

# Are You In a Cycle of Abuse?

## Phase 1

Increased tension, anger, blaming and arguing

## Phase 2

Battering-hitting, slapping, kicking, choking, use of objects or weapons. Sexual abuse. Verbal threats and abuse.

## Phase3

Calm stage (this stage may decrease over time). Man may deny violence, say he was drunk, say he's sorry and promise it will never happen again.

## **INCREASE DANGER**

### *Abuse of women in common*

Women who have experienced abuse need to know that any of the following means their situation is becoming more dangerous:

- Abuse happens more often
- Abuse gets rougher
- Abuser tries to choke
- There is a gun in the house
- Abuser forces sex
- Abuser uses drugs such as cocaine or heroin
- Abuser threatens to kill himself or others
- Abuser is drunk often
- Abuser hits when woman is pregnant
- Abuse is jealous, suspicious, or possessive
- Abuser gets into fights with other people
- Abuser hurts or kills pets

## **Options**

### *Every woman has choices*

#### **STAY WITH THE ABUSER**

- Make a safety plan
- Call police if abused
- Attend battered women's support group

## **FILE CRIMINAL CHARGES**

- Call the police
- Sends a message to the abuser that abuse will no longer be tolerated
- Police may arrest on the scene or after a woman files warrant with local magistrate
- After arrest, abuser may be jailed, but more likely be released on bond
- Release on bond is contingent on abuser's behavior

## **PROTECTIVE ORDERS**

- May prohibit further violent contact, may order no contact, or may remove abuser from home
- File with Juvenile and Domestic Relations Court Intake Officer
- If order is violated, women must contact court
- Your local shelter can help you with this process
- If abuser is removed, change all door locks
- Make safety plan

## **LEAVE THE ABUSER**

- Battered Women's Shelter

## **SAFETY PLAN**

### **TRY TO DO THE FOLLOWING:**

- Hide money
- Hide extra set of house and car keys
- Establish code with family and friends
- Ask neighbor to call police if violence begins
- Remove weapons
- Have available:
  - Social security numbers (his, yours, children)
  - Rent and utility receipts
  - Birth certificates (yours and children)
  - Drivers license (yours and children)
  - Bank account numbers
  - Insurance policies and numbers
  - Marriage license
  - Valuable jewelry
  - Important phone numbers
- Hide bag with extra clothing

**RESOURCES AVAILABLE**

**EMERGENCY**

Police/Rescue Squad. . . . . 911  
Charlottesville Sheriff . . . . . 293-8337  
Albemarle County Sheriff. . . . . 972-4002  
Magistrate Charlottesville/Albemarle . . . . . 977-0220  
THE WOMEN’S PLACE. . . . . 924-2022  
Your Women’s Place Nurse is:

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**SHELTER**

Shelter for Help in Emergency  
(She) Hotline . . . . . 293-8509

Virginians Against Domestic Violence  
(VADV) Hotline . . . . . 1-800-838-VADV

**COUNSELING**

VADV Hotline (crisis counseling and  
referral) . . . . . 1-800-838-VADV

Sexual Assault Resource Agency  
(SARA) . . . . . 977-7273

**LEGAL**

Charlottesville Commonwealth Attorney  
(prosecution) . . . . . 970-3176

Albemarle County Commonwealth  
Attorney (prosecution) . . . . . 972-4072

Commonwealth Attorney  
(other) \_\_\_\_\_

Legal Aid (Charlottesville/  
Albemarle) . . . . . 977-0553

Victim Witness Program (victim advocacy)  
Charlottesville. . . . . 970-3176  
Albemarle. . . . . 296-5830  
Juvenile Justice Service  
Department. . . . . 979-7191

## **FACTS**

- No one deserves to be hurt
- Children who witness violence may develop physical or emotional problems or have trouble at school
- Children may be hurt if they accidentally get in the way or try to protect their mother. This problem gets worse as the children get older.

***If you are abused or worried about being abused, find someone you can talk to. Keeping the abuse a secret only protects the abuser.***