Holy Family Catholic Community presents:

Domestic Violence Resources Ministry

To provide a network of resources to individuals of the Holy Family Catholic Community in order to raise awareness about the problems of domestic violence and to bring strength and hope to women, men and children who suffer from any form of domestic, physical or emotional violence by providing available resources so their journey towards healing may begin.
ARE YOU IN IMMEDIATE DANGER
AND NEED HELP NOW?

Call the National Domestic Violence Hotline
1-800-799-7233
1-800-787-3224 (TTY)

OR

Illinois Domestic Violence Hotline
1-877-863-6338
1-877-863-6339 (TTY)
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What is Domestic Violence?

- Domestic violence can be defined as intentional violent or controlling behavior by a person who is currently or was previously, in an intimate relationship with the victim.

- Domestic violence involves more than one isolated incident of violence. These incidents can include a wide range of abusive behavior that often increases in frequency and intensity.

- The overall aim of the violence is to assert power and maintain control.

A key mission of the Domestic Violence Ministry is to augment and accelerate awareness, to educate and engage individuals on breaking the silence and letting victims know there is help out there.

*Adapted from the Queen of All Saints Social Justice Ministry and the Domestic Violence Committee about Domestic Violence and effects on individuals*
Facts about Domestic Violence…
Did You Know?

- Violence against women, men and children takes place everywhere in the world. It does not discriminate and destroys lives of women, children, men and families everywhere, regardless of education and socio-economic levels.
- Every 6 seconds in the U.S a woman is assaulted or beaten.
- 1 in 3 women and 1 in 7 men experience violence by their partners in their lifetime.

- 1 in 4 girls between 11 and 17 years of age has suffered physical or sexual abuse by her boyfriend.
- 1 in 3 young people will be in an abusive or unhealthy relationship. Abuse often results in isolation and control.
- 19 in 20 sexual assaults on Illinois college campuses go unreported.

- Approximately half of all elder abuse in women is thought to be domestic violence related.
- 54 million Americans report that they have been a victim of domestic violence.
- 7 million children witness domestic violence.

- 60% of Americans know a victim of domestic violence or sexual assault YET only 15% believe it is a problem among their friends.
- Domestic violence and sexual assault thrive when people make excuses about getting involved.
Additional facts about teen dating violence

- Roughly 1.5 million high school boys and girls in the U.S. admit to being intentionally hit or physically harmed in the last year by someone they are romantically involved with.
- Teens who suffer dating abuse are subject to long term consequences like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior.
- In the U.S. 25% of high school girls have been abused physically or sexually. These girls are 5 times more likely to become pregnant or contract a sexually transmitted infection.
- Violent behavior often begins between 6th and 12th grade. 72% of 13 and 14 year olds are dating.
- 50% of young people who experience rape, physical or sexual abuse will attempt to commit suicide.
- Teens who have been abused hesitate to seek help because they do not want to expose themselves or are unaware of the laws surrounding domestic abuse.

Impacts to children

- Most children who witness domestic violence manifest some symptoms associated with PTSD.
- Witnessing violence affects children’s ability to learn. They may have difficulty focusing and concentrating.
- Witnessing violence affects children’s behavior and they in turn may become more aggressive and violent themselves.
- These children are at risk for adjustment problems in young adulthood.
Victims of domestic violence – They are the women and men who are our moms, dads, daughters, sons, sisters, brothers, our grandchildren, and our friends. Each share a universal theme, but each is unique on the path of her journey. A journey that will lead them to safety, to peace and healing, a journey that will help the individual regain their voice, a voice that’s strong, sure and respected.

“The effects of abuse are devastating and far reaching. Domestic violence speaks many languages, has many colors and lives in many different communities” – Sandra Papatello

Retrieved from:
- ChicagoSayNoMore.org
- www.DomesticViolenceOutreach.org
Physical abuse – This form is the easiest to detect. Examples include:

- Pushing, throwing, kicking
- Slapping, grabbing, hitting, punching, beating, tripping, battering, bruising, choking, shaking
- Pinching, biting, burning
- Holding, restraining, confinement
- Breaking bones
- Murder
- Assault with weapon
Emotional or Verbal Abuse – This form is the most common and also most difficult to detect. It leaves few physical scars, but the wounds left from insults, constant criticism, belittling words, excessive jealousy and isolation from family and friends is the most painful and destructive form of domestic violence.

