

Domestic Violence is Not Always Physical

Domestic violence is NOT always physical violence. In fact, many abusive relationships may never escalate to physical violence. Other types of violence are very common and can be just as damaging to the victim and children.

Other Types of Domestic Violence

Emotional/Verbal: constant insults, criticisms or putdowns, this type of violence also includes any kind of threats to you, your children or pets and isolating you from family and friends

Sexual: unwanted sexual contact, sexual humiliation, refusal to use contraception, knowingly exposing you to HIV/STDs, infidelity

Financial: control of finances, denying you access to money that you earned or may need, denying you or your children basic needs such as food or medical care

Substance abuse: encouraging substance abuse or addiction and then controlling your access to the substance or using the addiction as a means of control or coercion

Behaviors which may include: destruction of your personal property or belongings, harming pets, punching walls,

IMPD Advocates Program

Even if you feel that you are not ready to leave your relationship, The Julian Center can offer valuable advice on safety planning and other options. The Julian Center IMPD Program serves clients who are not in need of shelter but need other services or information.

JULIAN CENTER IMPD ADVOCATES

Downtown: (317) 281-2549
Southeast (Spanish Speaking): (317) 281-1744
Southwest: (317) 281-4977
North (Spanish Speaking): (317) 361-6176
Northwest: (317) 339-1522
East: (317) 538-2469

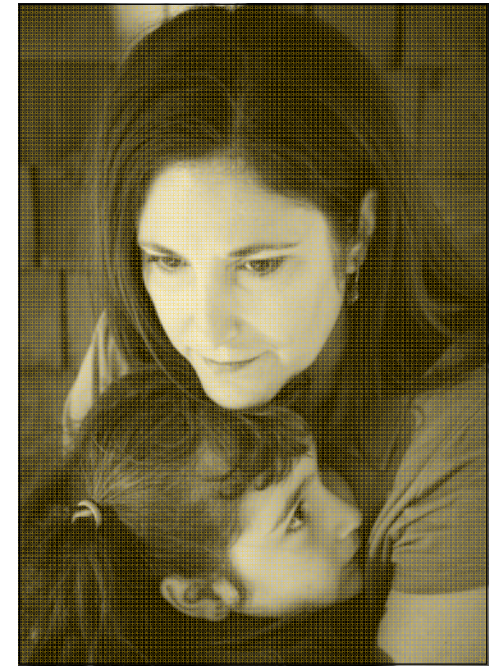
Visit www.juliancenter.org/Outreach for more information.



The Julian Center
2011 N. Meridian St.
Indianapolis, IN 46202
www.juliancenter.org
Administration 317.941.2200
Reuben Counseling Center 317.924.7010
Shelter 317.920.9320
Fax 317.941.2209

Working today for a safer tomorrow

Are You or Someone You Know a Victim of Domestic Violence?



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Is Your Intimate Partner Abusive?

Please consider the questions below:

- Does your partner berate, belittle, or criticize you in front of others?
- Does your partner often accuse you of cheating with little or no reason?
- Does your partner go through your cell phone, wallet or other personal items?
- Has your partner threatened to falsely accuse you of a crime?
- Has your partner isolated you from family and friends?
- Has your partner withheld your children or threatened that you would never see them again?
- Has your partner damaged any of your personal property during an argument?
- Has your partner pushed, hit, slapped, punched, kicked, bitten or strangled you?
- Has your partner ever used a household item as a weapon (i.e. kitchen utensils, keys, lamp)?
- Has your partner ever threatened to harm you, your children or pets if you were to leave?

If you answered YES to any of these questions, you may be a victim of domestic violence. Please consider seeking help through The Julian Center or another domestic violence program.

Help is available for you and your family....

The Julian Center offers a variety of confidential services at little to no charge to victims of domestic violence and their families.

Services include

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|---------------------------------|-------------------------------|
| Emergency Housing | Relocation assistance |
| Case Management | Safety Planning |
| Financial assistance | Protective Orders |
| Emergency food/hygiene products | Legal Referrals |
| | Counseling and Support Groups |
| | Domestic Violence Education |

If the decision is to stay. . .

- Plan for emergencies that may occur
- Think of a safe place to go if an argument occurs. Avoid rooms with no exits, like bathrooms, and rooms with weapons, like the kitchen.
- Communicate with children about safe areas in the house, running to a neighbor, calling for help, and staying away from the argument. Reassure them that their job is to stay safe and not protect you.
- Be aware of current technology such as caller ID, phone redial, and other methods available to trace incoming and outgoing calls.
- Communicate with friends and family members. Develop a support system.
- Call the police if there is danger.
- Contact Tiffany Palacios at (317) 941-2211 or Amber Motz at 317-937-7093 ext. 235.

If the decision is to leave. . .

- Be prepared. The decision to leave may increase the level of danger.
- Call the police (911) if you feel in danger.
- Decide in advance where you can go (friends, relatives, shelter).
- You may call The Julian Center for shelter or for additional information concerning assistance options at (317) 920-9320.
- Have a plan. Speak with an advocate or counselor about creating your own safety plan.
- Consider getting a Protective Order.
- Keep change for a pay phone at all times. If you use a telephone credit card or cell phone the bill will show the numbers you called.



Working today for a safer tomorrow