

HAVE YOU HURT SOMEONE IN YOUR FAMILY?

- > Accept the fact that your violent behavior will destroy your family. Be aware that YOU break the law when you physically hurt someone!
- > Take responsibility for your actions and get help.
- > When you feel tension building, get away. Work off your angry energy through a walk, a project, a sport.
- > Call a domestic violence hotline or health center and ask about counseling and support groups for people who batter.

THE HIGH COSTS OF DOMESTIC VIOLENCE

- > Men and women who follow their parents' example and use violence to solve conflicts are teaching the same destructive behavior to their children.
- > Jobs can be lost or careers stalled because of injuries, arrests, or harassments.
- > Lives are lost when violence results in death.



TAKE A STAND

- > Reach out to someone you believe is a victim of family violence, or to someone you think is being abusive. Don't give up easily—change takes time. Ending the family's isolation is the first critical step.
- > Urge organizations and businesses to raise community awareness by hosting speakers on domestic violence, launching public education campaigns, and raising funds for shelters and hotlines.
- > Ask the local newspaper, radio stations to examine the problem and publicize resources in the community through special features and forums.
- > Form coalitions or "watchdog" groups to monitor the response of local law enforcement agencies and courts. Offer praise where appropriate and demand reform when necessary.
- > Most communities offer resources for victims of family violence. Check your telephone directory or ask a law enforcement agency.

For more information Contact:

Domestic Violence Hotline 800-799-SAFE(7233)
This nationwide toll-free hotline will provide immediate crisis intervention, counseling, and referrals to emergency shelters and services.

National Resource Center on Domestic Violence
800-537-2238

Family Violence Prevention Fund
383 Rhode Island Street, Suite 304
San Francisco, CA 94103-5133
415-252-8900

Domestic Violence The Hidden Crime

150 N Provident Way
Suite 101
Elizabethtown KY 42701

Phone: 270-765-5133
Fax: 270-737-4574
Email: info.hcso@hcky.org
On the web @ www.hcky.org/hcso/



Domestic Violence The Hidden Crime

Hardin County Sheriff's Office



**Safer Streets!
Stronger Communities!**

Phone: 270-765-5133
<http://www.hcky.org/hcso/>

Are You Abused?

One out of every four women in this country will suffer some kind of violence at the hands of her husband or boyfriend.

Very few will tell anyone—not a friend, a relative, a neighbor, or police officer

Victims of domestic violence come from all walks of life—all cultures, all income groups, all ages, all religions. They share feelings of helplessness, isolation, guilt, fear, and shame.

All hope it won't happen again, but often it does.

DOES THE PERSON YOU LOVE....

- > "Track" all your time?
- > Constantly accuse you of being unfaithful?
- > Discourage your relationships with family & friends?
- > Prevent you from working or attending school?
- > Criticize you for little things?
- > Anger easily when drinking or on drugs?
- > Control all finances and force you to account in detail for what you spend?
- > Humiliate you in front of others?
- > Destroy personal property or sentimental items?
- > Hit, punch, slap, kick, or bite you or the children?
- > Use or threaten to use a weapon against you?
- > Threaten to hurt you or the children?
- > Force you to have sex against your will?

If you find yourself saying yes, it's time to get help!

IF YOU ARE HURT, WHAT CAN YOU DO?

There are no easy answers, but there are things you can do to protect yourself.

- > Call the local police or sheriff's office by dialing 911 if you consider your life is in danger.
- > The local domestic violence center is Spring Haven Inc. Call toll free at 800-767-5838. If you live in the Elizabethtown the number is 270-769-1234.
- > Leave or have someone come and stay with you ..If you believe you or your children are in danger leave.
- > Get medical attention from the emergency room at a hospital or urgent care center.
- > Contact a family court at representative 270-766-5000 for information about Emergency Protective Order or a Domestic Violence Order that does not involve criminal charges or penalties.



DON'T IGNORE THE PROBLEM

- > Talk to someone. Part of the abuser's power comes from secrecy. Victims are often ashamed to let anyone know about intimate family problems. Go to a friend, neighbor or counselor.
- > Plan ahead and know what you will do if you are attacked again. If you decide to leave, have a plan, choose a place to go; set aside some money, etc. Put important papers together—marriage license, birth certificates, check books—in a place where you can get to them quickly.

- > Learn to think independently . Try to plan for the future and set goals for yourself.

FACT OR FICTION ABOUT DOMESTIC VIOLENCE IN AMERICA?

Fiction—Domestic violence does not affect many Americans.

Fact—A woman is beaten every 15 seconds in the United States. Additionally 63% of young men between the ages of 11 and 20 are serving time for homicide for killing their mother's abuser.

Fiction—Battering is only a momentary loss of temper.

Fact—Battering is the use of violence and other forms of abuse to establish control and power in a relationship. One in five female victims reports having been battered over and over again by the same person.

Fiction—Only women are victims of domestic abuse.

Fact—Approximately 95% of those battered are women, however, in a small number of cases, women are the batterers and their male partners the victims.



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