Signs of Emotional Abuse

- Victims are on a daily emotional roller coaster. One minute your significant other is loving and the next, punishing you for not doing things correctly.
- Victims are isolated from friends and families.
- There is a fear of partner – Abusive partners will use any tactic they can to keep their victim down including threats of violence. as a way to assert their dominance. Self-esteem is attacked.
- Feeling of being trapped – Helplessness is an ever present emotion in emotionally abusive relationships. Often abusive partners will try controlling all aspects of the victim’s life, including personal items like cars, phones or items that they value.
- Victims are made to feel they are the problem and not worthy of being loved.
Economic Abuse – Controlling and limiting the victim’s access to financial resources leading to impoverishing the partner and preventing them from leaving.

Signs of Economic Abuse

- Interfering with the victim’s work performance through harassing activities such as frequent phone calls or unannounced visits.
- Denying the victim access to money or the means of obtaining it, to the point that he/she is entirely dependent on the abuser for food, clothing and shelter.
- Refusing to allow the victim to work or attend school, or engaging in activities that make it impossible for the victim to do so.
- Intentionally withholding necessities such as food, clothing, shelter, personal hygiene products or medication.
- Stealing from the victim, defrauding their money or assets or exploiting the victim’s financial resources for their own gain.
- Requiring justification for any money spent and punishing victim with physical, sexual or emotional abuse.
- Forbidding victim to have their own bank account.
- Refusing to pay victim court-ordered child or spousal support.
- Stealing or destroying the victim’s personal belongings.
- Forcing their victim to obtain credit, then ruining the victim’s credit rating or future ability to obtain credit.
**Sexual Abuse** – Can be forced intimacy or intimacy denied or infidelity and more.

**Sexual Abuse includes:**

- Sexual assault: forcing someone to participate in unwanted, unsafe, or degrading sexual activity.
- Sexual harassment: ridiculing another person to try to limit their sexuality or reproductive choices.
- Sexual exploitation (such as forcing someone to look at pornography, or forcing someone to participate in pornographic film-making).
- Sexual abuse often is linked to physical abuse; they may occur together or the sexual abuse may occur after a bout of physical abuse.

Retrieved from:
- [http://www.thehotline.org/is-this-abuse/abuse-defined/](http://www.thehotline.org/is-this-abuse/abuse-defined/)
- [http://www.aaets.org/article144.htm](http://www.aaets.org/article144.htm)
Are you Abused?

Ask yourself…

- Does my partner belittle, humiliate, or demean me?
- Does my partner bully, coerce, threaten or intimidate me?
- Does my partner blame me for everything?
- Am I concerned about my children’s emotional or physical safety?
- Does my partner withhold basic necessities such as food, shelter or medical attention?
- Pressure or force me to have sex with him/her or make me do sexual things against my will?
- Does my partner rigidly control finances and demand I account for every penny spent or prevent me from having any money for myself?
- Does my partner isolate me from my family and friends?

Retrieved from:
Domestic Violence Outreach – Archdiocese of Chicago – Awareness – Services – Prevention brochure
Actions When Supporting the Victim

Please refer to the language in the Do's and Don'ts sections as identifying with both male and female as victim/abuser.

Do’s

- Believe her description of the violence is only the tip of the iceberg.
  - Validate her feelings.
- Listening without judgment. Keep listening until they find their moment of courage.
- Assure
  - The abuse is not her fault.
  - No one deserves to be abused.
  - God is not punishing her.
  - It is not God’s will for her.
  - They are not alone.
- Support
  - Give her referral information and resources.
  - Empower, but remember that you cannot rescue the victim.
  - Respect her choices. Encourage her to think about a safety plan.
  - Protect her confidentiality.
  - Help her with any religious concerns.
  - Pray with her, if she wants to.
Don’ts

- React with disbelief, disgust, or anger at what she tells you.
- Minimize the danger to her.
- Blame her for his violence.
- Recommend marriage or couples counseling. Individual counseling is appropriate.
- Recommend marriage enrichment, mediation, or a communications workshop.
- Send her home with just a prayer and directive to submit to her husband, bring him to church, or be a better Christian wife.
- Encourage her to forgive him and take him back.
- Encourage her dependence on you.
- Approach her husband and ask for “his side of the story.”
  These actions will endanger.

*Faith Trust Institute (Adapted)*
Responses When Supporting the Victim

Positive Responses to the Victim

• Provide spiritual direction. Be prepared to speak to issues such as:
  • I am worthless.
  • I am ashamed.
  • My sin has caused this.
  • I will never trust or love anyone again.
  • I will never get out of this relationship.
  • He will kill me.

