom or near any weapons). When preparing to leave, check for people who would be willing to assist you with money or a place to stay. Instructions about what to do after getting a Protective Order (such as have copies made); What to do in the event of a violation of the Protective Order; A list what to take when you leave ( i.d., money, keys, medication) and emergency numbers (Police, Prosecuting Attorney, and Women's Shelter).

### **How do I file criminal charges?**

In Indiana, only the Prosecuting Attorney "files" criminal charges. A victim who calls the police, gives information to the responding officers. Depending on the information given, and whether the perpetrator can be located, the officers may make an immediate arrest. In any event, the results of the officers' investigation is then given to the Prosecuting Attorney, who makes the final decision as to which criminal charges should be filed, if any. Alternatively, a victim may go directly to the Prosecuting Attorney and file a complaint, which may result in criminal charges being filed by the Prosecuting Attorney.

### **How can I drop charges?**

In Indiana, a victim does not have the power to "drop" criminal charges. A criminal action involves a crime against the State of Indiana, not a particular victim. The Prosecuting Attorney represents the State of Indiana. Charges will be "dropped" only if the Prosecuting Attorney is convinced that it is in the best interests of the State of Indiana to do so.

### **Do I need to apply for a Protective Order if criminal charges are filed?**

Routinely, when criminal charges are filed as a result of domestic violence, the Prosecuting Attorney requests that a Protective Order be entered as a condition of any bail posted by the abuser to gain release from jail. Upon a violation, new criminal charges (Invasion of Privacy) can be filed against the abuser. In addition, his bail may be revoked, and he may be required to remain in jail until final disposition of the criminal charges. Such a Protective Order entered in the criminal case makes it unnecessary to apply independently for a Protective Order in civil court.

### **Are you a Victim of Domestic Violence?**

1. Is your partner threatening or violent towards you or the children?
2. Do you find yourself making excuses or minimizing your partner's behavior?
3. Do you feel completely controlled by your partner?
4. Do you feel helpless, trapped, alone, and isolated?
5. Do you blame yourself for the violence?
6. Does your partner blame you and tell you that you are the cause of all his problems?
7. Do you blame the violence on stress, on drugs/alcohol, or a bad childhood?
8. Does your partner constantly accuse you of having affairs when he can't account for 100% of your time? Does he tell you jealousy is a sign of love?
9. Do you fear going home?
10. Are you limited in your freedom like a child? (Go to the store and come straight home. It should take you 15 minutes.)
11. Do you find yourself lying to hide your partner's real behavior (for example, saying you fell down the stairs when actually you were pushed)?
12. Are you embarrassed or humiliated by your partner in an effort to control your behavior, especially in public?
13. Does your partner abandon you, leave you places, or lock you out?
14. Does your partner hide your keys, mail, or other important papers?

### **Progression of Domestic Violence**

PHASE 1: Pre-battering violence: verbal abuse, hitting objects, throwing objects, breaking objects, and making threats; increased tension, anger, blaming and arguing. When abusers hit or break objects or make threats, almost 100% resort to battering.

PHASE 2: Beginning levels: pushing, grabbing, restraining.

PHASE 3: Moderate levels : slapping, pinching, kicking, pulling hair.

PHASE 4: Severe levels : hitting, choking, beating with objects, use of weapons, and rape by intimidation, threat or force.

PHASE 5: Calm Stage: Abuser may deny or rationalize the violence, apologizing or promising not to repeat the abuse.(may decrease over time)

The progression of domestic violence may alternate from tension building, where the victim is walking on eggshells to avoid abuse, to the apologetic and remorseful abuser after a violent incident has taken place. Each relationship is different.

### **Sweet Baby Syndrome (How he gets to come back)**

1. Honeymoon Syndrome : any bribe that will get her to return to him. (also known as "Hearts and Flowers")

2. Super Dad Syndrome : he tells her that he will be a great dad if she returns. This works especially if he has neglected the kids in the past.
3. Revival Syndrome : this is not really a valid revival or salvation since he has probably only gone to church only a few times. "I have been going to church every Sunday since you left." I have accepted Christ into my life." He puts the responsibility for his battering on God.
4. Sobriety Syndrome : "If he can stop drinking he will stop beating me" Drinking does not cause beating--if it did, then they would beat strangers on the street.
5. Counseling Syndrome : "I have gone to counseling, I won't do it anymore." Long term counseling is needed and less than 1% voluntarily go into counseling.

