

Resources

Emergency Domestic Violence Hotlines

Safe Connections (314) 531-2003
St. Martha's Hall (314) 533-1313
ALIVE (314) 993-2777

Shelter

St. Martha's Hall (314) 533-1313
Women's Safe House (314) 772-4535
Kathy J. Weinman Shelter (314) 423-1117
YWCA Women's Resource Center (314) 726-6665
Alive (314) 993-2777

Counseling

YWCA Women's Resource Center (314) 726-6665
Woman's Place (314) 645-4848

Domestic Violence Legal Assistance

Lasting Solutions Program LSEM (800) 444-0514
Legal Advocates for Abused Women (800) 527-1460



1114 Market Street, 4th Floor
St. Louis, MO 63101
(314) 622-4373
Fax (314) 622-4900
www.circuitattorney.org



**INTIMATE
PARTNER
VIOLENCE**

WHAT IS IPV?

Intimate partner violence involves behaviors used by one person in a relationship to control the other. Partners may be married or not married; heterosexual, gay, or lesbian; living together, separated or dating.

Examples of abuse include:

- Name-calling or putdowns
- Keeping a partner from contacting their family or friends
 - Withholding money
- Stopping a partner from getting or keeping a job
 - Actual or threatened physical harm
 - Sexual assault
 - Stalking
 - Intimidation
 - Threats against children
- Keeping partner pregnant

Violent behavior is criminal and includes physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking. Emotional, psychological and financial abuse are additional forms of abuse.

Abuse takes many forms and can happen all the time or once in a while. An important step to help yourself or someone you know in preventing or stopping abuse is recognizing the warning signs listed under "How Abusers Use Power and Control".

Signs and Symptoms of Strangulation

- Loss of consciousness
 - Difficulty speaking
- Urination/defecation
 - Vomiting
 - Dizziness
 - Headaches
- Bloody red eyeball(s)
 - Vision changes
 - Chest pain
- Raspy or hoarse voice
 - Trouble swallowing
 - Sore throat
- Bruising on neck (thumb or fingers)
 - Swelling on neck
 - Difficulty breathing

