

DOMESTIC ABUSE IS

A pattern of behavior that seeks power and control over an intimate partner.

FORMS OF ABUSE

Physical abuse:

Is the easiest to detect: punching, pushing, slapping, throwing things, etc.

Emotional or verbal abuse:

Is the most common and also most difficult to detect with insults, constant criticism, belittling, foul words, excessive jealousy and isolation from family and friends.

Economic abuse:

Includes withholding money and impoverishing partners.

Sexual abuse:

Can be forced intimacy or intimacy denied or infidelity and more.

If someone is in imminent danger, call 911.

For the assistance or referrals anywhere in the United States 24 hours every day, call:

National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

Illinois Domestic Violence Hotline

1-877-863-6338

1-877-863-8339 (TTY)

THE FACTS OF ABUSE

Domestic abuse occurs in **all communities** at nearly the same rate regardless of religion, socioeconomic status, ethnicity, age or education.

One in three women is physically or sexually abused by a partner at some point in her life.

Every six seconds in the U.S., a woman is hit, sexually assaulted or stalked by her partner.

Approximately **nine of ten victims** are women, but men are abused as well.

Nearly one of four girls between 11 and 17 years of age has suffered physical or sexual abuse by her boyfriend.

Children raised in families with domestic violence are at a greater risk of being victims or perpetrators themselves and are more likely to experience low academic performance, school drop out, drug and alcohol abuse emotional instability, incarceration and even suicide.

Half of men who assault their wives, also abuse their children.

ARE YOU ABUSED? ASK YOURSELF

- * Does my partner belittle or demean me?
- * Does my partner bully, coerce, threaten or intimidate me?
- * Does my partner blame me for everything?
- * Am I concerned about my children's emotional or physical safety?



IS A FRIEND ABUSED? YOU CAN HELP BY

Believing the victims.

Assuring victims it is not their fault—they don't deserve it.

Guaranteeing confidentiality.

Listening without judgement.

Encouraging victims to seek professional help and providing resources.

Respecting the victims right to make decisions at their own pace.

Assuring victims they are not alone.



What is Domestic Abuse?

A pattern of violent and coercive behavior that seeks power and control over an intimate partner.

Physical Abuse - intentional and unwanted physical contact including: biting, punching, hair-pulling, slapping, pushing, scratching, kicking, strangling, throwing objects at partner.

Emotional Abuse - non-physical behaviors including: stalking, yelling, screaming, blaming partner for abuse; threatening harm to self, to partner or to partner's loved ones; constant "checking in;" intentionally embarrassing, criticizing, or insulting partner, isolating partner from loved ones.

Sexual Abuse - including: unwanted kissing or touching; threatening or pressuring partner into unwanted sexual activity; using sexual insults against someone; sexual contact with someone who is drunk, drugged, unconscious, or otherwise unable to give informed consent.

Financial Abuse - including: controlling bank accounts, credit cards, and spending; preventing partner from working or making it difficult for partner to maintain his/her job; withholding or mismanaging finances.

Digital Abuse - using technology to bully, stalk, harass, or intimidate partner including: tracking partner's location by using social media or software programs; telling partner who he/she can have as "friends" or "followers" on social media, stealing or insisting on knowing partner's passwords; constant and unwanted texting, looking through partner's text or call histories without his/her permission.

Hotline Numbers

Domestic Violence

National Domestic Violence Hotline
(800) 799-SAFE (7233); (800) 787-3224 (TTY)

**City of Chicago and
State of Illinois Domestic Violence Help Line**
(877) 863-6338

Child Abuse & Team Dating Violence

Childhelp National Child Abuse Hotline
(800) 4-A-CHILD (433-4453)

Department of Children & Family Services
Child Abuse: (800) 252-2873; (800) 358-5117 (TTY)
Youth: (800) 232-3798
Missing Children: (866) 502-0184

National Center for Missing & Exploited Children
(800)THE-LOST (843-5678)

National Teen Dating Abuse Helpline
(866) 331-9474

Chat at www.loveisrespect.org
Text loveis to 22522

Rape and Sexual Assault

National Sexual Assault Hotline
(800) 656-HOPE (4673)

YWCA Rape Crisis Center
Chicago Metropolitan Area: (888) 293-2080
Dupage County: (630) 971-3927
South Suburbs: (708) 748-5672

Additional Resources

Crime Victims Assistance Hotline
(800) 228-3368; (877) 398-1130 (TTY)

Elder Abuse 24-Hour Hotline
(866) 800-1409; (888) 206-1327 (TTY)
(800) 252-8966 (Toll-Free in IL, Voice & TTY)

Homelessness 24-Hour Hotline
(800) 654-8595

National Hotline for Crime Victims
(855) 4-VICTIM (484-2846)

National Human Trafficking Resource Center
(888) 373-7888
Text HELP to BeFree (233733)

National Suicide Prevention 24-Hour Lifeline
(800) 273-TALK (8255); (800) 799-4889 (TTY)

Area Resources

All Our Children's Advocacy Center
8651 S. 79th Ave., Justice, 60458
(708) 233-1176; <http://www.aocac.org/>

A New Direction

Beverly/Morgan Park area of Chicago
(733) 253-7226; www.anewdirectionbmp.org

Catholic Charities Southwest Regional Office
12731 S. Wood St., Blue Island, 60827
(708) 333-8379; www.catholiccharities.net/GetHelp.aspx

Crisis Center for South Suburbia

P.O.Box 39, Tinley Park, 60477
24-Hour Hotline: (708) 429-SAFE (7233); www.crisisctr.org

Family Rescue

P.O. Box 17528, Chicago, 60617
(773) 375-8400; (773) 375-8774 (TTY)
24-Hour Crisis Line: (800) 3603-6619; www.familyrescueinc.org/

Guardian Angels Community Services

168 N. Ottawa St., Joliet, 60432
(815) 729-0930; (815) 741-4643 (TTY)
24-Hour Domestic Violence Hotline
PRZEMOCY 24-godzinna INFOLINIA: (815) 729-1228
24-Hour Sexual Assault Hotline
PLCIIOWA szturmowy 24-godzinnym LINIA: (815) 730-8984
Adult Protective Services
Usługi dla dorosłych OCHRONY: (800) 223-7398;
www.gacsprograms.org

Holly's Advocacy

For support and guidance through advocacy, community resources and out-reach programs, whether Domestic Violence, Child Abuse, Sexual Assault, or Human Trafficking, please contact rg.h.holly@gmail.com

Metropolitan Family Services

10537 S. Roberts Rd., Palos Hills, 60465 and
3843 W. 63d ST., Chicago 60629 (Domestic Violence Services
(708) 974-2300; (773) 884-3310; <https://www.metrofamily.org>

Pillars

333 N. LaGrange Rd., Suite #1, LaGrange Park, 60526
and 8020 W. 875h St., Hickory Hills, 60457
(708) PILLARS (745-5277)

24-Hour Domestic Violence Hotline: (708) 485-5254
24-Hour Social Assault Hotline: (708) 482-9600
<https://www.pillarscommunity.org/>

Polish American Association

Main Office: 3834 N. Cicero Ave., Chicago, 60641 (773) 282-8206
South Side: 6276 W. Archer Ave., Chicago, 606348 (773) 767-7773
<https://www.polish.org/en/>

South Suburban Family Shelter

P.O. Box 937, Homewood, 60430
(708) 794-2140; 24-Hour Hotline: (708) 335-3028
www.ssfsi.org.