

If you are concerned that bringing this handout home might pose a threat to your safety, please read and throw it away.

What is intimate partner abuse?

Intimate partner abuse (domestic abuse, violence, battering) is characterized by a pattern of control by one partner over another. Abusers use many tactics to control their partner, including physical, emotional, sexual, and financial abuse. Often social isolation is a key factor in abusive relationships with abusers making it difficult for their partners to keep close friendships, family relationships and work or school activities. The control and abuse usually comes in stages. Abuse may start slowly with put downs, criticisms or jealousy. It can get worse with pushing, blocking exits, hitting, punching, or slapping. Eventually, domestic abuse can lead to life-threatening assaults such as strangulation or the use of weapons. The violence is sometimes followed by apologies, loving care, and promises that it won't happen again. In many cases, however, these episodes become more frequent and more serious. The abuser will likely blame you for his behavior. It is important to remember that no one deserves to be abused or controlled. It is not your fault; nothing you have done makes it okay for your partner to put their hands on you.

You may be in an abusive relationship if your partner:

- Puts you down and makes you feel bad about yourself
- Intimidates you or makes you feel afraid
- Blames you when things go wrong
- Pushes, hits, hurts or threatens you
- Acts too controlling or possessive
- Pressures you to have sex
- Calls you names
- Limits your time with friends or family
- Takes away, or limits, your money or destroys your personal property

Who does abuse affect?

Most of the time, men abuse their female partners, but men can be abused by women as well. Abuse also occurs in same sex relationships. It is believed that 20 to 30% of women experience domestic violence at some time in their lives and that 2 to 4 million women are abused each year. It can happen to anyone. Women of all races, ages, income levels, educational backgrounds, and sexual preferences are affected.

How are people affected by abuse in their relationship?

There are many affects of being in an abusive relationship, and just as each relationship is unique, the affects will be unique as well. The person being abused may be isolated and dependent on his/her partner. There may be fear that the violence will increase if he/she talks about leaving; the violence may have increased in past attempts to leave. Abusers are very

skilled at manipulation and mind games so that people experiencing abuse will often feel confused and blame themselves for the abuse. We also know that there are many health impacts of abuse including, migraines, chronic pain, depression, anxiety, sexually transmitted infections and using substances to cope with the abuse. If you feel that your health is being impacted by the stress, tension and abuse at home, you can talk to your doctor about your concerns.

What can I do if I think I'm in an abusive relationship?

- Know that leaving an abusive relationship is often a process - you may need to take small steps on your own time plan.
- Try to break the isolation and speak to a friend, a doctor or a counselor.
- Call 911 if you have been hurt or fear for your life or your children's.
- Develop a safety plan (a way you can leave quickly and safely):
 - Know how to get out of the house in a hurry.
 - Make and hide a safety kit that includes things you will need immediately (money, keys, important papers, and medications).
 - Make an extra copy of important papers (bank accounts, leases, title of car, birth certificate) and store them in a safe place.
 - Plan where you will go and how you can get there.
 - Learn and memorize telephone numbers to call for help or advice.
 - Get information about your legal rights.
- Contact the HAVEN program at Massachusetts General Hospital (617-724-0054) or through the HAVEN website at <http://havenatmgh.org>. The HAVEN program offers free and confidential counseling and advocacy. HAVEN advocates can listen to you, help you develop a safety plan for while you are living with the abuse, and if you plan to leave, can assist you in getting a restraining order and help you get other community services. HAVEN also runs support groups where women come to learn from one another.
- Contact SAFELINK. If you are not in immediate danger but would like to speak to a counselor, call the Massachusetts statewide hotline, SAFELINK at 877-785-2020. Someone is there, 24 hours/day, to talk to you.
- Know about women's shelters. For your safety, you may decide to leave your home and seek emergency housing at a women's shelter. Their locations are confidential. The people at HAVEN and SAFELINK will be able to review all these options with you.

*Remember: Most abusers work hard to make you believe the abuse is your fault and that you are alone. **You are not alone.** HAVEN serves over 500 patients and employees of MGH each year. There are many people like you, struggling to end the violence in their lives. Help is available. Talk with people you trust. Call HAVEN or SAFELINK when the time is right for you.*

Cycle of Violence

The cycle of violence can happen many times in an abusive relationship. Each stage lasts a different amount of time in the relationship, with the total cycle taking from a few hours to a year or more to complete. Emotional abuse is present in all three stages.