### **Help for the abuser (Signs that treatment may be effective)**

1. He accepts responsibility for his violence.
  2. He goes into treatment without victim.
  3. He goes into treatment with no strings attached. ("I'll go if you will come back")
- No one deserves to be abused. The abuse is the responsibility of the batterer. There are several programs available for abusers to determine if treatment is necessary. Frequently, the court requires that batterers seek treatment. Change does not happen overnight. Just like the behavior took time to learn, it takes time to change. However, batterers must want to change. Some batterers will never change.
- Once the violence occurs, the chances are great that it will occur again, unless there is some kind of intervention. Abusers must learn to accept responsibility for their behavior. This is only possible with outside help.

### **Common Characteristics of Battered Women**

1. have low self esteem
  2. believe all the myths about battering relationships
  3. be a traditionalist, believing in family unity and feminine sex-role stereotype
  4. accepts responsibility for the batterer's actions
  5. suffers from guilt, yet denies the terror and anger she feels
  6. have severe stress reactions with psychophysiological complaints
  7. use sex as a way to establish intimacy
  8. believe that no one will be able to help her resolve her predicament
- Battered women come from all races, ages, socio-economic classes, religious affiliations, occupations, and educational backgrounds.

### **Common Characteristics of the Batterer**

1. have low self esteem
2. believe all the myths about battering relationships
3. be a traditionalist, believing in male supremacy and the stereotyped masculine sex role
4. blame others for his actions
5. be pathologically jealous
6. present a dual personality
7. have severe stress reactions during which he uses drinking and battering to cope
8. frequently use sex as an act of aggression to enhance his self-esteem
9. does not believe his violent behavior should have negative consequences
10. uses threats and violence as a control mechanism

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11. experienced or witnessed abuse when growing up

12. has been abusive to previous partners

Batterers come from all races, ages, socio-economic classes, religious affiliations, occupations, and educational backgrounds.

### **Behavior of The Batterer in Court**

Batterers frequently present themselves in the following ways:

The "real" victim in the family.

Trying to keep the family together.

May acknowledge "family problems" but will deny any violence.

When confronted by his assaultive acts he may respond by saying: "She bruises easily," "She was hysterical" or "She was drunk/high," "I had to restrain her."

May make a complaint to the police department against his partner to counter the complaint she has made regarding his assaultive acts--uses the system.

May make multiple Children's Protective Service reports alleging that his partner is neglecting or abusing the children.

May change lawyers, and ask for continuances to delay court hearings to increase his partners' financial hardship.

May prosecute her when she has acted in self-defense, or will use the threat of prosecution to get her to return to him.

May assert that he knows key people in the criminal justice system, and that there is no way that she will get justice (reinforcing her helplessness.)

May give erroneous information about the criminal justice system to his partner to confuse her or to prevent her from acting on her own behalf.

May call her, before she is going to testify against him in a criminal case, to tell her it has been postponed or his attorney said she doesn't have to testify.

### **Separation Violence**

Many, perhaps most, people believe that battered women will be safe once they separate from the batterer. They also believe that women are free to leave abusers at any time. We have all heard, "All she had to do was leave. She brought it on herself." However, leaving does not usually put an end to the violence. Batterers may, in fact, escalate their violence to coerce a battered woman into reconciliation or to retaliate for the battered woman's perceived rejection or abandonment of the batterer. Men, who believe they are entitled to a relationship with battered women or that they "own" their female partner, view women's departure as an ultimate betrayal which justifies retaliation. Evidence of the gravity of separation violence is overwhelming. One study revealed that 73% of the battered women seeking emergency medical services sustained injuries after leaving the batterer. Another study showed that over 1/4 of the women killed by their male partners were attempting to end the relationship when they were killed.

Although leaving may pose additional hazards, at least in the short run, the research data and experience demonstrate that ultimately a battered woman can best achieve safety and freedom apart from the batterer.

Leaving requires planning and legal intervention to safeguard victims and their children. Victim advocates and battered women must work in partnership to assure that the risk of violence is minimized during the separation process. Getting out of an abusive relationship is not easy, but

it can provide an opportunity for you and your children to live a life free of violence. Seeking counseling and support when you end a violent relationship is crucial for you and your children.

