

PLANNING AHEAD

When thinking about leaving, each individual situation is unique. Project Woman is here to help you create a Safety Plan for your specific needs if you would like. If you are considering leaving, some key items 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.



THE OHIO ATTORNEY GENERAL

At Project Woman, we offer a wide range of programs and services to protect, educate and empower those affected by domestic violence and/or sexual abuse.

Core Services:

- ❖ 24 Hour Crisis Line
- ❖ Emergency Shelter
- ❖ Mental Health & Recovery Services
- ❖ Advocacy Services

Chrysalis Program:

- ❖ Transitional Housing
- ❖ Survivor Education
- ❖ Counseling Services
- ❖ Case Management

Prevention Education & Outreach Services:

- ❖ Specialized Training for:
 - Law Enforcement Officials
 - Social Services Providers
 - Health Care Providers
 - Concerned Citizens
- ❖ Partners Against Violence Everyday (PAVE) Coalition
- ❖ DVERT/SART Coordinated Community Response

Project Woman

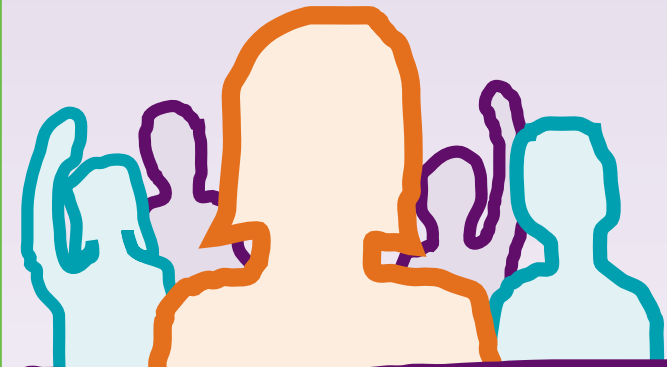
525 East Home Road
Springfield, Ohio 45503
Telephone (937) 328-5308
Fax (937) 328-5324

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
Protect Educate Empower



**DEDICATED TO ENDING
DOMESTIC VIOLENCE &
SEXUAL ASSAULT**

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

WHAT IS DOMESTIC 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 falls into:

1. EMOTIONAL ABUSE

- Continually criticizing you, calling you names and cursing at you
- Isolating you from work, friends, family or social activities
- Humiliating you in private and/or public
- Lying and trying to manipulate you
- Threatening to harm you and/or other family members
- Using intimidation to gain cooperation
- Threatening to take your kids away or using visitations to harass you

2. PHYSICAL ABUSE

- Using or displaying weapons
- Throwing objects at you or others
- Smashing or destroying property
- Driving recklessly with you in the car
- Pushing, shoving, hitting, slapping, strangling, spitting, or restraining you or other family members

3. SEXUAL ABUSE

- Insisting that you dress in a more sexual way than you wish
- Insisting on unwanted or uncomfortable touching
- Calling you sexually explicit names
- Video taping or photographing you without or knowledge or consent

Although some types of abuse are clearly more dangerous than others, all show a lack of respect and are an effort to intimidate and control you.

If you are in an abusive relationship, talking to someone may help. **Project Woman** has a counselor with individual or group therapy available as well as a 24 hour crisis line.

WHAT YOU CAN DO

Sexual Assault is any unwanted sexual contact or attention achieved by force, threats, bribes, manipulation, pressure, tricks, or violence. It is a crime of power & control where sexual acts are used to dominate and humiliate the individual.

Don't blame yourself!

In an emergency, get to a safe place and call 911.

If you have been raped or sexually assaulted, call **Project Woman** at **1-937-325-3707**, or go directly to the hospital.

If YOU are being abused . . .

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 have been raped . . .

1. Seek safety
2. Do not shower, bathe, douche, wash your hands, brush your teeth, use the toilet, or smoke to prevent destruction of evidence.
3. GO TO THE HOSPITAL FOR AN EXAM
4. Do not change your clothing. Take all the clothes you were wearing with you for evidence. If possible, bring an extra change of clothes with you when you go to the hospital.
5. Do not straighten up your house or apartment if it was the scene of the crime.
6. Locate an organization that offers services for survivors of sexual assault

. . . to Support the Survivor

It is normal for survivors to have a variety of responses after an assault. It is common to have feelings such as a guilt, shame, depression, hopelessness, fear, denial or powerlessness.

- Listen
- Do not blame the survivor for the assault.
- Don't push them to talk, but also do not assume they have completely recovered.
- Accept the survivor's reactions, whatever they may be. Avoid comparing their experience to others' experiences.
- Address immediate concerns, particularly medical and legal issues. Help identify options and information.
- Do not take control of the situation. Remember, the survivor has been robbed of all sense of control, so letting them make decisions will be empowering. Support their decisions, even if you disagree with them.
- Help identify a support system and encourage them to seek counseling or help.
- Be patient and let him/her recover at their own rate. It may take weeks, months or years. Survivors may never "forget" the attack.
- Take care of your own feelings, but don't let them overshadow those of the survivor. Do not hesitate to seek outside help from a rape crisis center, counselor, or friend.