

ARE YOU BEING ABUSED?

Does your partner...

- ♦ Call you names?
- ♦ Threaten to take the kids away?
- ♦ Push or shove you?
- ♦ Hit or punch you?
- ♦ Try to scare you by destroying your property or using threatening behavior?
- ♦ Threaten to hurt the ones you love?
- ♦ Try to keep you from your family or friends?
- ♦ Get angry when you are not home at a designated time or has to be with you at all times?
- ♦ Force you to be intimate or do things you are not comfortable with?
- ♦ Constantly accuse you of flirting or act extremely jealous?

Answering "yes" to any of the above statements may mean that you are in an abusive relationship.

Abusive relationships have a tendency to continue without outside intervention which leaves the opportunity for things to get worse. Seeking help from your local domestic violence program can increase the success of the relationship overcoming these obstacles.

WAYS YOU CAN HELP:

- ♦ EDUCATE YOURSELF
- ♦ BELIEVE THEM
- ♦ LISTEN TO THEM
- ♦ RESPECT THEIR CONFIDENTIALITY
- ♦ LET THEM MAKE THEIR OWN DECISIONS
- ♦ ENCOURAGE THEM TO DEVELOP A SAFETY PLAN
- ♦ ENCOURAGE THEM TO TAKE THREATS SERIOUSLY
- ♦ BE PATIENT
- ♦ BE THERE FOR THEM BUT BE CAREFUL
- ♦ ENCOURAGE THEM TO SEEK HELP



EMERGENCY NUMBERS

Emergency Response

911

PBPN Tribal Police

785.966.3024

PBPN Fire Department

785.966.2164

Toll Free Crisis Hotline

1.866.966.0173

PBPN Social Services

11400 158th Road

OR

P.O. Box 174

Mayetta, KS 66509

(Located in East wing of PBPN Health Center -Social Services Office)

Office: 785.966.8330

Fax: 785.966.8383

24 Hour Crisis Hotline:

1.866.966.0173

NO ONE CHOOSES TO BECOME A VICTIM OF CRIME!!!

Yet, unfortunately, everyday thousands of people from every walk of life do through no fault of their own. Crime does not discriminate based on race, sex, income, marital or relationship status, religion, age or sexual orientation. Anyone can become a victim of crime.

Victims, witnesses, and their family members can experience a range of physical and emotional reactions to the crime:

- ◆ *Changes in appetite*
- ◆ *Mood Swings*
- ◆ *Muscle tension or fatigue*
- ◆ *Nightmares or intrusive flashbacks of the event*
- ◆ *Changes in sleeping patterns*
- ◆ *Increased substance use/abuse*
- ◆ *Fear, Anxiety, Depression & Grief*
- ◆ *Misplaced anger, blame or guilt*
- ◆ *Inability to concentrate*
- ◆ *Forgetfulness*
- ◆ *Hyper-alertness or Hyper-sensitivity*
- ◆ *Questioning faith in God or a Creator*
- ◆ *Avoidance of people, places, things or situations that are reminders of the incident*
- ◆ *Loss of memory for parts of or even the entirety of the incident—Memories of the incident may return in disconnected bits & pieces unexpectedly*
- ◆ *Inability to express thoughts or feelings adequately*
- ◆ *Inability to express the sequence of events correctly*
- ◆ *Feelings of being overwhelmed and/or feeling numb or detached*

These reactions and others can appear within minutes or hours of the crime or may take weeks or months to develop. They may come and go in intensity and frequency and may appear in isolation or in combination with other reactions. How long they last can depend on many things including: the importance of the crime to the individual, physical injuries, family and community support for the victim, prior victimizations, length, severity and frequency of this and prior incidents, assistance and care received after the crime, the victim's belief that justice was served and many other factors.

Just remember there is no "correct" way to react to becoming a crime victim or witness, Nor is there a timeline for restoring a sense of "normalcy" to life. Each individual will react in their own way and heal in their own time. Help for working through the aftermath of the crime is available.

FAMILY VIOLENCE

Family violence/abuse is a pattern of behaviors used to control another person. Abuse can be either emotional, physical, or sexual. Battering can be a punch, hit, kick or a severe beating that sometimes results in death. Battering can be done by anyone including strangers, boyfriends, girlfriends, husbands, wives, lovers and other relatives.

SEXUAL ASSAULT

Sexual Assault can be defined as ANY forced sexual contact: an incident that involves sexual contact that is forced on someone. Sexual assault or rape has very little to do with sex, rather, it's a crime of power and control where sex is the weapon used against an individual.

STALKING

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. A stalker does not care what age, gender or race, a stalker is a predator and looking for prey. Stalking is not a joke. It's not romantic. It's not ok. Stop stalking. It's a crime.

TEEN DATING VIOLENCE

Teen dating violence is about power. Whether through words or actions, the abuse is meant to control or hurt another person. Teen dating violence runs across race, age and gender.

CRIME

Crime can impact individuals, families, and communities. Crime can include: burglary, identity theft, assault, and gang violence. CRIMES are real and have lasting impact. Police and emergency responders are trained and ready to assist.