### **Long-Term Effects of Domestic Violence**

The long term effects of domestic violence have not begun to be fully documented. Battered women suffer physical and mental problems as a result of domestic violence. Battering is the single major cause of injury to women, more significant than auto accidents, rapes, or muggings. In fact, the emotional and psychological abuse inflicted by batterers may be more costly to treat in the short-run than physical injury. Many of the physical injuries sustained by women seem to cause medical difficulties as women grow older. Arthritis, hypertension and heart disease have been identified by battered women as directly caused or aggravated by domestic violence suffered early in their adult lives.

Battered women lose their jobs because of absenteeism due to illness as a result of the violence. Absences occasioned by court appearances also jeopardize women's livelihood. Battered women may have to move many times to avoid violence. Moving is costly and can interfere with continuity of employment. Battered women often lose family and friends as a result of the battering. First, the batterer isolates them from family and friends. Battered women then become embarrassed by the abuse inflicted upon them and withdraw from support persons to avoid embarrassment.

Some battered women are abandoned by their church when separating from abusers, since some religious doctrines prohibit separation or divorce regardless of the severity of abuse.

Many battered women have had to forgo financial security during divorce proceedings to avoid further abuse. As a result they are impoverished as they grow older. One-third of the children who witness the battering of their mothers demonstrate significant behavioral and/or emotional problems, including psychosomatic disorders, stuttering, anxiety and fears, sleep disruption, excessive crying and school problems.

Those boys who witness their fathers' abuse of their mothers are more likely to inflict severe violence as adults. Data suggest that girls who witness maternal abuse may tolerate abuse as adults more than girls who do not. These negative effects may be diminished if the child benefits from intervention by the law and domestic violence programs.

Browne, Angela. When Battered Women Kill. (The Free Press 1987). Ewing, Charles Patrick. Battered Women Who Kill. (Lexington Books 1987).

### **How does Domestic Violence Affect Children?**

The tragic reality is that anytime a mother is abused by her partner, the children are also affected in both overt and subtle ways. What hurts the mother, hurts the children.

When a mother is abused, the children may feel guilty that they cannot protect her, or that they are the cause of the strife. They may themselves be abused, or neglected while the mother attempts to deal with the trauma. The rate of child abuse is 6-15 times higher in families where the mother is abused.

Children get hurt when they see their parents being yelled at, pushed, or hit. They may feel confusion, stress, fear, shame, or think that they caused the problem. Children grow up learning that it's okay to hurt other people or let other people hurt them. A third of all children who see

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their mothers beaten develop emotional problems. Boys who see their fathers beat their mothers are ten times more likely to be abusive in their adult intimate relationships.

Children may exhibit emotional problems, cry excessively, or be withdrawn or shy. Children may have difficulty making friends or have fear of adults. Children may suffer from depression and excessive absences from school. Children may use violence for solving problems at school and home. Children may be at greater risk of being a runaway, being suicidal, or committing criminal acts as juveniles and adults. Children who are experiencing stress may show it in different ways, including difficulty in sleeping, bedwetting, over-achieving, behavior problems, withdrawing, stomach aches, headaches and/or diarrhea.

Children who grow up in violent homes have much higher risks of becoming drug or alcohol abusers or being involved in abusive relationships, as a batterer or a victim. Children do not have to be abused themselves in order to be impacted by violence in the home.

The only answer to this problem is to treat domestic violence for what it is - a crime. We must fight the societal values that reinforce the stereotypes that encourage men to act aggressively and use violence to solve problems; that women are weak and submissive and should accept male dominance as the norm. Children must be taught at an early age non-violent conflict resolution.

In homes where domestic violence occurs, fear, instability, and confusion replace the love, comfort, and nurturing children need. These children live in constant fear of physical harm from the person who is supposed to care for and protect them. They may feel guilt at loving the abuser or blame themselves for causing the violence. "Domestic Violence, Understanding a Community Problem," National Woman Abuse Prevention Fund.

Based on interviews with children in battered women's shelters, 85% of children had stayed twice with friends or relatives because of the violence, and 75% over the age of 15 had run away at least twice. Maria Roy, Children in the Crossfire, 1988. Children in homes where domestic violence occurs are physically abused or seriously neglected at a rate 1500% higher than the national average. National Woman Abuse Prevention Project, Washington, D.C.