• Be aware
  • Investigate the possible presence of DV with the victim privately. For example, at sacramental registration, confession…
  • Be sensitive to any sign of DV—physical, emotional, or economic—and investigate.

• Help
  • Accompanying her through steps she chooses:
    • Calling to shelters.
    • Visiting the police station.
    • Making a safety plan.
    • Obtaining legal protection.
  • Maintain contact.
  • Provide your phone number.

• Ask questions and probe.
  • If she is angry, ask why.
  • Does he hit you?
• Does he use bad language directed at you?
• Is he jealous, controlling? How so?
• Are you afraid?
• What causes your fear?
• Does he share money with you?
• Do you have anyone to talk to?
• Does he threaten you?
• Are the children safe? How are they treated?

**Questionable Responses to the Victim**

• You feel it is necessary to get both sides because you...
  • Want to be fair.
  • Are afraid that she may be exaggerating. She may be the cause of the problem.
  • Make an appointment with both of them. This is dangerous and not a good idea.
• Your bias is to save the marriage. So...
  • You encourage her to be forgiving.
  • Give her tips on how not to avoid antagonizing abuser.
  • You recommend marriage counseling.
  • You pray with her for healing the marriage.
• These actions are bad ideas and do not provide help.

*Father Charles W. Dahm, O.P. (Adapted)*

**Abusive Partner**
**Do’s**

- Warn the victim if he makes specific threats towards her.
- Name the violence as his problem, not hers. Tell him that only he can stop it; and you are willing to help.
- Refer him to a program that specifically addresses abusers.
- Assess him for suicide or threats of homicide.
- Address any religious rationalizations he may offer or questions he may have.
- Find ways to collaborate with community agencies and law enforcement to hold him accountable.
- Pray with him. Ask God to help him stop his violence, repent, and find a new way. Give him referrals.

**Don’ts**

- Approach him or let him know that you know about his violence unless:
  - The victim wants you to.
  - She is aware you plan to talk to him.
  - You are certain that his partner is safely separated from him.
- Go to him to confirm the victim’s story.
- Meet with him alone. Meet in your office or public place where others are present.
- Give him any information about his partner or her whereabouts.
- Be taken in by his minimization, denial, or lying about his violence.
- Confuse his remorse with true repentance.
- Forgive an abuser quickly and easily.
- Send him home with just a prayer.
- Be taken in by his “conversion” experience.
- Advocate for the abuser to avoid the legal consequences of his violence.
- Provide a character witness for his purpose in any legal proceeding.
Responses to Abuser

Do’s

- Be prepared. Abusers are likely to be:
  - Right about everything.
  - In denial.
  - Jealous or envious.
  - Righteous, arrogant, and narcissistic.
  - Angry, simmering, and explosive.
  - A liar and self-absorbed.
  - Lacks remorse and refuses advice.
- Be careful – Abusers tend to be charmers.
- Be aware.
  - Anger management training is no substitute for Domestic Violence counseling.
  - If drinking is an issue, that needs to be addressed apart from domestic violence counseling.
  - Relate that forgiveness may come in time. That is up to the victim.
  - Do not rush to reconciliation. Remorse (being sorry) is not the same as repentance (a change in behavior).
  - Be straightforward.
    - Advise that abuses are the perpetrator’s problem.
    - Abuser must take responsibility for his actions.
    - Remorse must be accompanied by positive actions.
- Point out support.
  - Domestic Violence counseling is available and necessary.
  - Recommend individual counseling.
• Guide him to the appropriate community resources.
• Provide spiritual direction.
• Do not accept rationalizations.
• Pray with him. The abuse must stop.
• All of us are responsible and accountable for our actions. There is no excuse for abuse.

**Don’ts**

• Confuse his remorse with true repentance.
• Forgive an abuser quickly and easily.
• Send him home with just a prayer.
• Be taken in by his “conversion” experience.
• Advocate for the abuser to avoid the legal consequences of his violence.
• Provide a character witness for this purpose in any legal proceedings.

*Faith Trust Institute (Adapted)*
What Children Need to Hear About Domestic Violence

- It is not okay.
- It is not your fault.
- It must be scary for you.
- I will listen to you.
- You can tell me how you feel. It is important.
- I am sorry you had to see/hear it.
- You do not deserve to have this in your family.
- I will help to keep you safe.
- There is nothing you could have done to prevent/change it.
- We can talk about what to do to keep you safe if it happens again.
- You are an individual, and you can choose not to fight or hurt people.

