

DOMESTIC VIOLENCE MYTH VERSUS FACT

- MYTH: Domestic Violence is rare.
- FACT: The National Center for Injury Prevention and Control now estimates that almost 1.5 million women are victims of rape and physical assaults by boyfriends and husbands each year, and about one in four women is likely to be abused by a partner in her lifetime. (*Tjaden and Thoennes N. Full Report of the Prevalence, Incidence and Consequences of Intimate Partner Violence Against Women, Washington (DC): NIJ; 2000.*)
- MYTH: Domestic Violence is not a serious problem in the U.S.
- FACT: Battering is the single largest cause of injury to women in the United States – over mugging, automobile accidents and rape, combined. (*NCADV 2003*)
- MYTH: Domestic Violence is not a common occurrence.
- FACT: Every 12 seconds, a woman is beaten by her husband or boyfriend. (*American Institute on Domestic Violence 2003*)
- MYTH: Batterers are violent in all their relationships.
- FACT: Most batterers do not use violence at the workplace or in other non-intimate relationships to resolve conflict. “Batterer’s typically present a different personality outside the home than they do inside, which complicates a woman’s ability to describe her experiences to people outside the relationship.” (*K.J. Wilson, Ed.D., When Violence Begins at Home, 1997.*)
- MYTH: When batterers are violent, it is because they “lost their temper,” and not because they

meant to hurt their partner.

- FACT: Batterers use violence because it works, and not because they lose control of their emotions.
- MYTH: Domestic violence only affects the adults in the household.
- FACT: According to a recent American Bar Association report, experts estimate that between 3.3 and 10 million children witness domestic violence annually. The report cites numerous links between serious emotional and psychological problems from exposure to domestic violence:
 - o Depression, hopelessness, and other forms of emotional distress in teenagers are strongly associated with exposure to domestic violence.
 - o Infants often fail to thrive.
 - o Children may exhibit bed wetting, sleep disorders, violence towards other children, stuttering, and crying.
 - o Children exposed to domestic violence have a tendency to identify with the aggressor and to lose respect for the victim; men who witness their fathers abuse their mothers are three times more likely to abuse their wives than men who have not witnessed abuse. A woman who witnesses her father abuse her mother has a much greater likelihood of becoming a battered woman herself. (*“The Impact of Domestic Violence on Children,” American Bar Association 1995.*)
- MYTH: Domestic violence is usually a one-time event, an isolated incident.
- FACT: About 1 in 5 women victimized by their partners reported that they had been the victim of similar crimes by the same man. They had sustained at least 3 assaults within 6 months and the assaults were so similar they could not remember them distinctly.

FACT SHEET

- o Nearly one in every four women are beaten or raped by a partner during adulthood.
- o 1 in 6 women and 1 in 33 men have experienced an attempted or completed rape.
- o Three women are killed by a current or former intimate partner each day in America, on average.
- o Over 22 percent of women and 7.4 percent of men surveyed, reported being physically assaulted by a current or former partner in their lifetime.
- o Approximately 2.3 million people each year in the United States are raped and/or physically assaulted by a current or former spouse, boyfriend or girlfriend. Women who were physically assaulted by an intimate partner averaged 6.9 physical assaults per year by the same partner.
- o Approximately 37% of women seeking injury-related treatment in hospital emergency rooms were there because of injuries inflicted by a current or former spouse/partner.
- o Women are at an increased risk of harm shortly after separation from an abusive partner.

This brochure was produced by the
Orangeburg County Sheriff's Office
Community Services Unit
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With information being compiled from the:

National Network to End Domestic Violence,
the South Carolina Coalition Against
Domestic Violence and Sexual Assault, and
the American Bar Association.



Orangeburg County
Sheriff's Office

SHERIFF LEROY RAVENELL

*Domestic Violence
Awareness*

IN AN EMERGENCY

If you are at home and you are being threatened or attacked:

- ☉ Stay away from the kitchen (the abuser can find weapons, such as knives, there)
- ☉ Stay away from bathrooms, closets or small spaces where the abuser can trap you
- ☉ Get to a room with a door or window to escape
- ☉ Get to a room with a phone to call for help; lock the abuser outside if you can
- ☉ Call 911 right away for help; get the dispatcher's name
- ☉ Think about a neighbor or friend you can run to help
- ☉ If a police officer comes, tell him/her what happened; get his/her name and badge number
- ☉ Get medical help if you are hurt
- ☉ Take pictures of bruises or injuries
- ☉ Call a domestic violence program or shelter (some are listed here); ask them to help you make a safety plan
- ☉ Learn where to get help; memorize emergency phone numbers



HOW TO PROTECT YOURSELF AT HOME

- ☉ Keep a phone in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times
- ☉ If the abuser has moved out, change the locks on your door; get locks on the windows
- ☉ Plan an escape route out of your home; teach it to your children
- ☉ Ask your neighbors to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled or a light is on
- ☉ Get an unlisted phone number
- ☉ Block Caller ID
- ☉ Use an answering machine; screen the calls
- ☉ Take a self-defense course

HOW TO MAKE YOUR CHILDREN SAFER

- ☉ Teach them not to get in the middle of a fight, even if they want to help
- ☉ Teach them how to get to safety, to call 911, to give your address & phone number to the police
- ☉ Teach them who to call for help
- ☉ Tell them to stay out of the kitchen
- ☉ Give the principal at school or daycare

center a copy of your court order, tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser

HOW TO PROTECT YOURSELF OUTSIDE THE HOME

- ☉ Change your regular travel habits
- ☉ Try to get rides with different people
- ☉ Shop and bank in a different place
- ☉ Cancel any bank accounts or credit cards you shared; open new accounts at a different bank
- ☉ Keep your court order and emergency numbers with you at all times
- ☉ Keep a cell phone & program it to 911

HOW TO MAKE YOURSELF SAFER AT WORK

- ☉ Keep a copy of your court order at work
- ☉ Give a picture of the abuser to security and friends at work
- ☉ Tell your supervisors—see if they can make it harder for the abuser to find you
- ☉ Don't go to lunch alone
- ☉ Ask a security guard to walk you to your car or to the bus
- ☉ If the abuser contacts you at work, save voicemail and e-mails.

DEVELOP A SAFETY PLAN

- ☉ Know where you can go and how to get there, even if the battering should occur during the middle of the night.
- ☉ Know the escape routes and places that are safe.
- ☉ Pack a suitcase and keep it away from the house to retrieve if you need to leave quickly. Include:
 - ☑ A favorite toy, doll, or book for each child
 - ☑ An extra set of keys to your home and vehicles
 - ☑ Bank account(s) information
 - ☑ Birth certificates
 - ☑ Cash
 - ☑ Extra clothes for you & your children
 - ☑ Identification/Driver's License/Passport
 - ☑ Jewelry
 - ☑ Lease, rental Agreement, deed
 - ☑ Marriage license
 - ☑ Medical/Shot Records
 - ☑ Medications
 - ☑ Pictures
 - ☑ School records
 - ☑ Social security cards
 - ☑ Telephone numbers
 - ☑ Voter registration

Important Numbers

Orangeburg County Sheriff's Office 911
Domestic Violence Hotline 803-531-6211
CASA 803-534-2448

National Domestic Violence Hotline
800-799-SAFE (7233)
800-787-3224 (TTY)