Boys who witness family violence are more likely to batter their female partners as adults, and girls who witness their mother's abuse have a higher rate of being battered as adults. These common sense observations are fact, not myth. "Battered Families . . . Shattered Lives," Georgia Department of Human Resources Family Violence Manual, January 1992.

### **When Violence Occurs**

CALL 911. Show police any injuries. Keep medical records and take pictures of injuries. Ask for help in getting to a domestic abuse shelter. DOCUMENT THE ABUSE.

### **Domestic Violence Safety Plan SAFETY AT HOME**

Develop a safety plan and discuss it with your children. Review the plan as often as possible. Change the locks and install devices to secure your windows. Make sure your children's school,

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day-care center, or camp know who is authorized to pick up your children. Tell your neighbors and landlord that your abuser no longer lives there and ask them to call the police if they see him or her near your home. Before you resume a potentially abusive relationship, discuss alternatives with someone you trust.

### **SAFETY IN PUBLIC OR AT WORK**

If you have an order of protection, keep it with you at all times. Inform building security and coworkers you trust of your situation. If possible, provide a photograph of your abuser to building security. Vary your routes to and from work and arrange for someone to escort you to your car, bus, or train. Plan what to do in various situations if the abuser confronts you.

### **SAFETY DURING VOLATILE DOMESTIC VIOLENCE INCIDENT**

If an argument seems unavoidable, move to a room or area with easy access to an exit - not a bathroom, kitchen, or anywhere near weapons. Identify which door, window, stairwell or elevator offers the quickest way out of the home - and practice your route. Have a bag packed and ready. Keep it in an undisclosed but accessible place where you can retrieve it quickly. Find neighbors you can tell about the violence and ask that they call the police if they hear a disturbance. Devise a code word to use with your children, family, and friends when you need the police. Decide where you will go if you have to leave, even if you do not think it will come to that. Use your instincts and judgement. Consider giving the abuser what he or she wants to defuse a dangerous situation. You have a right to protect yourself when you are in danger. You do not deserve to be battered or threatened.

### **PERSONALIZED SAFETY PLAN**

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

**Step 1: SAFETY DURING A VIOLENT INCIDENT.** Women cannot always avoid violent incidents. In order to increase safety, battered women may use a variety of strategies.

#### **I can use some or all of the following strategies:**

- A. If I decide to leave, I will \_\_\_\_\_ . (Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)
- B. I can keep my purse and car keys ready and put them \_\_\_\_\_  
\_\_\_\_\_ (place) in order to leave quickly.
- C. I can tell \_\_\_\_\_ about the violence and request they call the police if they hear suspicious noises coming from my house.
- D. I can teach my children how to use the telephone to contact the police and the fire department.
- E. I will use \_\_\_\_\_ as my code for my children or my friends so they can call for help.
- F. If I have to leave my home, I will go \_\_\_\_\_  
\_\_\_\_\_ (Decide this even if you don't think there will be a next time). If I cannot go to the location above, then I can go to \_\_\_\_\_

\_\_\_\_\_ or

G. I can also teach some of these strategies to some/all of my children.

H. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as \_\_\_\_\_. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door).

I. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

**Step 2: SAFETY WHEN PREPARING TO LEAVE.** Battered women frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a battered woman is leaving the relationship.

I can use some or all the following safety strategies:

A. I will leave money and an extra set of keys with \_\_\_\_\_ so that I can leave quickly.

B. I will keep copies of important papers and documents or an extra set of keys at

\_\_\_\_\_.  
C. I will open a savings account by \_\_\_\_\_, to increase my independence.

D. Other things I can do to increase my independence include:

E. The domestic violence program's hot line telephone number is \_\_\_\_\_ and I can seek shelter by calling this hot line.

F. I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month the telephone bill will tell my batterer those numbers that I called after I left. To keep my telephone communications confidential, I must either use coins or I might get a friend to permit me to use their telephone credit card for a limited time when I first leave.

G. I will check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money in an emergency.

H. I can leave extra clothes with \_\_\_\_\_.

I. I will sit down and review my safety plan every \_\_\_\_\_ in order to plan the safest way to leave the residence.

\_\_\_\_\_ (domestic violence advocate or friend) has agreed to help me review this plan.