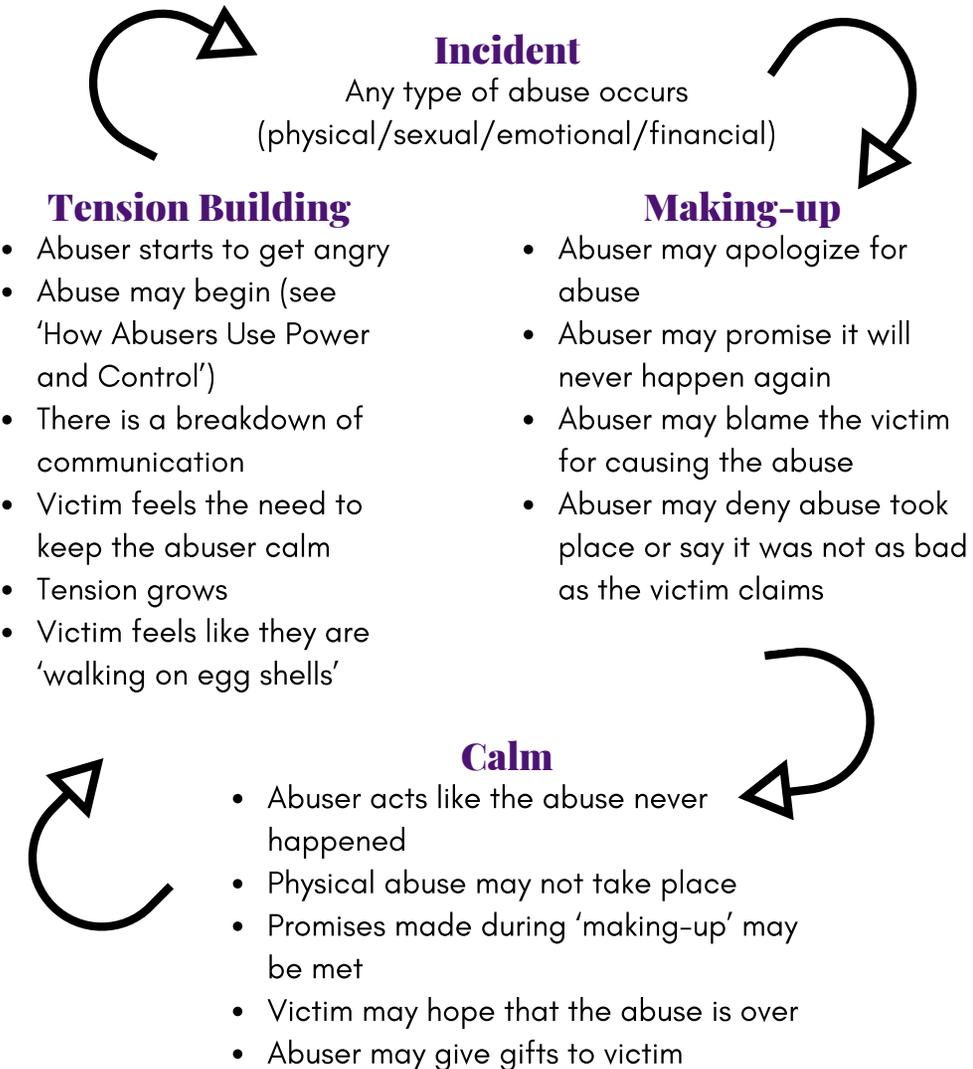
Dangers of Strangulation

- Very little pressure to the carotid arteries (in the neck) is needed to cause permanent brain damage
- Strangulation is one of the most deadly forms of intimate partner violence because of how quickly death can occur once pressure is applied to the neck
- Unconsciousness may occur within seconds and death can occur within minutes
- Strangulation is the ultimate form of power and control
- Brain death will occur in 4-5 minutes, if strangulation persists

Victims should seek medical attention if they experience:

- Difficulty breathing, speaking or swallowing
- Nausea, vomiting, headache, lightheadedness
- Involuntary urination and/or defecation after strangulation

Cycle of Violence



Warning:

Abusers try to control their victim's lives. When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse. Take special care when you leave.

How abusers use power and control:

Isolation

- Controlling what the other individual does
- Controlling who the other individual sees and talks to
- Controlling where the other individual goes
- Limiting access to phone, car and money

Intimidation

- Creating fear by gestures, 'looks' or loud voice
- Smashing things or destroying property

Economic Abuse

- Keeping the other individual from getting/keeping a job
- Making the other individual ask for money
- Giving an allowance or taking their money

Sexual Abuse

- Making the other individual do sexual things against their will
- Physically attacking sexual parts of their body
- Treating the other individual like a sex object

Safety Planning Checklist

- Money
- Keys to car, house, work
- Extra clothes
- Medicine
- Birth certificates
- Social security cards
- School and medical records
- Bankbooks, credit cards
- Driver's license
- Car registration
- Passports, green cards, work permits
- Lease/rental agreement
- Mortgage payment book, unpaid bills
- Insurance papers
- Order of Protection, divorce papers, custody orders
- Address book
- Pictures, jewelry, etc. (things that mean a lot to you)
- Items for your children (toys, blankets, etc.)

If you have left the relationship...

1. Get a cell phone

2. Get an Order of Protection from the court. Keep a copy with you at all times. Give a copy to the police, people who take care of your children, their schools, and your boss (also a picture of your abuser if necessary).

3. Change the locks and enhance your security system.

4. Tell friends and neighbors that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or children.

5. Tell people who take care of your children the names of people who are allowed to pick them up.

6. Tell someone at work about what has happened. Ask that person at work to screen your calls. Think about and practice a safety plan for your workplace (this should include travel to and from work).

7. Do not use the same stores or businesses that you did when you were with your abuser.

8. Identify someone that you can call if you feel down. They can possibly go with you if you are thinking about going to a support group or workshop.

9. Go over your safety plan often.

Using Children

- Using the children to make them feel guilty
- Using children to give messages to the individual
- Using visitation as a way to harass the individual

Threats

- Threats to emotionally or physically hurt the individual
 - Threatening to take the children
 - Threatening to commit suicide
- Threatening to report to welfare or child services

Emotional Abuse

- Putting the other individual down
- Making the other individual feel bad about themselves
 - Calling the other individual names
- Making the other individual think that they are crazy (playing mind games)

Using Privilege of Power

- Treating the other individual like a servant
 - Making all of the 'BIG' decisions
 - Acting like the 'master' of the castle

Reasons people stay in an abusive relationship:

- Belief that they can stop it from happening again
- Belief that partner didn't mean to hurt them
- Love
- Belief that the abuser really is sorry and they promised it "won't happen again"
- The lifestyle is familiar
- Not realizing it is "abuse"
- Feel that no one else loves them
- Feel like they deserved it; they will try to do better (blaming themselves)
- Financial reasons (can't support self/children on their own)
- Feels that the partner is a good person (most of the time)
- Belief that no one else understands the partner like 'I' do
- Belief that they will be killed if they try to leave

If you are in an abusive relationship...

1. Have important phone numbers nearby for you and your children (the police, hotlines, friends, and local shelters).
2. Talk to friends or neighbors about the abuse. Ask them to call the police if they hear angry or violent noises. If you have children, teach them how to dial 911. Make up a code word that you can use when you need help.
3. Practice ways to get out of your home safely.
4. Identify safer places in your home where there are exits and no weapons. Try to get your abuser to one of these safer places when you think that a violent act may occur.
5. If there are any weapons in the house, think of ways that you could get them out of the house.

If you are considering leaving...

1. Identify four places you and your pets could go.
2. Identify people who might help you if you leave (think about people who will keep a bag for you and/or lend you money).
4. Get a cell phone, keep it charged and carry an extra charger.
5. Open a bank account or get a credit card in your name.
6. Identify ways to leave the home. Try doing things that get you out of the house - taking out the trash, walking the family pet, or going to the store.
7. Think about how you could take your children with you safely and where they can go if you can't be with them.
8. Put together a bag of things you use every day. Hide it where it is easy for you to get to or keep a bag in your car or at a friends house.