

How Do I Help a Friend Who May Be a Victim of Domestic Abuse?

- ✓ Educate yourself by contacting a local domestic abuse agency
- ✓ Talk in a non-judgmental manner and listen
- ✓ Let them know that there are resources available, i.e. brochures, hotlines, literature, legal help

Why do they stay?

Fear of: further threats or injuries, economic issues, single parenthood, being alone, harm to children or pets

Beliefs: Religious or cultural

Family relationships: not wanting to be judged by extended family

Limited resources or information

Blame: Victims might blame themselves

"Good times": Victims often recall the "good times" and believe this incident will be the last

Lack of awareness: victims do not realize the danger of their situation

False promises or gifts

The mission of Laurel House is to:

- Advocate for and empower those impacted by domestic violence by providing crisis intervention, safe haven, supportive programs and resources
- Advance social change through preventative education and through community training and collaboration to foster a coordinated response to domestic abuse.

GET IN TOUCH



Laurel House 24-Hour Hotline
1-800-642-3150

National Domestic Violence Hotline
1-800-799-SAFE (7233)



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Frequently
Asked
Questions

24-Hour Hotline
1-800-642-3150

www.laurel-house.org

What is Domestic Violence?

Domestic violence is a pattern of abusive and coercive behaviors including physical, sexual, and psychological attacks, as well as economic coercion that adults or adolescents use against their intimate partners.

Signs of an unhealthy relationship

Isolation: Controls and limits what you do, whom you see and where you go

Intimidation: Makes you afraid through looks, actions, and gestures

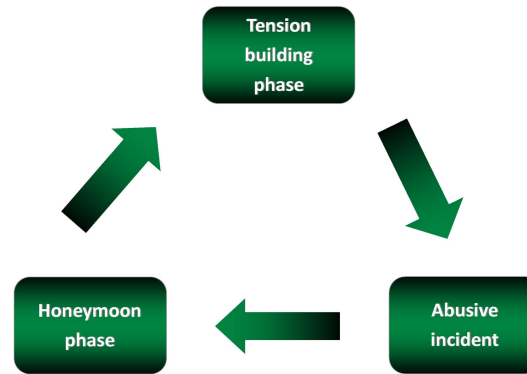
Psychological & Emotional Abuse: Threats made or carried out with the intent of harm or humiliation, name-calling, put-downs or blaming

Physical Abuse: Attempts to physically hurt or frighten you, slapping, pushing, pinching, hair pulling or forced drug and alcohol use

Economic Abuse: Controls family finances, refuses to give you money

Sexual Abuse: Rapes you or makes you do things without your consent, attacking sexual body parts

Cycle of Violence



Tension-building phase - the abuser will make you feel as if you are walking on eggshells. They may blame you for things that go wrong in the relationship. They try to control what you do. They may threaten to hurt you if you do not listen. You feel confused, frightened, and worried.

Violence and abusive phase - The abuser becomes physically violent and/or emotionally threatening. You are afraid for your safety.

Honeymoon phase - The abuser apologizes and promises that the threats and violence will never happen again.

Then the cycle begins again.

Violence will most likely escalate unless someone or something steps in to *break the cycle*.

What can I do if I am in an abusive relationship?

Educate yourself about domestic violence and available resources

Contact a local domestic abuse agency and see what services are available

Carefully consider all options, but move at your own pace and learn to trust your instincts

Do not expect things to happen quickly

Do not judge yourself

Make a safety plan (a personalized plan that includes ways to remain safe while in an abusive relationship, while planning to leave or after you have left)

REMEMBER

Becoming trapped in an unhealthy relationship is a process, therefore, leaving a dangerous relationship is also a process.

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