J. I will rehearse my escape plan and, as appropriate, practice it with my children.

**Step 3: SAFETY IN MY OWN RESIDENCE.** There are many things that a woman can do to increase her safety in her own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use include:

A. I can change the locks on my doors and windows as soon as possible.

B. I can replace wooden doors with steel/metal doors.

C. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.

D. I can purchase rope ladders to be used for escape from second floor windows.

E. I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.

F. I can install an outside lighting system that lights up when a person is coming close to my house.

G. I will teach my children how to use the telephone to make a collect call to me and to \_\_\_\_\_ (friend/minister/other) in the event that my partner takes the children.

H. I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:

\_\_\_\_\_ (school),

\_\_\_\_\_ (day care staff),

\_\_\_\_\_ (babysitter),

\_\_\_\_\_ (Sunday School teacher),

\_\_\_\_\_ (teacher),

\_\_\_\_\_ (and),

\_\_\_\_\_ (others),

I. I can inform \_\_\_\_\_, and \_\_\_\_\_ (neighbors), \_\_\_\_\_ (pastor), and, \_\_\_\_\_ (friend) that my partner no longer resides with me and they should call the police if he is observed near my residence.

I can find out my risks with Rate Your Risk Tests.

**Step 4: SAFETY WITH AN ORDER OF PROTECTION.** Many battered women obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders. I recognize that I may need to ask the police and the court to enforce my protection order.

The following are some steps that I can take to help the enforcement of my protection order:

A. I will keep my protection order \_\_\_\_\_ (location) (Always keep it on or near your person. If you change purses, that's the first thing that should go in).

B. I will give my protection order to police departments in the communities where I usually visit family or friends, and in the community where I live.

C. The Clark County Sheriff is the county registry of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is in registry. The telephone number for the county registry of protection order is \_\_\_\_\_.

D. For further safety, if I often visit other counties in Indiana, I might file my protection order with the court in those counties.

E. I can call the local domestic violence program if I have questions or if I have some problem with my protection order.

F. I will inform my employer, my minister, my closest friend, my relatives, and \_\_\_\_\_ and \_\_\_\_\_ that I have a protection order in effect.

G. If my partner destroys my protection order, I can get another copy from the Clark County Courthouse by going to the Circuit Court Clerk's Office, or by contacting the Domestic Violence Unit of the Clark County Prosecuting Attorney.

H. If my partner violates the protection order, I can call the police and report a violation, contact my attorney, call my advocate, and/or advise the court of the violation.

I. If the police do no help, I can contact my advocate or attorney and will file a complaint with the chief of the police department.

J. I can also file a private criminal complaint with the Prosecuting Attorney in the jurisdiction where the violation occurred. I can request that charges be filed against my battering partner for violation of the Protective Order and all the crimes that he commits in violating the order. I can call the domestic violence advocate for help.

**Step 5: SAFETY ON THE JOB AND IN PUBLIC.** Each battered woman must decide if and when she will tell others that her partner has battered her and that she may be at continued risk. Friends, family and co-workers can help to protect women. Each woman should consider carefully which people to invite to help secure her safety.

I might do any or all of the following:

A. I can inform my boss, the security supervisor and \_\_\_\_\_ at work of my situation.

B. I can ask \_\_\_\_\_ to help screen my telephone calls at work.

C. When leaving work, I can \_\_\_\_\_.

D. When driving home if problems occur, I can \_\_\_\_\_.

E. If I use public transit, I can \_\_\_\_\_.

F. I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are different than those when residing with my battered partner.

G. I can use a different bank and take care of my banking at hours different from those I used when residing with my battered partner.

H. I can also \_\_\_\_\_.

**Step 6: SAFETY AND DRUG OR ALCOHOL USE.** Most people in this culture use alcohol. Many use mood-altering drugs. Much of this use is legal and some is not. The legal outcomes of using illegal drugs can be very hard on a battered woman, may hurt her relationship with her children and put her at a disadvantage in other legal actions with her battering partner.

Therefore, women should carefully consider the potential cost of the use of illegal drugs. But beyond this, the use of any alcohol or other drug can reduce a woman's awareness and ability to act quickly to protect herself from her battering partner. Furthermore, the use of alcohol or other drugs by the batterer may give him/her an excuse to use violence. Therefore, in the context of drug or alcohol use, a woman needs to make specific safety plans.

