

CRISIS INTERVENTION CENTERS

Bismarck
Abused Adult Resource Center
Crisis Line: 866-341-7009
Office: 701-222-8370
abusedadultresourcecenter.com

Bottineau
Family Crisis Center
Crisis Line: 800-398-1098
Office: 701-228-2028
E-mail: famcc@srt.com
famcrisiscenter.org

Devils Lake
Safe Alternatives for Abused Families
Crisis Line: 888-662-7378
Office: 701-662-7378
E-mail: saaf@gondtc.com

Dickinson
Domestic Violence & Rape Crisis Center
Crisis Line: 888-225-4506
Office: 701-225-4506
dvrcnd.com

Ellendale
Kedish House
Crisis Line: 877-349-4729
Office: 701-349-4729
kedishhouse.com

Fargo
Rape & Abuse Crisis Center
Crisis Line: 800-344-7273
Office: 701-293-7273
raccfm.com

Fort Berthold/New Town
Three Affiliated Tribes Victim Services
Crisis Line: 701-627-3617
Office: 701-627-4171
coalitionagainstviolence.weebly.com

Grafton
Domestic Violence & Abuse Center Inc.
Crisis Line: 866-435-7490
Office: 701-331-0466
dvacnd.org

Grand Forks
Community Violence Intervention Center
Crisis Line: 866-746-8900
Office: 701-746-0405
cviconline.org

Jamestown
Safe Shelter
Crisis Line: 888-353-7233
Office: 701-251-2300
safeshelterjamestown.org

McLean Co.
McLean Family Resource Center
Crisis Line: 701-462-8643
Office: 701-462-8643
mcleanfrc.weebly.com

Mercer Co.
Women's Action & Resource Center
Crisis Line: 701-873-2274
Office: 701-873-2274
mercerwarc.com

Minot
Domestic Violence Crisis Center
Crisis Line: 701-857-2500
Office: 701-852-2258
courage4change.org

Ransom Co.
Abuse Resource Network
Crisis Line: 701-683-5061
Office: 701-683-5061
E-mail: ransomarn@nd.gov
abuseresourcenetwork.org

Spirit Lake
Spirit Lake Victim Assistance
Crisis Line: 701-766-1816
Office: 701-766-1816
E-mail: vap-dir@gondtc.com
spiritlakenation.com/programs/
spirit-lake-victim-assistance

Stanley
Domestic Violence Program NW ND
Crisis Line: 701-628-3233
Office: 701-628-3233
dvpnwnd.weebly.com

Turtle Mountain Reservation
Hearts of Hope
Crisis Line: 701-477-0002
Office: 701-477-0002
E-mail: gourneau@utma.com

Valley City
Abused Persons Outreach Center
Crisis Line: 701-845-0072
Office: 701-845-0078
apocnd.org

Wahpeton
Three Rivers Crisis Center
Crisis Line: 701-642-2115
Office: 701-642-2115
threeriverscrisiscenter.weebly.com

Williston
Family Crisis Shelter
Crisis Line: 701-572-9111
Office: 701-572-0757
familycrisisshelter.com

FIVE THINGS YOU CAN DO TO HELP A VICTIM

- 1 Become informed**
Learn more about domestic violence by contacting the crisis intervention center in your community and guide the victim to these services.
- 2 Create a safe space**
Offer support and be willing to listen and believe what someone is telling you.
- 3 Reassure them that the violence is not their fault**
The person causing harm is the one responsible for their own behavior.
- 4 Help them develop a safety plan**
Talk with the victim about what paths to safety they have for themselves, and their children, if they are experiencing interpersonal violence.
- 5 Know when to intervene**
If you see concerning behavior and feel safe to help, you can address the individuals directly to see if they're okay, delegate to someone else, or distract the individuals to diffuse the situation.

SAFETY PLAN

Safety plans might help you anticipate the dangers you may face. Just as people who cause harm continually shift their tactics of power and control, your plan is an adaptable tool to help increase your safety. For assistance with developing your own safety plan, contact your local crisis intervention center.

CAWS NORTH DAKOTA

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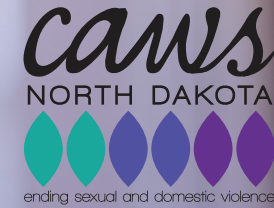
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Understanding Domestic Violence



DOMESTIC VIOLENCE DEFINED

Domestic violence is an ongoing pattern of behaviors and abusive tactics used by an intimate partner or ex-partner to gain complete power and control over a person's life.

RELATIONSHIP BETWEEN VIOLENCE AND OTHER TACTICS OF CONTROL

Domestic violence is not an isolated, single event, but rather a pattern of repeated behaviors and actions. Assaults are often repeated against the same victim by the same offender. These assaults occur in different forms, including mental, emotional, physical, sexual, psychological, and economic. While physical and sexual assaults might not occur often, other parts of the pattern can occur daily. The use of these other tactics is effective because one battering episode builds on past episodes and sets the stage for future episodes. All tactics of the pattern interact and have profound effects on the victim.

