
STOP THE VIOLENCE

As an individual...

- Leave the situation. Turn around and walk away. Don't drink or drive.
- Release anger through vigorous exercise.
- Breathe deeply until your muscles relax.
- Communicate your feelings to a sympathetic and uninvolved friend, or call a crisis line.
- Talk yourself down. Nothing is worth getting violent over and nobody "makes" you do anything. Think before you act. Only *YOU* are responsible for your behavior.

As a community...

- Domestic abuse is a community problem and the prevention of this problem is a community responsibility. Both the contributing factors and solutions are to be found in the community.
- The prevention of domestic abuse involves community responsibility to bring about changes in those conditions which contribute to the problem.
- Changing the community conditions that contribute to family problems usually requires changes in organizations and institutions in the community. Each community is different, and change requires a cooperative effort on the part of decision makers, human service professionals and both youth and adult community members.
- Community, organizational and institutional change needs a combination of useful concepts, committed people, planned strategies and effective leadership skills. At best, these are shared by the expanding group of people working together.

If you need help, please call:

National Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TDD)

Se habla Español

Program's phone
number in your area:

Domestic Violence is not an Indian Tradition

"As to all the races on the earth, the blessing of birth and children to Native American Indians has a special meaning, 'a celebration of life'. The caring for domestication and stable home environment is a wish for all tribes. The 'river of life' is full of bends and rapids, giving guidance and being a good example are needed to survive."

-John Gauthier



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Domestic Violence**
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Domestic violence is...

...violence between intimate partners or among family members. All forms of abuse perpetuate the cycle of violence and increase the power and control the abuser has over the victim. *Here is a partial list of forms of abuse:*

Male Privilege

Treats her like a servant. Makes all the "big" decisions. Acts like the "master of the castle." Defines men's and women's roles.

Isolation

Controls what she does, who she sees and talks to, what she reads. Limits her outside involvement with family and friends. Uses jealousy to justify actions.

Intimidation

Makes her afraid by using looks, actions, gestures. Smashes things, destroys her property. Abuses pets. Displays weapons.

Emotional Abuse

Puts her down. Makes her feel bad about herself. Calls her names. Makes her think she's crazy. Plays mind games. Humiliates her. Makes her feel guilty.

Minimize, Lie, & Blame

Makes light of the abuse and doesn't take her concerns seriously. Says the abuse didn't happen. Shifts responsibility for abusive behavior, saying she caused it.

Using Children

Makes her feel guilty about the children. Uses the children to relay messages. Uses visitation to harass her. Threatens to take away the children.

Economic Abuse

Prevents her from working. Makes her ask for money. Gives her an allowance. Takes her money. Doesn't let her know about or access family income.

Coercion and Threats

Makes and/or carries out threats to do something to hurt her. Threatens to leave her, to commit suicide, to report her to welfare. Makes her drop charges. Makes her do illegal things. Stops her from practicing her ways. Uses her spiritual ways as a threat - "God doesn't allow divorce." Says her period makes her "dirty."

Cultural Abuse

Competes over "Indianness." Misinterprets culture to prove male superiority/female submission. Uses relatives to beat her up. Buys into "blood quantum" competitions.

Ritual Abuse

Prays against her. Defines spirituality as masculine.

Sexual Violence

Physically attacking the sexual parts of her body. Treating her like a sex object.

THE FACTS

- Battering of women is the most under-reported crime in America.
 - 3 to 4 million women in America are battered each year. Battering occurs among people of all races.
 - A battering incident is rarely an isolated event. Battering tends to increase and become more violent over time.
 - Many batterers learned violent behavior growing up in an abusive family.
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If you are being abused...

...there is help available. There are people in your community that you can turn to for support and assistance. ***You are not alone.***

No one deserves to be beaten physically. No one deserves to be hurt emotionally, psychologically or sexually. It is important for you to realize that you did not make the other person hurt you. ***It is not your fault.***

Violence is a choice. You cannot make him or her stop using violence, only they can do that. However, ***you can stop the violence from hurting you.***

If it is dangerous for you to live at home and/or you don't feel safe in your community, there are shelters for abused women that can provide safety for you and your children. Or, look for another safe place to stay and talk to a shelter program about the choices available to you.

If someone you know is being abused...

...you can help. Listen to what she says and believe her story no matter how strange or awful it may sound. Respect the danger of her situation and keep what she has said confidential. Let her know that she is not the cause of the violence and that she can make choices. Allow her to find her own answers and to make the decisions that are right for her. Support her during this time even if you do not agree with the choices she makes.

Do not give up on her or stop giving her support. If you feel angry with her or are scared by the continuing abuse, don't blame her for what's happened or stop caring about what happens to her. Talk to someone else about your feelings. Like her, you need support too!
