

SAFETY PLANNING

Each individual has certain things that they know will and won't work for their particular situation. Project Woman is here to help you map out that plan if you would like. Some very important items to remember to have with you at all times are:

- ❖ Driver's license or other form of ID
- ❖ Birth certificate and social security card for you and your children
- ❖ Money, bank books, check books, ATM card
- ❖ Divorce and custody papers, copies of protection orders
- ❖ Medication, glasses, hearing aids, etc.

Adapted from ODVN's Safety Plan for Victims of Domestic Violence

You can call Project Woman
24-hours a day.



This brochure was funded by Young Woman's Mission

Project Woman is dedicated to ending domestic violence and sexual assault by providing services and programs to protect, educate, and empower.

Project Woman was founded in 1974 as a rape prevention program. It expanded and is now the domestic violence and sexual assault prevention agency for three counties—Clark, Champaign, and Logan Counties.

Project Woman offers:

- ❖ 16-bed Emergency Shelter
- ❖ 24-hour Crisis Line
- ❖ 24-hour Hospital Advocacy
- ❖ Individual Counseling
- ❖ Support Groups
- ❖ Case Management
- ❖ Transitional Housing
- ❖ Victim Advocacy
- ❖ Prevention/Outreach Programming



Project Woman Main Office
1316 East High Street
Springfield, Ohio 45505
Telephone (937) 328-5308
Fax (937) 328-5324

24-Hour Crisis Line
(937) 325-3707
1-800-634-9893
tty (937) 399-5096

Email: projectwoman@projectwomanohio.org
Website: www.projectwomanohio.org

PROJECT WOMAN



24-HOUR CRISIS LINE:
937-325-3707
1-800-634-9893

WHAT IS ABUSE?

Domestic Violence occurs when a family member, partner or ex-partner attempts to physically or psychologically dominate another.

Domestic violence often refers to violence between spouses, or spousal abuse but can also include cohabitants and non-married intimate partners.

There are three categories that abuse often fall into. They are emotional/verbal, physical, and sexual. While one relationship may have only emotional torment and another a mixture, it is abuse.

No abuse is good abuse,

and each type effects others differently.

Do not take what is happening to you lightly just because there is no physical abuse. It all hurts.

Sometimes it is visible to the human eye.

Other times it is invisible, but still there.

Everyone deserves respect!

EMOTIONAL ABUSE

Does or has your partner ever:

- ❖ Ignored your feelings and needs
- ❖ Continually criticized you, called you names and cursed at you
- ❖ Isolated you (not allowed to work, be with friends, families, or social activities)
- ❖ Humiliated you in private and or public
- ❖ Lied and tried to manipulate you
- ❖ Harassed you about imagined affairs
- ❖ Threatened to harm you and other family members
- ❖ Ridiculed, criticized, and belittled you
- ❖ Used intimidation to gain cooperation
- ❖ Controlled finances
- ❖ Threatened to take kids away
- ❖ Used visitations to harass
- ❖ Used jealousy to justify actions

SEXUAL ABUSE

Sexual assault is an act of violence, not sex. Both women and men are affected by sexual assault.

Does or has your partner ever:

- ❖ Treated you as a sex object
- ❖ Insisted you dress in a more sexual way than you want to
- ❖ Criticized you sexually
- ❖ Insisted on unwanted and uncomfortable touching
- ❖ Called you sexually explicit names
- ❖ Publicly shown sexual interest in other people
- ❖ Video taped or photographed you without your knowledge.

PHYSICAL ABUSE

Does or has your partner ever:

- ❖ Used or displayed weapons
- ❖ Abused animals
- ❖ Thrown objects at you or others
- ❖ Smashed or destroyed property
- ❖ Driven recklessly with you in the car
- ❖ Pushed, shoved, hit, slapped, strangled, spit at, or restrained you or other family members

Although some items above are clearly more dangerous than others, almost all of them are potentially dangerous and all show a lack of respect and are an effort to intimidate and control you. If you are ready to leave the relationship we are here. If you aren't ready to leave, and you need someone to talk to about the relationship we are here.

WHAT CAN I DO?

If someone is hurting you, it is not your fault and you are not alone.

Talk with someone you trust—a good friend, a caring health care or social worker, a sensitive family member, or an understanding person from your faith community.

Talk with someone who will:

- ❖ Listen to you.
- ❖ Believe you.
- ❖ Not blame you.
- ❖ Not discriminate against you.
- ❖ Keep what you tell them confidential.
- ❖ Allow you to make your own decisions.

If you are being abused . . .

- 1.** In an emergency, get to a safe place and call 911.
- 2.** Talk to someone
- 3.** If you have been raped or sexually assaulted call Project Woman at 1-937-325-3707, or go directly to the hospital