UNLIKE OTHER CRIMES

"While domestic violence has certain similarities to other forms of family violence—such as child abuse, child-to-parent violence, sibling violence or elder abuse—it has certain unique characteristics that make it distinct. Domestic violence distorts what is supposed to be a partnership based on mutual respect. When domestic violence occurs in a relationship, the person causing harm and the victim no longer share equal rights and responsibilities within the partnership." (*Missouri Coalition Against Domestic and Sexual Violence*)

Information from 2010, Missouri Coalition Against Domestic and Sexual Violence (MCADSV), 2012, and Understanding the Nature and Dynamics of Domestic Violence, 2nd ed., Jefferson City.

EARLY WARNING SIGNS

This list was put together by survivors of domestic violence who reflected on the early phases of the abusive relationship and identified some of the early warning signs of abusers.

Someone who...

- Wants to move too quickly, such as move in together or get married in a short period of time;
- Does not respect your boundaries;
- Is controlling, excessively jealous and accuses you of cheating;
- Demands to know where you are all of the time and frequently calls, emails and texts you throughout the day;
- Criticizes you or puts you down, most commonly tells you that you are "crazy," "stupid" and/or "fat," or that no one would ever love you;
- Does not take responsibility for their behavior and blames others;
- Has a history of domestic violence;
- Grew up in an abusive or violent home;
- Forces you to stop spending time with your friends or family;
- Insists that you stop participating in interests or activities you enjoy;
- Or gets angry easily and is impulsive.



FEELINGS OF VICTIMS

In an abusive relationship victims may experience a variety of feelings. There is no right or wrong way to process what is happening. You may or may not have the same reaction as someone else.

Fear

Feeling afraid for your own personal safety and the safety of your children.

Confusion

Believing your partner when they promise to change or stop the abuse. Feeling confused over changes in your partner's day-to-day behavior.

Guilt

Feeling like you have compromised yourself for your partner.

Shame, Self-Blame

Being told you deserve the abuse and trying to change your own behavior to stop the abuse.

Minimization

Feeling like the person is constantly "reducing" or even denying the abuse.

Trapped, Powerless

All of your energy is being spent merely trying to survive or protect your children.

Difficulty Trusting Others

Feeling like you don't have any options or ways to get help.

Love

Feeling confused because you care about that person, but dislike their abusive behavior.

Questioning

Wondering if the abuse is really happening or if it is "not that bad". Thoughts which may be planted by your partner to make you feel like you should not get help.

Alone

Feeling isolated and like you have no one to talk to.

Anxiety

Frequently feeling worried, uneasy or nervous.

Sad, Depressed

Feeling hopeless, restless, indecisive, or worthless.

Rationalizing

Blaming yourself when your partner does something. "If I hadn't done this, then they wouldn't have done that."

Overwhelmed

Feeling inundated and pressured by your partner, like you have lost control.

TRUST YOUR INSTINCTS

Survivors frequently report their instincts told them that there was something wrong early on but they disregarded the warning signs and didn't know these signs were indicative of an abusive relationship. Take time to get to know a potential partner and watch for patterns of behavior in a variety of settings. It's important to stay connected with your support system and participate in good self-care activities.

TYPES OF ABUSE

Physical Abuse

- Pushing, shoving, shaking or grabbing
- Hitting, slapping, punching, kicking or biting
- Pulling hair
- Strangling (often called "choking") or restraining by force
- Using a weapon like a gun, knife or blunt object
- Interrupting sleep
- Denying medical treatment or withholding medications
- Hurting or killing pets
- Destroying property
- Locking in and out of home
- Endangering by driving recklessly



Sexual Abuse

- Forcing or coercing unwanted or non consensual sexual activity (rape, oral sex or anal sex)
- Forcing sex with other partners
- Repeating accusations of sexual activity with others, such as, calling the victim a "whore" or a "slut"
- Making the victim fearful of saying no
- Denying contraception or protection from sexually transmitted infections
- Intentionally exposing the victim to sexually transmitted infections and/or the risk of pregnancy or miscarriage
- Making sexual comments about the victim's body and appearance

Emotional Abuse

- Verbal attacks in private or public
- Ignoring the victim's feelings, withholds approval or affection as punishment
- Stalking or harassment
- Intimidating - causing the victim fear by using looks, actions, gestures or a loud voice
- Isolating - controlling what the victim does, who the victim sees and talks to and where the victim goes
- Economic/financial abuse - preventing the victim from getting a job, refuses to work, making the victim ask or beg for money, taking or hiding assets/money, controlling checkbook and bank accounts, giving the victim an "allowance", running up debt or ruining the victim's credit
- Threatening to hurt or kill the victim and/or children, to take the children and/or threatening to end their life
- Using the children to relay abusive messages, using visitation to further the abuse, labeling the victim as a "bad" parent, teaching the children to disrespect or abuse the victim
- Using the children to spy on the victim or keep tabs on the victim
- Minimizing, denying or blaming the victim for the abusive behaviors