

## Who Can Help Me?

If you feel you are in immediate danger, calling 911 is encouraged.

Consider who you know who will be a safe and positive support system (e.g. schools, co-workers, friends, family, spiritual leader). Remember, not everyone you know will be safe and positive for you. It's important to have someone safe you can talk with.

Document what is happening to you if it is safe to do so, and keep it in a safe place or give it to someone you trust. Write down incidents of the abuse. Record threats, texts and emails as well. Include date, time, what happened, if you called 911, prior police reports and any other information you want to include. This may be useful if you decide to call law enforcement or if you decide to file for divorce or custody of the children.

You can also call to talk with an advocate at a domestic violence/sexual assault program about help, shelter, safety planning or other questions that you have. The advocates are there specifically for you and can provide information, choices, and options. They will support you in reaching the goals that you set for yourself.

## What Services Do The Domestic Violence/Sexual Assault Programs Provide?

The 20 domestic violence/sexual assault programs in Nebraska provide services to victims (and their dependents) of domestic violence, sexual assault and stalking. Services are free and confidential, with the exception of reporting child abuse or vulnerable adult abuse. The programs are available 24 hours a day, 7 days a week, 365 days a year.

The local program can help by providing:

- Shelter options for you and your children
- A safe space to talk and emotional support
- Information about local resources, including referrals for food, personal care items and clothing
- Support groups
- Advocacy with medical, housing and other community agencies
- Legal advocacy (i.e. accompaniment to court and meetings with criminal justice system personnel, assistance filing protection orders)
- Safety planning
- Transportation
- Emergency financial assistance

## Help Is Available.

Nebraska's coalition of domestic violence and sexual assault programs provide access to safety and shelter across the state. To locate the program nearest you, visit [www.nebraskacoalition.org](http://www.nebraskacoalition.org).

Or Call:

1-877-215-0167

Línea de Crisis en Nebraska (en español)

1-800-799-SAFE (7233)

National Domestic Violence Hotline

1-800-656-HOPE (4673)

Rape, Abuse, Incest National Network

1-866-331-9474

National Teen Dating Abuse Helpline



Nebraska Coalition to End  
Sexual and Domestic Violence  
402-476-6256 | [www.nebraskacoalition.org](http://www.nebraskacoalition.org)

# Domestic Violence

## POWER & CONTROL



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## What Is Domestic Violence?

Domestic violence is when someone uses and maintains power and control over an intimate partner through a pattern of assaultive & coercive behaviors.<sup>(NNEDV, 2010)</sup>

Domestic violence can happen to any person, in any town, city, state or country. It doesn't matter how much money you have, your educational history or whether or not you have children. Domestic violence has no boundaries.

## What Causes Domestic Violence?

Domestic violence is a conscious choice to use power and control against the person with whom you are in a relationship.

Being abusive is not caused by alcohol, mental illness, drugs, stress, or lack of employment. People who use abuse come from all backgrounds, religions, and cultures. Domestic violence occurs in all types of relationships, including dating, living together, married, heterosexual and same-sex relationships.

## Why Me?

Nothing you did caused your partner to hurt you! Abusers will often use their partner as an excuse, for example: "If you wouldn't make me so mad I wouldn't have to hurt you." Again, the abuser is choosing to use power and control against you. The abuser is choosing to hurt you. **It is not your fault!**

## Am I The Only One Going Through This?

Many people experiencing abuse tell no one, so it may seem like you are alone. However, 1 in 4 women and 1 in 7 men have been victims of severe physical violence by an intimate partner. 1 in 6 women have been stalked during their lifetime, and 1 in 19 men have experienced stalking in their lifetime.<sup>(Black, M.C., et al. 2011).</sup>

## Is It Really That Dangerous?

Each day, 3 women are killed by their abuser in the United States.<sup>(Bureau of Justice Statistics, Department of Justice, 2008)</sup> Some of the most dangerous times are when a person decides to leave the relationship, has just left, or has filed for divorce, custody or a protection order.

Domestic violence is always dangerous. It's important to continuously safety plan accordingly.

## How Can I Plan For My Safety?

There are several ways that you can enhance your safety while in a relationship with someone that hurts you.

- Listen to your instinct
- Use a code word with a trusted individual so they can call for help for you
- Plan an escape route
- Stash a bag with extra money, keys, ID, copies of important paperwork, phone numbers, extra clothes, etc. in case you need to leave quickly
- Know safe places you can go in case you need to leave immediately (e.g. fire station, police station, store, friends)

An advocate from a domestic violence/sexual assault program can help you make a safety plan and discuss options. You can talk with an advocate any time, whether or not you are ready to leave the relationship.

## Do My Kids Know?

Research shows that 80%-90% of children living in homes with domestic violence know what is going on.<sup>(Pagelow, M.D. 2007)</sup>

They may not have the words to describe it, but the children and youth know that something scary is happening.

## How Do I Know If I Am Being Abused?

There are many forms of domestic violence. These include verbal abuse, emotional/mental abuse, financial abuse, physical abuse and sexual abuse.

There are many warning signs of an abusive person. You know your partner better than anyone else, and what he/she is capable of doing to you.

However, listed below are just some of the potential warning signs that your partner may be abusive and is using power and control against you.

- Jealous/possessive
- Keeps you away from friends & family
- Blames you/others for his/her problems
- Has abused others
- Calls you names, puts you down, criticizes you, accuses you of having affairs
- Is manipulative
- Doesn't take responsibility for his/her actions and choices
- Acts one way around you and acts another way around others
- Has to know where you are at all times
- Makes you ask for money, doesn't allow you to have access to the money
- Forces you to have sex
- You feel like you can't tell him/her no when he/she wants sex
- Intimidates you or threatens you
- Threatens to hurt the children and/or pets, or actually hurts them
- Tries to control what you do and who you are with
- Breaks or throws things when upset, mostly your possessions
- Doesn't respect your boundaries