

SAFETY PLAN

If you are in an abusive situation, you need to make a plan for the safety of yourself and your children. Write it out and then put it in a private place along with emergency phone numbers.

Who can you call (names and phone numbers)
Neighbors I will ask to call the police if they see or hear me being battered.

Places I can go in a hurry.

I will give a copy of these important documents to _____ My birth certificate, my children's birth certificates, my social security card, my children's social security cards, my children's school records, my children's medical records, bank books, green card or passport, welfare identification, Medicaid cards, insurance papers, mortgage/lease/rental agreement.

I have given a friend an extra set of the following:

Car keys, extra money, change of clothes for me and my children, necessary medication for me and my children.

THE CYCLE OF VIOLENCE

The Build-up or Escalation. The violent person is building up their tension. Arguments remain unresolved; resentments are saved up and build up. The tension in the household begins to build and arguments increase.

Explosion/Abusive Behavior. This is the purposeful discharge of tensions. It includes all abuse from "minor" to "severe." The batterer controls the victim and the situation through abuse and, generally, justifies their behavior.

Honeymoon or Sorrow. This period often follows the abuse. The batterer may feel physically relieved and attempt to show some form of sorrow, often apologizing and trying to be affectionate while promising never to do this again.

You do not have
To live with someone
Who is violent and
Abusive.

There is help.

There is hope.

There is a way out.

City Life

1648 N Washington

Emmett ID 83617

208.365.1615

Office hours:

Mon-Thurs 9 am to 4:30 pm

Friday 9 am to Noon

Email:

fleda@citylifeinc.com

24 Hour Emergency Number

208.870.5532

Call and report the abuse immediately:

Emmett Police 365-6055

Gem County Sheriff 365-3521

Emergency 911

Domestic Violence



Living With Purpose & Dignity

Help for:

Victims of crime

Domestic violence

Sexual Assault

City Life

1648 N Washington

Emmett ID 83617

208.365.1615

What is domestic violence?

Domestic violence includes three distinct areas:

- Physical abuse
- Emotional abuse
- Sexual abuse

Each area of violence is connected by the primary underlying reason for domestic violence – control. Domestic violence is not about anger, rage, alcoholism, failed relationships or any of the other common excuses. Domestic violence is about control. Men commit 95% of all acts of domestic violence.

Abuse is: **a pattern of control that a person exercises that physically harms, induces fear, prevents another from doing what they wish or forces them to perform in a way they do not want.** Domestic violence includes the use of any type of coercion in order to control and manipulate another person. It is not love.

Physical violence includes:

- Pushing
- Pinching
- Slapping
- Choking (strangulation)
- Biting
- Shoving
- Jerking
- Pulling
- Biting
- Bruising
- Throwing objects at you
- Kicking
- Punching

And more, including attempting to murder you.

An abusive person will watch and control everything you do. They will deliberately set you up. They will embarrass you in front of others; humiliate you; put you down; criticize you; accuse you of being crazy; isolate you from friends and family.

They will tell you that everything is your fault and convince you that they are right.

They will threaten to hurt you and/or others.

They will threaten to take away your children.

They will use you, take your money, not let you have any money, hurt you, degrade you and then tell you they love you.

ANGER

Many people believe that a man who is violent with his wife simply has a problem controlling his temper and may often blame the wife for provoking him.

This is not true.

MYTHS

- Violent people are not more angry than others
 - Violent people can control their temper – in fact they can control it so well that they can turn it on and off at a moment's notice
 - Alcohol and/or drugs do not cause domestic violence
 - The violent person does not "lose control"
 - There is no "type" of person who commits this crime – domestic violence happens to the rich and the poor, to every race, to people who are religious and to people in every walk of life
 - Violent people are not crazy or psychopathic – they are often well-respected, hard-working members of your community
 - Domestic violence does not just "happen" – it is planned
 - Domestic violence has a negative, long-lasting effect upon the children. They know and see more than we want to admit
- Domestic violence is a learned behavior

Domestic Violence is not just about being hit.

*An abusive person will watch & control everything you do.
They will deliberately set you up.
They will embarrass you in front of others.
They will humiliate you.
They will isolate you.
They will tell you that everything is your fault –
NOTHING is ever their fault.*

This is NOT love.

IF YOU ARE CAUGHT IN THIS CYCLE OF VIOLENCE, CONTROL AND LIES – GET OUT NOW

Help is available. There are places of safety you can be taken to. There are people who will help you through the whole process of changing your life and living in safety.

You deserve to live a life of dignity and hope. Don't delay – take action now. Get yourself and your children out of this pattern immediately.

Call City Life:

*208.870.5532 24 hours a day
An advocate is available to
Help you.*