

## **Warning Signs of Abuse**

- ⇒ Extreme jealousy and accusations of infidelity
- ⇒ Excessive criticism
- ⇒ Constant “checking up” on you
- ⇒ Quick involvement in the relationship
- ⇒ Controlling behaviors, rule setting
- ⇒ Threats
- ⇒ Destruction of your personal property
- ⇒ Mistreating and abusing pets
- ⇒ Minimization of your words and actions that hurt or scare you
- ⇒ Making it difficult or uncomfortable for you to maintain ties with family and friends
- ⇒ Intimidating looks, gestures, driving
- ⇒ Using force during arguments
- ⇒ Making you do things sexually that make you uncomfortable, forcing sex on you
- ⇒ Blaming others for their problems or feelings
- ⇒ Belief in rigid gender roles
- ⇒ Physical violence: slapping, pushing, biting, pinching, spitting, kicking, restraining, strangling
- ⇒ Denial that the abuse is occurring

### **CHILDREN EXPOSED TO BATTERERS**

Children may be impacted by the violence they have been exposed to by the batterer despite your best efforts to shield or protect them. They may feel scared and ashamed and believe they caused the abuse to happen.

Children exposed to batterers may exhibit medical symptoms, developmental delays, and problem behaviors. Ask an advocate about resources for children who have witnessed domestic violence—free counseling may be available.

**ACOVA** - ACOVA is a law enforcement based program which provides immediate on-scene crisis intervention to victims. Trained volunteer victim advocates provide emotional support, appropriate community resources and referrals along with information regarding the judicial process and victim rights. Follow-up services are provided as needed.

**Colorado Legal Services** - Colorado Legal Services provides high quality civil legal assistance to many low income, disabled and elderly persons including victims of domestic violence.

**YWCA** - The YWCA Family Crisis Shelter provides safe shelter for domestic violence victims and their children. Services include counseling, legal advocacy, education/support groups, life-skills, transitional housing and community referrals.

<b>EMERGENCY</b>	<b>911</b>
<b>24-HOUR CRISIS LINE</b>	<b>545-8195</b>
ACOVA Victim Advocate	583-6434
or	553-2460
Colorado Legal Services	545-6686
District Attorney's Office	583-6030
Pueblo County Sheriff's Dept.	583-6125
Pueblo Police Dept.	553-2502
Pueblo Rape Crisis Services	549-0549
Pueblo Child Advocacy Center	583-6332
Pueblo Suicide Prevention Center	544-1133
YWCA Family Crisis Shelter	545-8195



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## **Learn to Love Yourself**

### **Pueblo Domestic Violence Community Task Force**

#### **Mission Statement:**

The Domestic Violence Task Force provides leadership through collaboration to educate and advocate for the elimination of Domestic Violence in our community.

#### **Goals:**

- Advocate for intervention and prevention activities that will decrease incidents of domestic violence;
- Promote safety and justice for those already affected by domestic violence;
- Educate and train people in our community in order to promote greater awareness and understanding of domestic violence.

[www.domesticviolenceptf.com](http://www.domesticviolenceptf.com)

## ***ABUSE: many names, one intent - to gain control and maintain control***

Domestic violence is a pattern of coercive control in an intimate relationship, punctuated by **threats** or **acts** of physical and/or sexual violence.

Domestic violence, battering, abuse, dating violence and family violence all describe the same pattern of behaviors and all have the same intent: to control and intimidate a partner. Domestic violence crosses all ethnic, racial and economic lines. An individual's size, strength, income or personality does not determine whether he or she could be abusive...**or be a victim.**

### ***EMOTIONAL ABUSE***

This includes put downs, name calling, mind games, humiliation, making all the rules, threats to harm the victim or victim's family, interrogating the victim, undermining parenting decisions, and making a person feel crazy or guilty. Some abusers believe their intimate partners are their property. Others may set unrealistic expectations for their partners.

Other types of abuse include:

- ⇒ Sexual abuse
- ⇒ Physical abuse (of victim, children, pets)
- ⇒ Financial abuse
- ⇒ Verbal abuse
- ⇒ Isolation
- ⇒ Stalking

**The danger in abusive relationships is real and may escalate!**

**24-Hour Crisis Line - (719) 545-8195**

## ***THE ABUSE IS NOT YOUR FAULT***

If you have a controlling partner, understand that the abuse is not your fault. You do not deserve to be abused. You have options available to you and your children.

Abusers may appear charming, courteous, caring, friendly, religious, calm, successful and law abiding. Behind closed doors they may be egocentric, self-absorbed, mean spirited, hypercritical, authoritarian, demanding, childish, moody and violent.

Abuse is not an anger problem, nor is it the result of stress or the use of drugs and alcohol. Counseling is available to those who are abusive to their partners.

**Call (719) 545-8195 to find out more.**

## ***Personal Safety Tips***

***No one deserves to be abused!***

### ***When you don't feel safe:***

- Plan the easiest escape - decide on a door or window to exit quickly and safely.
- Find a neighbor, friend, or family member you can trust to help you and your children, or to call the police.
- Move away from the kitchen, bathroom or any place where there are dangerous objects.

## ***If you decide to leave your partner, plan for your safety:***

- Every situation is different! Contact the 24-hour Crisis Line for information on how to plan for your safety. Leaving **may** be risky for you and your children.
- Put some money away. Even if you only save a little bit every week, you need to have some money of your own.
- Make copies of keys and important papers and leave them with a friend, neighbor or church. Some important items to have: birth certificates, legal papers, bank account numbers, social security cards, school records.
- Prepare a small bag of clothing. Determine where the best place would be to have these things available to you, should you need to leave quickly.

### ***Ways to stay safe on your own:***

- Change the locks on your doors.
- Learn about your legal rights. If you have legal papers to protect you, keep them with you at all times.
- Tell neighbors, friends, landlords and co-workers that your partner no longer lives with you. Keep a safety plan for coming and going and share it with people you trust. Teach your children about the safety plan.
- If your former partner is dangerous, find someone at work to tell. Show them a picture, and ask them to call **911** if your former partner comes around.
- If you need other ideas or a local referral, **CALL US - (719) 545-8195.**

**Love Doesn't Hurt!**