Retrieved from: ADVA (Against DV & Abuse), Devon County Council, UK-quoted
Domestic Violence List of Agencies

Details about services provided by these agencies are found on subsequent pages

- **Between Friends** – Building a community, without Domestic Violence
  - 24 Hour Crisis HOTLINE: 1-800-603-4357
  - General Information/Non-emergency: 1-773-274-5232
  - http://www.betweenfriendschicago.org/

- **Community Crisis Center, Inc.** – Always Hope
  - 24 Hour Crisis HOTLINE: 1-847-697-2380
  - General Information/Non-emergency: 846-742-4088
  - https://www.crisiscenter.org

- **Safe From the Start** – community response dedicated to reducing the trauma of exposure to violence in children ages birth to five years old
  - General Information: 1-630-540-0549
  - www.cachelps.org

- **Turning Point** – A Domestic Violence Agency with a mission to confront violence against women and children in McHenry County
  - 24 Hour Crisis HOTLINE: 1-815-338-8081 (extension 300)
  - General Information/Non-emergency: 1-815-338-8081
  - www.turnpt.org

- **WINGS** - Exists to stop the cycle of Domestic Violence and transforms lives
  - 24 Hour Crisis HOTLINE: 1-847-221-5680
  - General Information/Non-emergency: 1-847-519-7820
  - Wingsprogram.com

- **Domestic Violence Outreach – Archdiocese of Chicago** - Awareness, Services and Prevention
  - General information: 1-312-371-7752
  - www.DomesticViolenceOutreach.org
24 Hour Crisis HOTLINE – 1-800-603-4357
General Info/Non-emergency: 1-773-274-5232
Website: http://www.betweenfriendschicago.org/

Between Friends is a leader dedicated to breaking the cycle of domestic violence and building a community free of abuse. The agency serves adults and youth through crisis intervention services and prevention, and education programs. Between Friends’ services seek to help survivors feel empowered and challenge communities to join the movement to eradicate domestic violence. Since its founding, the organization has evolved to reflect the needs of individuals, families, and entire communities in Chicago.

Services:
- Individual, group, and family counseling (with the non-abusive parent or caregiver) for adults, teens, and children
- Referrals for other services
- Community Education
- Court Advocacy
- Safety Planning
- 24 Hour Crisis Line
24 Hour Crisis HOTLINE - 1-847-697-2380
General info/Non-emergency: 1-846-742-4088
Website: https://www.crisiscenter.org

Services include a 24-hour crisis hotline and information and referrals; emergency temporary shelter for 40 women and children who are homeless due to domestic violence or financial crisis. The Community Crisis Center’s service area includes northern Kane County from St. Charles to the northern edge of the county and far northwest suburban Cook County; there are no service area limits for domestic violence victims.

Services (all free except Abuse Intervention counseling)
- Abuse Intervention Programs
- Children’s Counseling Group and Individual
- Children’s Referrals
- Counseling: Group and Individual
- Children’s counseling - Children support groups, play groups, homework groups, Garden clubs
- Community Education – presentations and parent workshops
- Educational Assistance
- Employment Assistance
- Financial Assistance – mortgage/rent or utility assistance Food and necessary supplies
- Housing Referrals – provides listings and guidance
- Beds available – 40 for women and children
- Intervention for Batterers
- Legal Advocacy including Orders of Protection
- Medical Advocacy – staff will meet victim at emergency rooms to assist
- Safety Planning
- 24 Hour Crisis Line – professionally staffed
- 24 hour Emergency response to Hospitals and Police Department
- Transportation
- Economic Crisis Program – includes shelter, counseling, case management, advocacy, outreach, emergency food, diapers, toiletries, financial assistance (grant dependent)
General information: 1-630-540-0549
Website: www.cachelps.org

Safe from the Start is a community response dedicated to reducing the trauma of exposure to violence in children ages birth to five years old. This organization will work with the non-offending caregiver and children who are experiencing distress due to exposure to violence.