A person does not need to have experienced the following behaviors to be in an abusive relationship. These are some examples of abusive behaviors. There are many more not listed

Phase 1: Tension Building Phase

Batterer may:

- Pick fights
- Act jealous and possessive
- Criticize, threaten
- Drink, use drugs
- Be moody, unpredictable
- Be crazy making

Partner may:

- Feel like she's walking on eggshells
- Try to reason with the batterer
- Try to calm the batterer
- Try to appease the batterer
- Keep silent, try to keep children quiet
- Feel afraid or anxious

Phase 2: Crisis Phase

Batterer may:

- Verbally abuse
- Sexually assault
- Physically abuse
- Increase control over money
- Restrain partner
- Destroy property, phone
- Emotionally assault

Partner may:

- Experience fear, shock
- Protect self and children
- Use self-defense
- Call for help
- Try to flee, leave
- Pray for it to stop
- Do what is necessary to survive

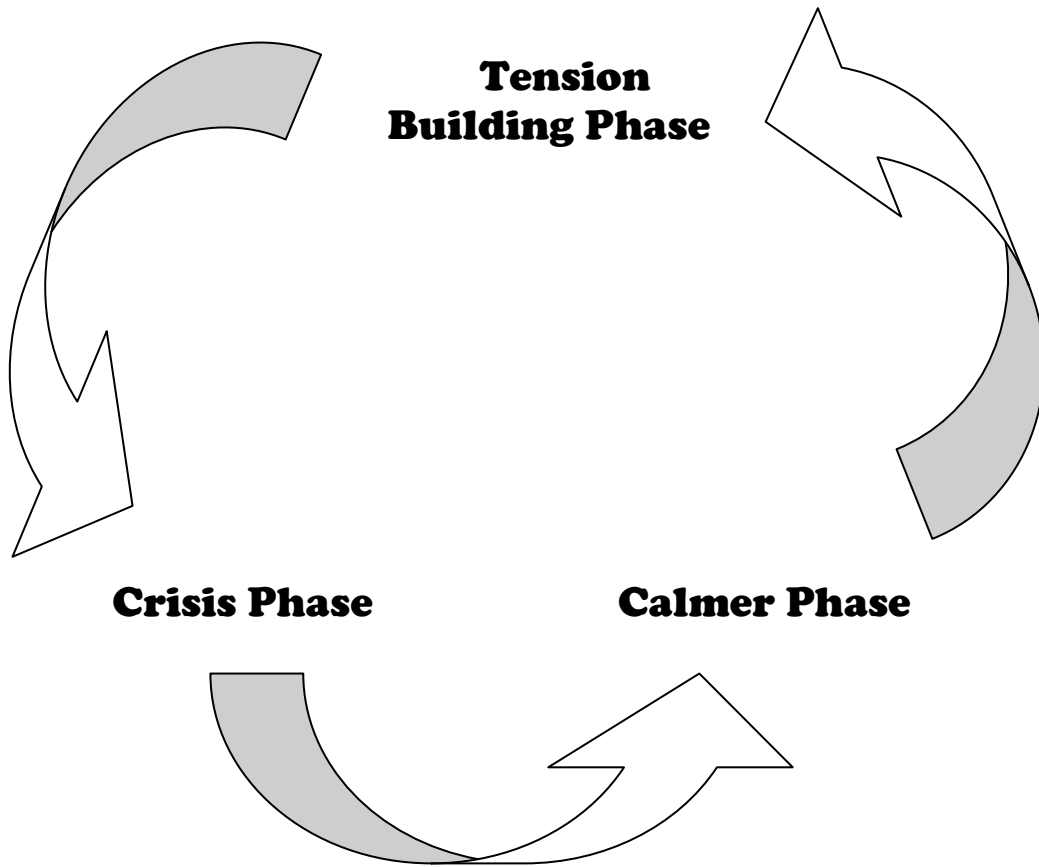
Phase 3: Calmer Phase

Batterer may:

- Ask for forgiveness
- Promise it won't happen again
- Stop drinking, using drugs
- Go to counseling
- Be affectionate
- Initiate intimacy
- Minimize or deny abuse

Partner may:

- Forgive
- Return home
- Arrange for counseling
- Feel hopeful
- Feel manipulated
- Blame self
- Minimize or deny abuse



