

ARE YOU BEING ABUSED?

Does the person you love...

- ...grab, push, kick, strangle or hit you?
- ...threaten to hurt you or your children?
- ...try to isolate you from family or friends?
- ...put you down in front of others?
- ...jealously monitor your activities?
- ...blame you for his anger?

Do you...

- ...feel frightened to leave?
- ...always do what your partner wants?
- ...walk on “eggshells” trying not to do anything that would make your partner angry?
- ...believe that your partner would change if you “behaved better?”

If you've answered “yes” to just one question, you may be in an abusive relationship. BUT...

You are not alone & you have choices!
To explore your options, call CODA:
843-770-1070 or 800-868-2632

This project was supported by Federal Formula Grant # 2007VA-GX-0035, awarded by the Bureau of Justice Assistance, U.S. Department of Justice through the South Carolina Department of Public Safety. The Assistant Attorney General, Office of Justice Programs, coordinates the activities of the following program of offices and bureaus: Bureau of Justice Assistance, Bureau of Justice Statistics, National Institute of Justice, Office of Juvenile Justice and Delinquency Prevention, and the Office for Victims of Crime. Any points of view or opinions contained within this document are those of the author and do not necessarily represent the official position or policies of the U. S. Department of Justice.

SAFETY TIPS

If you are in an abusive relationship, remember these tips:

- ⚔ Pack a bag with essentials and important papers (money, birth certificates, lease or deed to your home, marriage certificate, bank records.) Keep it in a safe place in case you have to escape quickly.
- ⚔ Tell a neighbor to call the police if she hears a disturbance.
- ⚔ Establish a code word to use with family and friends to secretly alert them to call the police.
- ⚔ Practice how to get out of your home safely and quickly.
- ⚔ If an argument begins, go to a room with an exit - avoid the bathroom or kitchen where weapons are available.

Treat domestic violence seriously!



P. O. Box 1775
Beaufort, SC 29901

24-Hour Crisis Lines:
843-770-1070 or 800-868-2632

Administrative Line:
843-770-1074
Email: executivedirector@codabft.com
Web: codalowcountry.org
Fax: 843-770-1084



SUPPORTING VICTIMS OF
DOMESTIC VIOLENCE

DOMESTIC VIOLENCE CAN BE DEADLY!

Domestic violence is a pattern of behavior in which abusers employ multiple methods to gain complete control over their partners. Although anger may be used to gain power, domestic violence is about control, not anger.

Similarly, domestic violence is not a “relationship problem.” Nothing a victim can do will improve the situation. The problem lies with the abuser.

Years of violence and threats often leave a person too traumatized to break away. If the victim does make the decision to leave, statistics show she enters the most dangerous time of her relationship. She may be stalked or even killed as the abuser sees his carefully created world of control disintegrating around him.

HOW DO ABUSERS MAINTAIN CONTROL?

EMOTIONAL ABUSE: Threatening violence or loss of child custody; minimizing or blaming victims for the abuse they’ve experienced; isolating victims from family and friends; jealously monitoring the victim’s activities.

VERBAL ABUSE: Hurling insults, calling names, belittling the victim or those she loves.

PHYSICAL ABUSE: Hitting, kicking, strangling.

FINANCIAL ABUSE: Forbidding victims to work and establish financial independence; or, if she is employed, seizing her paychecks.

SEXUAL ABUSE: Forcing unwanted sexual acts.

REAL OR THREATENED DESTRUCTION OF PROPERTY OR PETS.

HOW CAN CODA HELP?

CODA is a private, non-profit organization providing services to victims of domestic violence from Beaufort, Colleton, Hampton and Jasper counties.

CODA operates a 24-hour crisis line and provides safe shelter for up to 24 women and children in its pleasant, contemporary facility.

CODA offers court advocacy, legal assistance and court accompaniment.

Trained counselors provide individual and group counseling for adults and children.

Case managers assist with practical concerns such as housing, employment and day care.

CODA’s community educators are available for presentations tailored to community, business, school and/or church groups.

Services are available to not only shelter residents but also victims of domestic violence not currently in need of shelter.

All CODA Services are Confidential and Free of Charge



Children are the often overlooked casualties of domestic violence. The frightening atmosphere in which they live can cause emotional and learning problems. Moreover, as adults, they may repeat the behavior they’ve witnessed to become batterers or victims themselves.

THE CYCLE OF VIOLENCE



The apparently chaotic world inhabited by a victim of domestic violence is often comprised of predictable phases.

When all appears “normal,” a violent explosion may be imminent. After the explosion, which may be verbal, sexual or physical, the honeymoon phase of apologies and promises of change begins.

The abuser’s remorse is genuine - he does not want to lose the person he controls. When his world is once more secure, the courting stops and life returns to normal.

However, his partner can recognize signs of approaching trouble as the tension-building phase begins once more.

When the cycles become shorter and explosions more frequent, the severity of violence usually intensifies - often to lethal levels.

Treat frequent episodes of intensifying violence as a warning to SEEK HELP!

Note: CODA services are available to all victims of domestic violence - male or female. Studies show that 87% - 95% of reported cases of domestic violence involve female victims and male perpetrators.