



*Rooted in Resilience
Powered by Purpose*



DOMESTIC VIOLENCE AWARENESS

Information and Resources



TYPES OF ABUSE

(CITE: <https://www.thehotline.org/resources/types-of-abuse/>)

Physical abuse

Physical abuse is one of the most easily identified types of abuse. It involves the use of physical violence, or threats of it, to maintain power over an individual. Because of this, survivors are afraid and uncertain when more abuse will occur. This often reinforces the regular use of other, more subtle, types of abuse.

Emotional abuse

Emotional abuse includes non-physical behaviors that are meant to control, isolate, or frighten someone. These behaviors are often more subtle and hard to identify but are just as serious as other types of abuse.

Sexual abuse

Sexual abuse is when a partner controls the physical and sexual intimacy in a relationship. This often involves acting in a way that is non-consensual and forced.

Financial abuse

Financial or economic abuse occurs when an abusive partner extends their power and control into your financial situation.

Digital abuse

Digital abuse is the use of technology and the Internet to bully, harass, stalk, intimidate, or control a partner. This behavior is often a form of verbal or emotional abuse conducted online.

Sexual coercion

Sexual coercion lies on the continuum of sexually aggressive behavior. It can range from begging and persuasion to forced sexual contact. But even if your partner isn't forcing you to perform sexual acts without your consent, making you feel obligated to do them is still sexual coercion.

Reproductive coercion

Reproductive coercion is a form of power and control where one partner strips another of the ability to control their own reproductive system. It can be difficult to identify this form of coercion because it's often less visible than other types of abuse occurring at the same time and may appear as pressure, guilt, or shame about having or wanting children (or not having or wanting them).

Stalking

Stalking occurs when someone watches, follows, or harasses you repeatedly, making you feel afraid or unsafe, and may occur from someone you know, a past partner, or a stranger. This can include different types of abuse.



COMMON SIGNS OF ABUSIVE BEHAVIOR

(CITE: <https://www.thehotline.org/identify-abuse/domestic-abuse-warning-signs/>)

Telling you that you never do anything right. Showing extreme jealousy of your friends or time spent away from them. Preventing or discouraging you from spending time with others, particularly friends, family members, or peers.

Insulting, demeaning, or shaming you, especially in front of other people.

Preventing you from making your own decisions, including about working or attending school.

Controlling finances in the household without discussion, such as taking your money or refusing to provide money for necessary expenses.

Pressuring you to have sex or perform sexual acts you're not comfortable with.

Pressuring you to use drugs or alcohol.

Intimidating you through threatening looks or actions.

Insulting your parenting or threatening to harm or take away your children or pets.

Intimidating you with weapons like guns, knives, bats, or mace.

Destroying your belongings or your home.



CREATING A SAFETY PLAN

(CITE: <https://www.advocatehealth.com/health-services/intimate-partner-violence>)

Safety is extremely important to remember when thinking about leaving an abusive situation. Here are some tips to help you or a loved one plan accordingly.

- Call the police (911) if you are in danger.
- Seek medical attention if you are hurt.
- All **Advocate Health emergency departments** provide injury care.
- Think about what you will say to your partner if they become violent. Identify a list of people to contact and a safe place to go if your home is not safe. The agencies listed at the bottom of this page can help you.
- If you have an order of protection, carry it with you at all times.
- Keep a cell phone with you at all times.
- Establish a code word that you can use to let family, friends or coworkers know when you need help.
- Keep a bag packed with important papers in a safe place such as your car or a family member's home.
- Include documents such as copies of your driver's license, divorce decree, mortgage and financial papers, and birth certificates for you and any children.
- Talk to your employer about:
 - Your right to time off to deal with interpersonal violence problems through the Illinois Victims' Economic Security and Safety Act.
 - The possibility of an alternate work schedule and parking space.
 - Confidentiality about your schedule to outside callers and visitors.



FIND HELP IN YOUR COMMUNITY

(CITE: <https://www.advocatehealth.com/health-services/intimate-partner-violence>)

Search for local organizations that can help you or call one of the organizations below for more information.

Your privacy will be protected. ** denotes safe house

- **Illinois Domestic Violence Hotline: 877-863-6338**
- **National Domestic Violence Hotline: 800-799-7233**
- **YWCA Evanston/North Shore: 877-718-1868 or 847-864-8780 ****
- **WINGS: 847-519-7828 ****
- **Life Span: 847-824-0382**
- **A Safe Place: 800-600-SAFE or 847-249-4450**
- **South Suburban Family Shelter, Inc.: 24-hour hotline 708-335-3028**
- **Crisis Center for South Suburbs: 24 -hour hotline 708-429-7233**
- **Pillars Community Health/ Constance Morris House: 708-485-5254**
- **CAWC / Greenhouse: 773-278-4566**
- **Family Rescue: 800-360-6619 (Hablamos Español)**
- **Mujeres Latinas En Accion: 312-738-5358**
- **Polish American Association: 773-427-6331**
- **KAN-WIN (Korean spoken): 773-583-0880**
- **Apna Ghar (Hindu, Urdu, Gujarati spoken): 773-334-4663**
- **Northwest CASA: 888-802-8890**
- **Zacharias Center: 847-872-7799**



GENERAL RESOURCES

1. <https://www.thehotline.org/>
2. <https://therapyforblackgirls.com/2022/10/05/session-278-icymi-what-you-need-to-know-about-domestic-violence/>
3. www.crisisctr.org
4. Crisis Center Court Advocates: 708-974-6265 (Bridgeview); 708-232-4651 (Markham)
5. <https://www.cookcountycourt.org/division/domestic-violence-division/orders-protection>