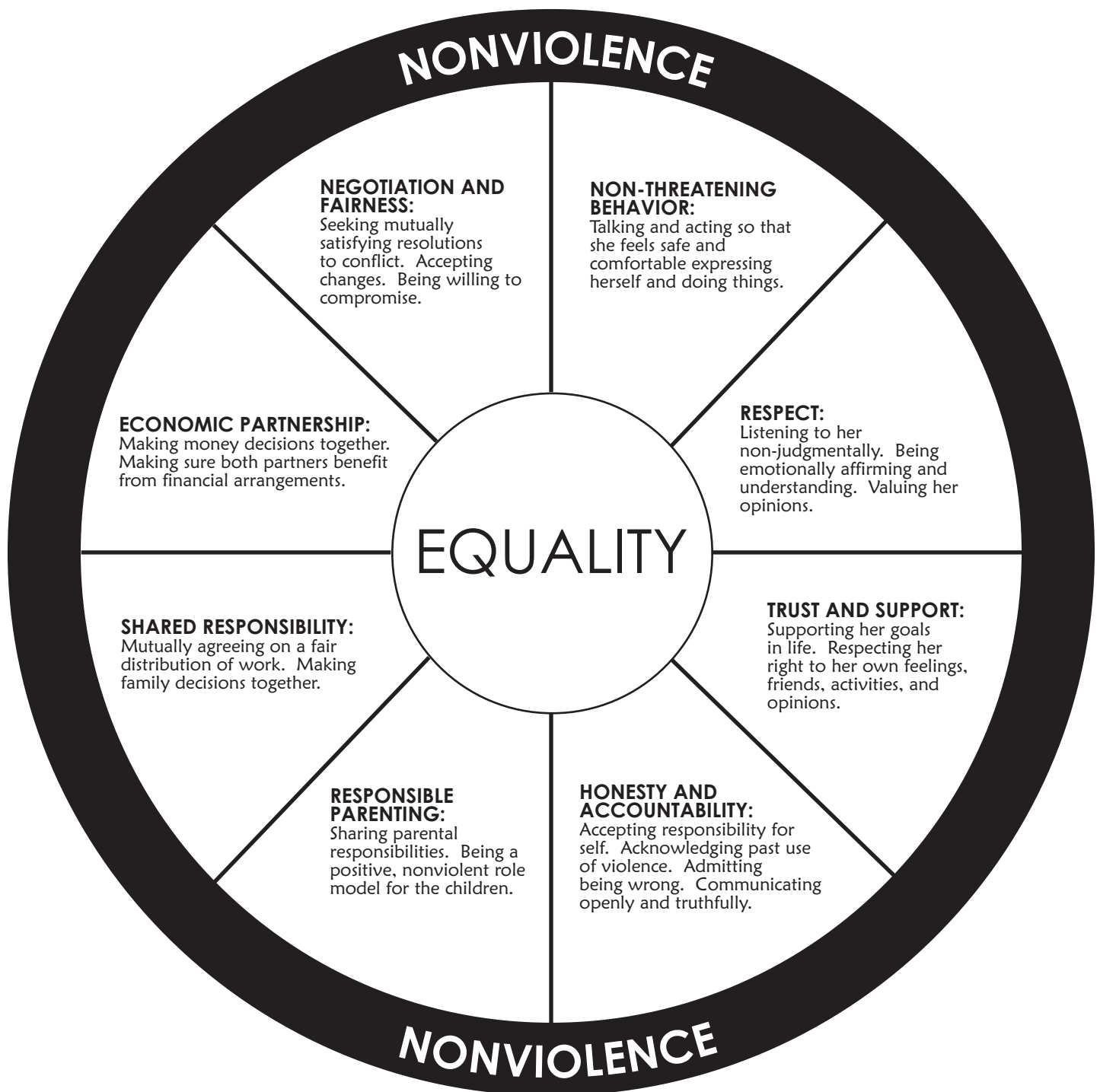
POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