Services (free of charge)
- Children’s Referrals
- Developmental Screenings as Appropriate
- Case Management Services
- Community Outreach
- Community Education
- Confidential Consultation for Community Professional
- Counseling (family and individual):
  - Short and long-term parent/child therapy
  - Child and Family Psychotherapy
  - Parent Education Groups and Seminars
- Safety Planning
24 Hour Crisis Hotline 1-815-338-8081 (ext. 300)
General info/Non-emergency: 1-815-338-8081
Website: www.turnpt.org

Turning Point is a Domestic Violence Organization with a mission to confront violence against women and children in McHenry County, Illinois.

**Services (free of charge)**
- 24-Hour Crisis Intervention and Response
- 24-Hour Emergency Response to Hospitals
- 24-Hour Emergency Response to Police Departments (If Needed)
- Adult, Individual and Group Counseling
- Children’s, Individual and Group Counseling
- Emergency Shelter
- Emergency Food and Clothing Pantries
- Information and Referral: Housing, Education, Employment
- Latino Bi-lingual/Bi-Cultural Services
- Legal and Non-Legal Advocacy (help with Orders of Protection)
- Partner Abuse Intervention Program (PAIP)
- Adolescent Violence Intervention Program
- Prevention and Community Education
- Safety Planning
- Teen Group Counseling
- Trauma-Based Mental Health Services
WINGS exists to stop the cycle of Domestic Violence and Transform Lives

Services at shelter (some services are only for those who reside in the shelters/housing units)

- 24 Hour Crisis Line
- 24 Hour Emergency response to Hospitals and/or Police Department
- Children’s Counseling
- Children Programming (tutoring)
- Children’s Referrals
- Counseling: Group and Individual
- Community Education
- Educational Assistance
- Employment Assistance Referrals
- Food and Necessary Supplies
- Housing Referrals
- Safety Planning
- Transitional Services
- Transportation Assistance
- Education and Counseling to Hospital patients and Staff
- 239 beds available in Safe House/shelters
**WINGS Safe House** – gives abused adults and their children emergency housing while they determine the steps necessary to move forward with their lives. The secure, home-like environment allows adults and their kids to stay together in family-style rooms enhancing their feelings of safety and comfort. Staff provides information and guidance to residents.

**WINGS Transitional Housing** - no cost shared living homes that provide unemployed women and children with refuge while mom seeks employment. Staff will help women assess their strengths and develop a plan for employment while also supporting the schools to address the academic and social needs of children to enhance their ability to succeed.

**Philosophy** – WINGS believes that everyone has the potential and strength to overcome difficult life circumstances and to accomplish goals that will lead to an enhanced quality of life. They are committed to treating women and children in a respectful and compassionate manner while valuing unique needs.

If you are a victim of Domestic Violence please realize that:

- You are not crazy.
- You are not to blame.
- What has happened to you is a crime.
- No one has to live with violence.
- There are experts to talk to and safe places to stay in the community.
- You can make a call to receive the support you and your children deserve.

Retrieved from: WINGS – Providing Safe Refuge Towards a Safe Future brochure
Domestic Violence Outreach – Archdiocese of Chicago -
Awareness, Services and Prevention
General Information: 1-312-371-7752
Website: www.DomesticViolenceOutreach.org

Mission
- To raise awareness of domestic violence within the Archdiocese of Chicago
- To help victims and perpetrators connect to services such as counseling and group support
- To provide the prevention of domestic violence
- Our principal approach is to preach on domestic violence and then form a parish ministry focused on awareness, services and prevention

Our Services
- Referrals for individual and group counseling
- Referrals for legal, medical and financial assistance
- Training for youth on forming healthy relationships
- Spiritual support

What Does The Catholic Church Say About Domestic Violence?

The U.S. Catholic Bishops state: “Violence against women, inside or outside the home is never justified and it is a sin and often a crime. No one is expected to stay in an abusive marriage.”

People married by the sacrament of matrimony who have suffered abuse are often eligible to receive an annulment. See your local parish for details.

Retrieved from: Domestic Violence Outreach – Archdiocese of Chicago – Awareness – Services – Prevention brochure
In 2002 the Schaumburg Police Department recognized the need to create a Domestic Violence Response Team. The goal was to create policy and procedures for the police department’s response to domestic dispute calls. These policies are meant to protect victims who were at risk of future harm, to reduce liability to officers responding to the calls and to raise community awareness of DV issues.

