



October is Domestic Violence Awareness Month

What you need to know

DV is about Power and Control over those closest to the abuser— family, partner, roommate. It’s a pattern in relationships that is meant to create fear and change how you act.

Who is most at risk?

Anyone can be victimized, but , according to the FBI it is more often females who are the person injured. DV occurs at all ages, races, faiths and in all categories of relationships. Young women from 18-25 are most at risk.

Abusive tactics used:

- Physical-hitting, slapping, weapons
- Emotional, verbal, manipulation
- Sexual assault
- Financial exploitation
- Isolation

What to say to a friend in need:

- “I believe you.”
- “What do you need from me?”
- “I’m concerned because of things you have said. I’ll sit with you while you call for help, if you like.”

Remember, leaving is a process, not an event. Those in the relationship knows the dangers. Don’t give up hope.

Warning Signs

- Blaming others
- Frequent excuses
- Jealousy and possessiveness
- Unrealistic expectations

Resources

St. Clair, Monroe, and Randolph County

Violence Prevention Center 24-hour hotline 618-235-0892

Madison County

Oasis Women’s Center 24-hour hotline 618-465-1978

In an emergency, dial 9-1-1