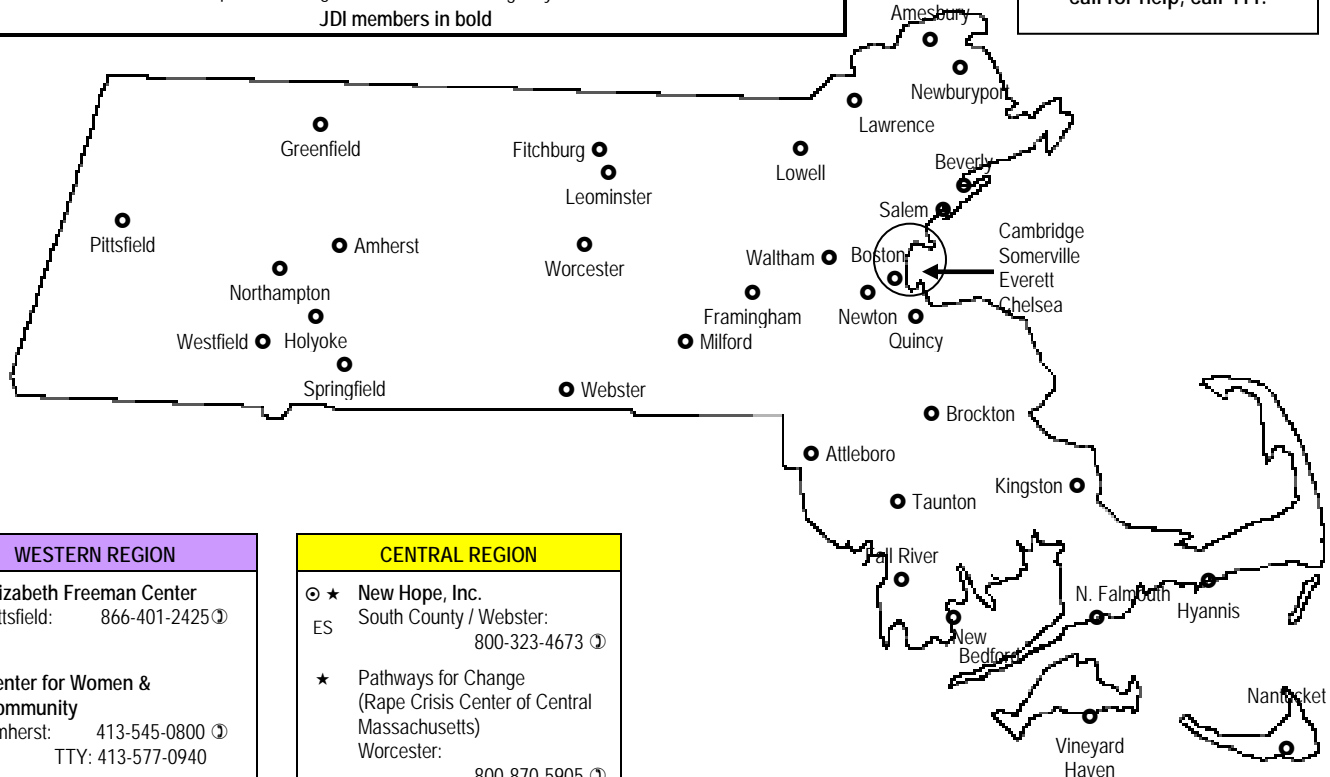
EQUALITY WHEEL



NETWORK OF SEXUAL ASSAULT & DOMESTIC VIOLENCE SERVICE PROVIDERS IN MASSACHUSETTS

SYMBOL KEY	
⊙	Domestic Violence Program
★	Sexual Assault / Rape Crisis Program
ⓞ	24 Hour Free & Confidential Hotline
ES	Emergency Domestic Violence Shelter
JDI members in bold	

If you are not sure where to call for help, call 411.



WESTERN REGION	
⊙	Elizabeth Freeman Center
★	Pittsfield: 866-401-2425 ⊙
ES	
★	Center for Women & Community
	Amherst: 413-545-0800 ⊙
	TTY: 413-577-0940
⊙	NELCWIT
★	Greenfield: 413-772-0806 ⊙
ES	
⊙	Safe Passage
ES	Northampton: 888-345-5282 ⊙
	TTY: 413-586-5066 ⊙
⊙	Womanshelter/Compañeras
ES	Holyoke: 877-536-1628 ⊙
⊙	YWCA Western Massachusetts
★	Springfield: 800-796-8711 ⊙
ES	TTY: 413-733-7100

CENTRAL REGION	
⊙ ★	New Hope, Inc.
ES	South County / Webster:
	800-323-4673 ⊙
★	Pathways for Change
	(Rape Crisis Center of Central Massachusetts)
	Worcester:
	800-870-5905 ⊙
⊙	Spanish American Center
	Leominster: 978-534-3145
⊙ ★	Voices Against Violence
ES	Framingham: 800-593-1125 ⊙
★	Wayside Valley Rape Crisis Program
	Milford: 800-511-5070 ⊙
⊙	YWCA Central Massachusetts Domestic Violence Services: BWR and Daybreak
ES	Worcester: 508-755-9030 ⊙
	Leominster: 978-537-8601 ⊙