If drug or alcohol use has occurred in my relationship with the battering partner, I can enhance my safety by some or all of the following:

A. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.

B. I can also \_\_\_\_\_.

C. If my partner is using, I can \_\_\_\_\_.

D. I might also \_\_\_\_\_.

E. To safeguard my children, I might \_\_\_\_\_ and \_\_\_\_\_.

**Step 7: SAFETY AND MY EMOTIONAL HEALTH.** The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

A. If I feel down and ready to return to a potentially abusive situation, I can \_\_\_\_\_.

B. When I have to communicate with my partner in person or by telephone, I can \_\_\_\_\_.

C. I can try to use "I can . . ." statements with myself and to be assertive with others.

D. I can tell myself - " \_\_\_\_\_ " whenever I feel others are trying to control or abuse me.

E. I can read \_\_\_\_\_ to help me feel stronger.

F. I can call \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ as other resources to be of support of me.

G. Other things I can do to help me feel stronger are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

H. I can attend workshops and support groups at the domestic violence program or \_\_\_\_\_, or \_\_\_\_\_ to gain support and strengthen my relationships with other people.

Step 8: Items to take when leaving. When women leave partners, it is important to take certain items with them. Beyond this, women sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Money : Even if I have never worked, I may be entitled to the funds in the checking and savings accounts. If I don't take any money from the accounts, he can legally take all money and/or close the account and I may not get my share until the court rules on it if ever.

Items with asterisks on the following list are the most important to take. If there is time, the other items might be taken, or stored outside the home. These items might be placed in one location, so that if we have to leave in a hurry, I can grab them quickly.

#### **When I leave, I should have:**

\* Identification for myself

\*Children's birth certificate

\*My birth certificate

\*Social security cards

\*School and vaccination records

\*Money

\*Checkbook, ATM (Automatic Tellers Machine) card, Credit cards

\*Keys - house/car/office

\*Driver's license and registration

\*Medication

Welfare identification, work permits, Green Card, Passport, divorce papers

Medical records - for all family members

Lease/rental agreement, house deed, mortgage payment book

Bank books, Insurance papers

Small saleable objects

Address book, pictures, jewelry

Children's favorite toys and/or blankets  
Items of special sentimental value

### **Telephone numbers I need to know:**

For your state

### **How to Help Others**

We've learned not to let friends drive drunk. We've learned to help stop crimes. We must refuse to accept the deadly myth that we must "mind our own business," and no longer turn our heads when domestic violence is happening in our home, our family, or our neighborhood. Domestic Violence must be treated for what it is - a crime. How can you approach a friend in trouble?

### **If you think a person is being abused:**

If an assault is occurring, call 911.  
Take the time to listen, and believe what your friend says.  
Don't downplay the danger.  
Don't judge or criticize your friend's choices.  
Give emotional support.  
Offer to help with child care or transportation.  
Express concern for your friend's safety.  
Let your friend know about agencies that can help.

### **If you think a person is being abusive:**

Tell them you feel uncomfortable when they insult or putdown their spouse or partner.  
Tell them that their behavior disturbs you.  
Tell them you care about them and urge them to contact a batterer treatment agency. Don't agree with any statements that suggest their partner brought on the abuse. Remember, there's no excuse for domestic violence.  
Getting out of an abusive relationship can take time.  
Stick by your friend and don't expect changes overnight

### **What to do if you are a Victim of Domestic Violence**

1. Call 911 and report the incident. Write down the police report/incident number and keep with your records.
2. If necessary, seek medical attention. Have injuries documented and photographed.
3. Go to a safe place such as a domestic violence shelter.
4. Seek the support of caring people. Tell someone you trust about the abuse. They may be your friend, a family member, a neighbor, a co-worker, or staff members of support agencies. Talk to them in a private, safe place. You do not need to face abuse alone.
5. Have a safety plan. If your partner is abusive, have a plan to protect yourself and your children in case you need to leave quickly. If you are abusive, be honest with yourself, think of the consequences, and get help.
6. File for a Protective Order that will tell your abuser to stay away.

When you decide to get help, find a support system that works for you. A trusted friend, family member, or professional can help you devise a safety plan and find a safe place for you to stay, if necessary.

If you are a victim of abuse, you are not alone. You have the right to be safe! You are not responsible for violent behavior! No one deserves to be beaten or threatened!

