

Resources

Local Resources



FRCC Counseling Services **303-678-3641**



Bilingual 24-hour crisis line, shelter, and counseling **303-772-4422**



Domestic Violence prevention, education & access/ referrals for victims **303-774-4534**



Sexual Assault prevention, education, counseling & hotline **303-443-7300**



Child abuse and sexual assault prevention, education, investigation and counseling **303-444-1388**

National Resources

National Domestic Violence Hotline/website:

1-800-799-SAFE (7233) or www.ndvh.org

National Sexual Assault Hotline:

1-800-656-HOPE or www.rainn.org

National Child Abuse Hotline:

1-800-4-A-CHILD

Hotline specializing in male victims of domestic violence.

1-888-7HELPLINE or dahmw.org

Longmont Ending Violence Initiative

225 Kimbark Street, Longmont, CO 80501

303-774-4534

LongmontDomesticViolence.org

FACTS:

From: The National Center for Victims of Crime

Physical aggression occurs in 1-in-3 dating relationships.

Young women, ages 16-24, experience the highest rates of relationship violence.

Date rape accounts for almost 70% of the sexual assaults reported by adolescent and college age women.

Many studies indicate that as a dating relationship becomes more serious, the potential for and nature of violent behavior also escalates.

INTIMATE PARTNER BILL OF RIGHTS:

- ⇒ I have the right to have my values and limits respected
- ⇒ I have the right to express my feelings and have them be heard
- ⇒ If I don't want physical closeness, I have the right to say "no"
- ⇒ I have the right to start a relationship slowly
- ⇒ I have the right to change or end the relationship if my feelings change
- ⇒ I have the right to an equal relationship with my partner
- ⇒ I have the right to not be dominated or controlled



LOVE.



SEX.



LIES.



Love, Sex & Lies is the brain child of The Center on Domestic Violence at the University of Colorado, Denver. We thank them for their assistance and inspiration.



24/7 FREE AND CONFIDENTIAL CRISIS LINE

303-772-4422

HELP A FRIEND — HELP YOURSELF

HOW HEALTHY ARE YOUR INTIMATE RELATIONSHIPS?

HOW HEALTHY ARE YOUR INTIMATE RELATIONSHIPS

Intimate relationships can be one of the most fulfilling parts of life. The sharing, caring and loving can be supportive, warm and a great source of joy.

Unfortunately, in some cases we are involved in relationships that are harmful or destructive. If you or someone you know is involved in an abusive relationship, it may feel like there is no escape. Financial concerns, emotions, or threats can keep you in a harmful relationship.

Help is available! This brochure can help you find confidential resources to help you understand your relationship, and if needed, help you physically or legally escape. We hope you find this information helpful.

REMEMBER: YOU ARE NOT ALONE.

The adoration, the intensity of love, and the absolute need to be with you may be signs of a potentially abusive partner. It's easy to confuse these signals as love, but it may be about control. Here are a few ways to determine healthy and unhealthy relationships.

HEALTHY RELATIONSHIPS

- Are comfortable and comforting
- Nurture a strong sense of self
- Provide personal safety
- Both partners give and take
- Energizes both partners

IN UN-HEALTHY RELATIONSHIPS

- One person is worth more than the other
- One person fears the other
- One person feels embarrassed, ashamed, drained, or exhausted
- One or both partners feels isolated and alone
- One partner may feel helpless

TYPES OF ABUSE:

EMOTIONAL/PSYCHOLOGICAL

Includes name calling, causing self-doubt, blaming others for problems, jealousy, manipulation, public humiliation, possessiveness and more.

PHYSICAL

Includes pushing, shoving, breaking objects, hurting animals and children, threats with a weapon, strangulation, restraining movements, threat of harm to self or others.

SEXUAL

Includes unwanted kissing, touching, or sexual activity, pressuring your partner for sexual activity, rape, using drugs or alcohol to get sex, preventing your partner from using birth control or practicing safer sex, and more.

ECONOMIC

Includes disallowing or frequent interference at work, controlling bank accounts and more.

If you suspect that any of these issues are present in your relationship, please contact the free resources listed on the back of this brochure. You are not alone .

SAFETY PLANNING

Leaving an abusive relationship can be difficult for many reasons; it is best to get some expert advice. In many cases, people should consider making a safety plan before leaving because statistically, a person is in the greatest danger when ending the relationship. The free resources listed on the back of this brochure can help with safety planning.

HELP A FRIEND

- Listen with patience and compassion
- Ask how you can help
- Tell them that the abuse is not their fault
- Tell them they don't deserve the abuse
- Encourage your friend to get help and share referral information (find some on the back of this brochure)
- Let them decide when and how to best use referral information
- Tell them that you support them
- Avoid direct confrontations with the abuser

People may remain in an abusive relationship for many reasons including: fear of their partner, self-blame, minimization of the crime, loyalty or love for their partner, social or religious stigma, or lack of understanding. Be patient, be supportive and keep reminding them they don't deserve to be abused.

HELP YOURSELF

- Know where you can go for help
- Know who to call
- Know how to escape an abusive situation
- Let someone know when you are afraid and need help
- In an emergency, call the police or 9-1-1
- Memorize important phone numbers for emergency situations
- Have money available for emergency transportation