SOUTHEASTERN REGION	
⊙ ★	A New Day/Penelope's Place
ES	Brockton / Quincy:
	508-588-8255 ★ ⊙
	508-588-2041 ⊙ ⊙
⊙ ★	A Safe Place
	Nantucket: 508-228-2111 ⊙
	TTY: 508-228-7095
⊙	Family & Community Resources
	Brockton: 800-281-6498 ⊙
⊙	Cape Cod Center For Women
ES	N. Falmouth: 800-745-0003 ⊙
⊙ ★	CONNECT to End Violence
	Vineyard Haven: 508-696-7233 ⊙
	TTY: 508-693-3843
⊙ ★	Independence House, Inc.
	Hyannis: 800-439-6507 ⊙
⊙ ★	New Hope, Inc.
ES	Attleboro/Taunton: 800-323-4673 ⊙
⊙	South Shore Women's Resource Center
	Plymouth: 508-746-2664 ⊙
	888-746-2664 ⊙
⊙ ★	SSTAR Women's Center
	Fall River: 508-675-0087 ⊙
⊙ ★	The Women's Center
ES	New Bedford / Fall River:
	888-839-6636 ⊙

GREATER BOSTON REGION	
★	Boston Area Rape Crisis Center (BARCC)
	Cambridge: 800-841-8371 ⊙
⊙	Casa Myrna
ES	Boston: 877-785-2020 ⊙
⊙ ★	Center for Violence Prevention and Recovery at Beth Israel Deaconess Medical Center
	Boston: 617-667-8141
⊙	Crittenton Women's Union
	Boston: 617-661-7203 ⊙
⊙	DOVE Inc.
ES	Quincy: 888-314-3683 ⊙
⊙	FINEX House
ES	Jamaica Plain / Boston:
	617-288-1054 (Also TTY) ⊙
⊙	HarborCOV
ES	Chelsea: 617-884-9909 ⊙
⊙	Passageway at Brigham & Women's Hospital
	Boston: 617-732-8753
⊙	Portal to Hope
ES	Salisbury: 781-306-6678
⊙	REACH Beyond Domestic Violence
ES	Waltham: 800-899-4000 ⊙
⊙	Renewal House
ES	Roxbury / Boston:
	617-566-6881 ⊙
⊙	RESPOND Inc.
ES	Somerville: 617-623-5900 ⊙
⊙	The Elizabeth Stone House
ES	Jamaica Plain / Boston:
	617-427-9801 ⊙
⊙	The Second Step
	Newton: 617-965-3999
⊙	Transition House
ES	Cambridge: 617-661-7203 ⊙

NORTHEAST REGION	
⊙	Alternative House
ES	Lowell: 888-291-6228 ⊙
⊙	HAWC - Healing Abuse Working for Change
ES	Salem: 978-744-6841 ⊙
★	Center for Hope & Healing
	(Rape Crisis Services of Greater Lowell)
	Lowell: 800-542-5212 ⊙
⊙	Supportive Care, Inc.
ES	Lawrence: 978-686-1300
⊙	Jeanne Geiger Crisis Center
	Newburyport / Amesbury:
	978-388-1888 ⊙
⊙ ★	YWCA of Greater Lawrence
	Lawrence: ★ 877-509-9922 ⊙
	⊙ 978-688-2645
★	YWCA North Shore Rape Crisis Center
	Lynn: 800-922-8772 ⊙
	TTY: 781-477-2315

NON-EMERGENCY SERVICE PROVIDERS	
AWAKE Program (Children's Hospital)	
Boston:	617-355-6369
Boston Medical Center Domestic Violence Program	
Boston:	617-414-7734
Community Advocacy Program	
Boston:	617-373-5779
Domestic Violence Services Network	
Concord:	888-399-6111
HAVEN at MGH	
Boston:	617-724-0054
International Institute of Boston	
Boston:	617-695-9990
Journey to Safety (JFCS)	
Waltham:	781-647-5327
MA Alliance of Portuguese Speakers	
Cambridge:	617-864-7600
Project "We Can Talk About It", Children's Charter	
Waltham:	781-894-4307
RHSP Scattered Sites	
Lowell:	978-459-0551
SAHELI: Friendship for South Asian Women	
Statewide:	866-472-4354
The Domestic Violence/Sexual Assault Program of Newton Wellesley Hospital	
Newton:	617-243-6521

STATEWIDE PROGRAMS	
SafeLink	The Network/La Red
Toll-free Statewide Domestic Violence Hotline	Ending abuse in lesbian, bisexual women, and transgender communities
PH: 877-785-2020 ⊙	PH: 617-742-4911 ⊙ ES
TTY: 877-521-2601 ⊙	TTY: 617-338-SAFE (7833)
GLBTQ Domestic Violence Project	Asian Task Force Against Domestic Violence (ATASK)
800-832-1901 ⊙ ES	24-Hour Multilingual Helpline
	617-338-2355 ⊙ ES
Llámanos y hablemos	
Toll-free Spanish Sexual Assault Helpline	
PH: 800-223-5001	

VISIT OUR WEBSITE:
www.JaneDoe.org