**Helpful hints:**

When you are asked to appear in court, be on time. Bring all your paperwork. Do not bring your children. Talk directly to the judge, not the respondent. Tell the truth. Be courteous, sincere, and speak clearly. Bring police reports, photos, and affidavits.

You **MUST** be able to provide a current address for service of the Protective Order on the abuser.

Keep your protective order with you at all times.

**Important Telephone Numbers**

DURING AN EMERGENCY, ALWAYS DIAL 911 OR CONTACT YOUR LOCAL POLICE:

The source for the above information was

**Steven D. Stewart**  
**Clark County Prosecutor, Indiana**  
**Reproduced by Permission.**

We pray that this information has been a help to you and your family.

Preventing violence is the Institute's number one priority therefore the Institute has published The Wall, Hands Across America and four volumes of the series Do This In Remembrance of Me to make violence relevant to every man and woman living in this country. Our goal now is to present information to the American public that cannot be ignored. The Wall was written telling men that they can change their lives if they change the way they think. Hands Across America was written to alert women to the dangers around them and to get them to be cognizance of the behavior of some men. The Institute has developed five goals to tackle violence in the country and they are:

**To get men to consider changing their lives** by changing the way they think and to live their lives with standards and integrity and to consider the benefits of marriage.

**To stop the number of women** between the ages of 40 - 50 from being the fastest growing number of new Aids victims in the country: Loneliness and lack of companionship is causing this phenomenon.

**To reduce the number of children born in one-parent families** by decreasing fornication and increasing the number of marriages in the country: The more marriages we have the fewer children will be in foster care. Many children in our foster care system and fatherless homes become inmates in our prisons because they do not have a male present in the home functioning as a father. The absence of true fathers in the home has devastated our nation. Fathers are the stabilizing element of a family when in turmoil. A father is the solidifying force that children go to for resolution or resolve.

**To reduce the number of people committing adultery:** Adultery destabilizes the family and brings violence into the home.

**To stop non-related males from living in home with children:** Many of these males are transients with no goals or purpose to their lives and some are drug users that end up violating children in their beds. Children are being stabbed, bitten, raped, kicked, scalded, strangled and murdered in their homes. This has to stop. These men do not belong in a home with children. They have lived in violent situations and they bring violence into the home. They have no patience or training to be caregivers.

Our premise is anyone can be a victim and unless you want tragedy to visit you then you must stand up and make an accounting of your life. You must stand for righteousness and accountability. You must stand for integrity and honor. You must stand for yourself and your fellow man and you must stand for right and not wrong. As citizens of this country we have an obligation to one another and that obligation extends beyond the grave. So by our actions we must speak for the victims by changing.



We thank you for reading our information and relating to our mission. We now ask that you:

Have others visit our website  
make copies of our handouts and share them with family and friends.  
and that you purchase our publications to learn more about violence  
against women.

Your actions today may help save the life of a woman or child.

Publications:

The Deadliest Moment available now by mail, 780 pages (\$59.95), plus S&H

Murder in The Family available now by mail 780 pages (\$59.95), plus S&H

The Career Rapist

The Recidivis

t

**Coming Soon**

The Ultimate Punishment

.....And Suddenly

The Silent Murderer Part One and Part Two,

Murdered Voices and The Wall are also available now by mail, plus S&H (\$3.95). U.S. Funds.

If you are concern with credit card security on the Internet you can order our books over the phone at 248 819 1367. We will be happy to assist you.

We can be reached at:

National Institute of The Study of Violence

P.O. Box 7267

Ann Arbor, Michigan 48107

For speaker information call: 734 786 3233

### Circulating Our Message

Violence is such an important issue to our country's well being and security that the Institute is committed to distributing our information across the country. In keeping with our goal of preventing violence against women and children the Institute is asking everyone who receives our material to help us by sharing this information with your family and friends, associates, union members and colleagues. Your assistance in this effort would be greatly appreciated.

To help us in our mission, please take this souvenir program to your nearest copy center and make five copies to give to your friends and family. You can also go to our website for an electronic copy to e-mail to family and friends. In any event we thank you for your assistance in helping us prevent violence against women and children.

We welcome comments regarding our presentation and the exhibit. Please e-mail us at [Yithril11@netzero.net](mailto:Yithril11@netzero.net). Thank you for your participation.