

## SAFE PLACE FAITH COMMUNITY OUTREACH

The Safe Place Faith Community Outreach Team's mission is to raise AWARENESS in the community about intimate partner violence (IPV) and its prevalence, CONNECT victims in need to community resources and work to PREVENT IPV by hosting educational/open discussion events for parishioners and the community."



### **WE WANT TO HELP YOU OR SOMEONE YOU MAY KNOW WHO IS SUFFERING FROM RELATIONSHIP ABUSE.**

There is no need to live in fear and anxiety due to abusive behavior from a partner or spouse, family member such as a parent, or caregiver. Abusive behavior is NOT your fault.

### **WHAT IS RELATIONSHIP ABUSE?**

A pattern of behavior that seeks power and control over another person. This abusive behavior can be aimed at a child (child abuse), an elder whose family member or caregiver abuses them (elder abuse), an intimate partner or a spouse or a teen in a dating situation. Relationship abuse is often a precursor to violence.



## FORMS OF ABUSE (WHAT RELATIONSHIP ABUSE CAN LOOK LIKE):

### **Physical Abuse**

Is the easiest to detect and includes punching, pushing, slapping, throwing things, etc

### **Emotional or verbal abuse**

Is the most common and the most difficult to detect which includes insults, constant criticism, belittling, foul words, excessive jealousy and isolation from family and friends.

### **Economic abuse**

Includes withholding money and impoverishing partner, making one totally dependent on the other.

### **Sexual abuse**

Can be forced intimacy or intimacy denied or infidelity and more.

Abuse can be some OR all of the forms listed above.

## OUR MISSION:

- To raise AWARENESS of domestic violence, physical and emotional, within our parish and the community.
- Refer victims and encourage them to connect to PROFESSIONAL SERVICES .
- PREVENT domestic violence through educational and open discussion events.

## MORE FACTS ABOUT RELATIONSHIP ABUSE:

Relationship violence is common. Data from the Centers for Disease Control's (CDC), National Intimate Partner and Sexual Violence Survey (NISVS) indicate:

- 1 in 5 adult women and about 1 in 7 adult men report having experienced severe physical violence from an intimate partner in their lifetime.
- About 1 in 6 women and 1 in 12 men have experienced contact sexual violence from an intimate partner (this includes rape, being made to penetrate someone else, sexual coercion, and unwanted sexual contact.)
- Ten percent of women and 2 percent of men report having been stalked by an intimate partner.
- Regarding child abuse the CDC says that "Exposure to child abuse or neglect and other adverse childhood experiences cause toxic stress that can disrupt early brain development and harm the nervous and immune systems. Exposure to childhood adversity can increase a person's risk for future violence, unhealthy behaviors, poor health and wellness, and limit life opportunities. This impact can be long-lasting and may continue across future generations."

## WHAT THE CATHOLIC CHURCH HAS SAID ABOUT RELATIONSHIP ABUSE

The U.S. Catholic Bishops states: "Violence against women, inside or outside the home is never justified, and it is a sin and often a crime. No one is expected to stay in an abusive marriage." *Letter: When I Call for Help, 2002.*

## ARE YOU ABUSED? ASK YOURSELF:

Does my partner -  
belittle or demean me?  
bully, coerce, threaten or intimidate me?  
does my partner blame me for everything?  
am I concerned about my children's emotional or physical safety?

**IS A FRIEND BEING ABUSED? You can help by:**

- Believing the victim.
- Assuring a victim that it is not their fault – they don't deserve it.
- Guaranteeing confidentiality.
- Encouraging victims to seek professional help and providing resources.
- Listening without judgement.
- Respecting the victim's right to make decisions at their own pace.
- Assuring a victim that they are not alone.

**IF SOMEONE IS IN IMMEDIATE DANGER, CALL 911.**

For FREE ASSISTANCE or referrals anywhere in the United States 24/7, call:

**NATIONAL DOMESTIC VIOLENCE HOTLINE:**

**1-800) 799 – SAFE (7233)**

**1-800) 787-3224 (TTY)**

**Get Help | The National Domestic Violence Hotline**

**THE FAMILY JUSTICE CENTER OF SAN DIEGO (FJC)**

**[San Diego Family Justice Center](#)**

**1122 BROADWAY, SUITE 200**

**SAN DIEGO, CA 92101**

**619) 533-6000**

**866) 933-4673**

**Hours: Monday – Friday from 8:00 am to 5:00 pm**

At the **FJC**, a variety of services are available to those in need at this world class center dedicated to victims of relationship violence.

***Resources for TEENS:***

**Love Is Respect: 1 866) 331-9474**

**[www.loveisrespect.org](http://www.loveisrespect.org)**

**Text: loveis to 1 866) 331-9474**

*To report ELDER ABUSE call:*

**ADULT PROTECTIVE SERVICES:**

**1 800-339-4661**

Safe Place Faith Community Outreach Team

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