

Myth vs. Fact

Myth: Domestic violence is rare.

Fact: Domestic violence is extremely common. It has been estimated that a woman is a victim of domestic violence every 7.4 seconds in the United States. In fact, 1 in 3 women will be abused by a domestic partner in their lifetime.

Myth: Domestic violence only occurs in poor, minority families. It could never happen to anyone I know.

Fact: Anyone can be a victim of domestic violence. Doctors, ministers, psychologists, and other professionals can abuse their partners. Rich, white and well-respected families are not immune from domestic violence. About half of all couples in the U.S. experience violence at some point in their relationship.

Myth: Domestic violence is usually a one-time occurrence.

Fact: Domestic violence is often a pattern with the behavior escalating over time. It is not just one physical attack, but is a cycle of verbal, emotional, sexual, financial and physical abuse.

Myth: Children living in homes where domestic violence occurs, but are not direct victims, suffer few consequences from the violence.

Fact: Witnessing domestic violence as a child is the single greatest risk factor for continuing the cycle of violence in the next generation.

If you or someone you know is in immediate danger, please **call 9-1-1.**

We are available all day, everyday to support victims of domestic violence, human trafficking and sexual assault.



The
Julian
Center

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

Facts About Domestic Violence



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Why Victims Stay in Abusive Relationships

Childhood: Many have lived in a home where a parent was abused and accept the abuse as normal.

Economic dependence: The victim may be economically dependent on the abuser and see no real alternative. The abusive partner often controls all of the money and the victim has little access to cash, checks or important documents.

Fear: Victims may see their partner as omnipotent and see themselves as having no means of protection from the abuser. Violence often escalates when the victim tries to leave. Threats are frequently made against the children or anyone else the victim may hold dear; thus reducing the likelihood that the abuse will be reported.

Isolation: In many cases, the abusive partner is the only support system after they have destroyed other friendships that the victim may have once had.

Low Self-Esteem: Usually, the victim is the only one with whom the abuser is violent and therefore the victim believes that there must be something wrong with her. The abuser uses emotional and verbal tactics to breakdown the self-esteem of the victim.

Belief about marriage: Religious and cultural beliefs demand that the victim maintain the illusion of a good marriage. Many women are raised believing that the man is the head of the household and that they have little power to change the situation.

Beliefs about their partner: Often the victim still loves the abuser and is emotionally dependent upon him. Too often she feels pity and compassion toward the abuser and believes that she is the only one who can help change his behavior.

Frequency and severity: The abuser may claim that the abuse will never happen again. Generally the less severe and less frequent the incidents, the more likely she will stay.

Effects of Domestic Violence on Children

Fetus:

High risk of birth defects/miscarriages
Abnormal sleep patterns
Experiences mother's pain, anxiety, humiliation
Malnourished

Infant/Newborn:

Sleep dysfunctions/light sleeper
Extremely anxious/frightened
Neglected
Malnourished
Physically/sexually abused
Developmental delays/failure to thrive

Toddler/Preschooler:

Sleep dysfunctions/light sleeper
Nightmares
Extremely anxious/frightened/helpless
Neglected
Tantrums/cry/whine
Irritable
Physically/sexually/verbally abused
Developmental delays
Withdrawn
Separation anxiety to both parents/clingy
Desires family reunification

School Age:

Sleep dysfunctions/light sleeper
Nightmares
Physically/sexually/verbally abused
PTSD
Depression
Self-blame/guilt/shame
Intervenes in parental fights
Low self-esteem
Hypersensitive
Distrustful
Poor social skills
Drug abuse/alcoholism
Poor school performance
Suicide

The Julian Center is Here to Help Victims of Domestic Violence

IMPD Advocates are stationed at the six IMPD precincts. They are available for on-site assistance for victims of domestic violence.

(North) 317.361.6176

(East) 317.538.2469

(Southeast) 317.281.1744

(Northwest) 317.339-1522

(Downtown) 317.281.2549

(Southwest) 317.281.4977

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

The Julian Center Offers:

- Emergency Shelter
- Transitional Housing
- Counseling
- Legal support
- Case Management/Advocacy
- Hygienic and household items
- Clothing
- And many other services to aid victims of domestic violence



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