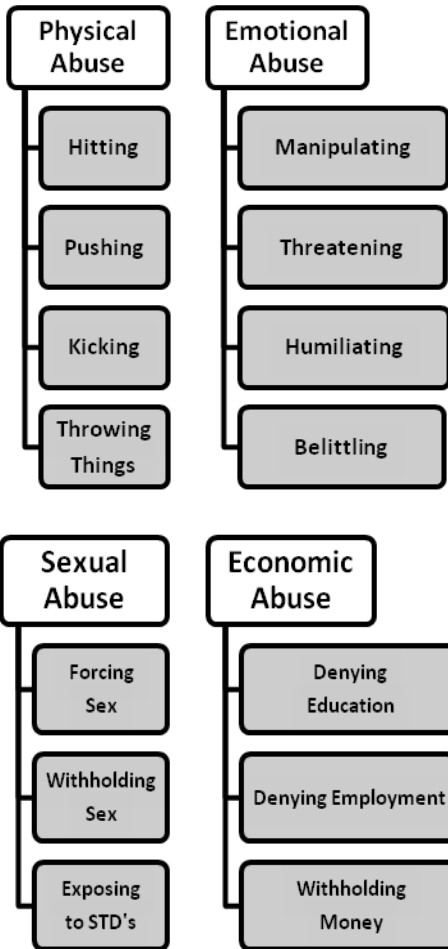


# Domestic Violence Information Sheet

*No one deserves to be abused.*

## Dynamics of Domestic Violence

### Power and Control Tactics



Domestic violence involves a pattern of abusive behaviors inflicted by one person on another within the context of an intimate relationship.

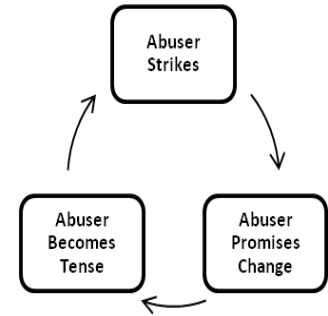
The intent of domestic violence is to exert power and control over another.

The crisis of domestic violence has been characterized as an epidemic in the State of Illinois.

The impact of domestic violence on society reaches far beyond the devastation inflicted on the lives of its victims and their children. It extends to the health care, criminal justice, court, child welfare, mental health and social service systems.

*Illinois Criminal Justice Information Authority*

### A Common Cycle of Abuse



Abuser strikes using words or actions. Abuser may beg forgiveness, offer gifts or promise to change.

Abuser becomes tense, angry or depressed.

Abuser repeats the abusive behavior.

*Mayo Clinic*

### FBI Statistic

**35.0% of all 2012 female homicide victims in the U.S. were killed by husbands or boyfriends.**

## Warning Signs of an Abusive Relationship

#### Do you:

- Feel afraid of your partner?
- Avoid certain topics out of fear of angering your partner?
- Feel that you can't do anything right for your partner?
- Believe that you deserve to be hurt or mistreated?
- Wonder if you're the one who is crazy?
- Feel emotionally numb or helpless?

#### Does your partner:

- Humiliate, criticize, or yell at you?
- Treat you so badly that you're embarrassed for your friends or family to see?
- Ignore or put down your opinions or accomplishments?
- Blame you for his own abusive behavior?
- See you as property or a sex object, rather than as a person?

#### Does your partner:

- Have a bad and unpredictable temper?
- Hurt you, or threaten to hurt or kill you?
- Threaten to take your children away or harm them?
- Threaten to commit suicide if you leave?
- Force you to have sex?
- Destroy your belongings?

#### Does your partner:

- Act excessively jealous and possessive?
- Control where you go or what you do?
- Keep you from seeing your friends or family?
- Limit your access to money, the phone, or the car?
- Constantly check up on you?

## Places to Call for Help

### WINGS

Palatine, IL

Shelter, counseling, food, clothing, education.

847-221-5680

[www.wingsprogram.com](http://www.wingsprogram.com)

### Lifespan

Des Plaines, IL

Counseling, advocacy, legal representation.

847-824-4454 (English/Spanish)

847-824-1158 (Polish)

[www.life-span.org](http://www.life-span.org)

### Community Crisis Center

Elgin, IL

Shelter, counseling, crisis intervention, advocacy.

847-697-2380

[www.crisiscenter.org](http://www.crisiscenter.org)

### Between Friends

Rolling Meadows, IL

Counseling, safety planning, legal assistance, resources.

1-800-603-HELP (4357)

<http://betweenfriendschicago.org>

### Elder Abuse, Illinois Department on Aging

Informal counseling, in-home care, adult day service, shelter, legal assistance.

1-800-252-8966

After Hours:

1-800-279-0400

HOTLINE: 1-866-800-1409

### Northwest Center Against Sexual Assault (NW CASA)

Arlington Heights, IL

Counseling, crisis intervention for sexual assault, legal advocacy.

1-888-802-8890

[www.nwcasa.org](http://www.nwcasa.org)

### Safe From the Start

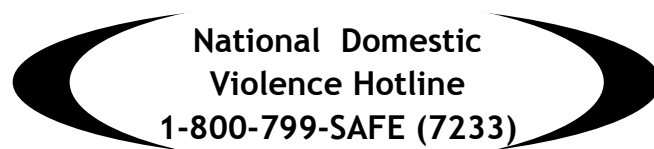
Streamwood, IL

Dedicated to reducing violence trauma in children ages 0-5. Case management, therapeutic services, education, prevention.

1-630-540-0549

[www.cachelps.org](http://www.cachelps.org)

HOTLINE: 847-710-7233



## Order of Protection

**An Order of Protection** is a court order, signed by a judge, that provides protection from someone who you are married to, separated from, divorced from, have a child in common with, are/were in an intimate/dating relationship with (including same sex couples) or are related to by blood or marriage.

**An Order of Protection** could forbid further abuse, neglect or harassment; grant exclusive, temporary possession of a shared residence; bar the abuser from being at your home, school or job; grant temporary possession of children; grant possession of property.

*Northwest Suburban Alliance on Domestic Violence*

### For Help With an Order of Protection

Call the State's Attorney Victim Witness Program: 773-674-7200, a domestic violence advocacy program, or your local police social worker.

## For More Information

<http://www.womenslaw.org>