

If You Are A Victim Of Domestic Assault Or Sexual Assault There is HELP

If you are being abused, Remember

1. You are not alone
2. It is not your fault
3. Help is available

AADA Can Help By Offering:

- Crisis Intervention
- Referrals
- Support Group
- Community Education
- Domestic Violence Counseling
- Parenting Class
- Sexual Assault Advocacy
- Legal Advocacy
- TTY Available
- Confidential Service
- Temporary Shelter

All services are
confidential and free

A Way Out

Everyone has a right to be safe
from threats and violence!

YOU
must take the first step.
We are here to help.

Advocates Against Domestic Assault

Trinidad and Walsenburg Crisis

Line:

719-846-6665

Ending domestic violence and sexual assault is
everyone's business.

National Hotline

1-800-799-SAFE (7233)

1-800-787-3244(TTY)

WE CARE



Accessible to persons with disabilities.



We Are A Safe
Place



LEP Services

Advocates Against Domestic Assault

Trinidad Office

719-846-9159

24 Hour Crisis Line

Trinidad:

719-846-6665

Walsenburg Office:

719-738-0770

24 Hour Crisis Line

Walsenburg:

719-846-6665



**For Emergencies Call
911**

What is Intimate Partner Violence?

Intimate partner violence (IPV) is a pattern of abusive and coercive behaviors that adults and teens use against their intimate partners for the purpose of gaining power and control.

Abuse can be:

Emotional/Verbal Abuse: Name calling/put-downs; denying/shifting blame; treating a partner as an inferior; threatening to harm others/self or to reveal information that might be harmful; using threatening looks, actions, or gestures

Physical Abuse : Shoving, hitting, kicking, burning, strangle, biting, using weapons or other objects to cause injury, restraining. Damaged property when angry(thrown objects, punched walls, kicked doors, etc.). Abandoned you in a dangerous or unfamiliar place.

Sexual Abuse: Any unwanted touching or forcing of an adult or child to engage in sexual acts against his or her will. This is known as rape or incest.

Stalking: Monitoring activities, phone calls, or emails; following a partner; impersonating or questioning others about a partner. This may be done without the victim's knowledge.

Property or Economic Abuse: Destroying/stealing property; denying money for basic needs such as food or medical care; interfering with a partner's work or education.

TECHNOLOGY WARNING

The Internet, caller ID, cell phones, and other technologies can enhance survivor safety, but may also be used by the abusers as tools for stalking, harassment, and intimidation.

Who are Victims Of Domestic Violence?

Domestic Violence can be lethal, and affects people of all gender identities, gender expressions and sexual orientations. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and educational levels.

Who does Domestic and Family Violence Affect?

Domestic violence can have a significant impact not just on the victims of the violence or abuse, but those who reside in the house including children and pets.

Victims of domestic or family violence can not only be left with serious physical injuries but abuse can affect their confidence, self esteem and ability to make clear judgments .

Children are often those who can be affected the most. Exposure to domestic and family violence may take away a child's sense of security and safety.

How can I help my friend or partner?

- ◆ Believe them!
- ◆ Respect their need for confidentiality
- ◆ Avoid judgmental comments/jokes
- ◆ Ask how you can assist rather than giving advice
- ◆ Respect their decisions even when yours may be different
- ◆ Be a good listener
- ◆ Offer your unconditional love and support.

Early Warring Signs Of Abuse May Be

- ◆ Extreme Jealousy
- ◆ Controls what you wears
- ◆ Constantly checking up on who you see or where you are going. Monitors phone calls, texts.
- ◆ Reads your email or mail.
- ◆ Keeps you from seeing family and friends
- ◆ Controlling how much you spend
- ◆ Saying things to be-little you
- ◆ Continually placing blame on their partner if something goes wrong
- ◆ Quick involvement
- ◆ Forces you to do something sexual that you did not want to do.
- ◆ Breaks your things or hurts your pet.