2015 Annual Report of Statistics

1341 domestic related calls for services
Breakdown of calls and arrests (not all end in arrests)
- Domestic battery: 197 incidents, 90 arrests
- Aggravated domestic battery: 2 incidents, 2 arrests
- Telephone harassment: 66 incidents, 0 arrests
- Domestic Dispute: 876 incidents, 3 arrests
- Endangering the Life or Health of a Child: 8 incidents, 5 arrests
- Kidnapping/Unlawful Visitation Interference: 4 incidents, 3 arrests
- Violation of Order of Protection: 45 incidents, 22 arrests
SEXUAL ASSAULT AWARENESS AND RISK REDUCTION

General awareness
- Consider what you can do to avoid a potential assault.
- Consider how you will react if you are ever attacked.
- Know important phone numbers for help.
- Know the facts versus the myths about sexual assault and abuse.
- Practice being alert and observant.

Social Strategies
Pay Attention to
- Behavior that doesn’t seem right to you.
- Someone getting to close to you who enjoys your discomfort.
- Someone doing “Power stares” or looking through you.
- Someone blocking your way.
- Someone talking intimately when you don’t want them to.
- Someone grabbing or pushing you to go their way.
- Someone disregarding what you say.
- Someone who continually puts you down, either in public or private.

Be Assertive
- Get angry if someone does something sexual that you don’t want them to do.
- Act immediately with some kind of negative response when someone makes sexual advances that you do not want.
- Stand up for what you believe in. It’s okay to be rude to someone who is sexually pressuring you to do something you don't want to do.
Dating Safety

- Never, ever be alone with someone ANYWHERE until you know that person very well. Be cautious of blind dates; you should know something about the person first and never go alone.
- Double date until you feel that you can trust your date enough to be alone.
- Meet your date at public location and don’t disclose personal information especially if it is a blind date.
- Don’t get drunk or do drugs; this impairs your judgment, lowers your ability to resist unwanted advances and makes you vulnerable to an attack.
- Be assertive, and say NO when you mean no. Say it loudly and clearly.
- Always tell someone where you are going, whom you are going with, what time you will be back, and leave a phone number if at all possible.
- Recognize risky situations, know when to get yourself away from potential danger.
- Trust your instincts. If something feels wrong, it probably is.

Home Safety

- Keep entrances and doorways well lit.
- Be aware of places that someone may be hiding.
- Keep doors and windows locked.
- Never open your door for anyone that you don’t know.
- Keep landscaping well-maintained to avoid potential hiding places.
- Use dead bolts and peep holes on outside doors.
- If you live alone, don’t put your full name on mail boxes or in the phone book.
- Don’t let anyone know that you are home alone.
Car Safety

- Always keep your car locked when it is parked and when you are driving.
- Look under your vehicle before you approach.
- Check the back seat before you get into the car.
- Avoid isolated areas and unlit or poorly lit parking lots.
- Don’t pick up hitchhikers.
- Look around before you get in and out of your car.

Street Safety

- Avoid walking alone especially at night.
- Walk at a steady pace, look confident and purposeful.
- Don’t overload yourself with packages, handbags, etc.
- Wear comfortable clothing and shoes. Some styles of clothing make quick movements difficult.
- Don’t stay in the same routine or schedule every day.
- Stick to well lighted streets.
- Don’t walk in closed-in parking lots or alley ways.
- Be aware of other people walking around you.
- Have your keys ready when you approach your car or door.
- If someone is following you, walk the opposite way.
- Don’t be afraid to knock on the door of the nearest house if you suspect you are in trouble.
- Have enough money on you to make phone call or carry a cell phone.

Note: the above safety tips reduce the risk of assault. None are guarantees against attack. Awareness and education are the best prevention tools

Retrieved from: Community Crisis Center, Elgin IL
“In violence we forget who we are.” – Melissa McCarthy

“From every wound there is a scar and every scar tells a story. A story that says I survived. “

“Don’t judge yourself by what others did to you.”

“Love is about giving freedom and power, not about gaining control or possession.”

“You don’t have to wait for someone to treat you bad repeatedly. All it takes is once and if they get away with it that once, if they know they can treat you that way, than it sets the pattern for the future.” Jane Green

Together – Let us…

Break the Silence

Break the Cycle

Begin the Healing

Ministry Contacts:

If you would like more information about the Holy Family Domestic Violence Resources Ministry please contact one of the following individuals:

Angelina Castillo – castilloangelina@comcast.net

Sharon Frys – sfrys@comcast.net

Linda Rice – RiceLJDL@att.net
Holy Family Catholic Community
2515 Palatine Rd
Inverness, Ill 60067
847-359-0042
www.holyfamilyparish.org