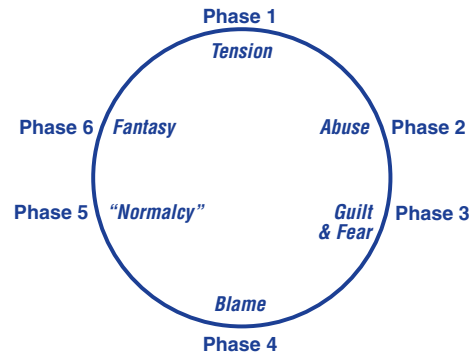


The Cycle of Violence



Phase 1

NO MATTER WHAT THE VICTIM DOES THE TENSION BUILDS. THE VICTIM KNOWS THEIR ABUSER IS LIKELY TO ERUPT.

Phase 2

THE ABUSE BEGINS. THE BATTERER MAY INFLICT EMOTIONAL, PHYSICAL AND/OR SEXUAL VIOLENCE.

Phase 3

GUILT AND FEAR OF CONSEQUENCES. AFTER THE VIOLENCE THE ABUSER MAY HAVE FEELINGS OF "GUILT" - NOT NORMAL GUILT OF HURTING ANOTHER PERSON, BUT, ACTUALLY A FEAR OF GETTING CAUGHT. THE ABUSER MIGHT BLAME ALCOHOL OR DRUG USE FOR THEIR ACTIONS.

Phase 4

BLAMING THE VICTIM. THE ABUSER BLAMES THE VICTIM FOR THEIR ACTIONS AND FOR CAUSING THE BATTERER TO HURT THE VICTIM. "YOU MADE ME DO IT."

Phase 5

NORMALCY. AT THIS POINT THE BATTERER EXHIBITS KIND AND LOVING BEHAVIOR. AN UNUSUAL CALM WILL SURROUND THE RELATIONSHIP. THE BATTERER MAY APOLOGIZE, BRING GIFTS, AND PROMISE THE VIOLENCE WILL NEVER HAPPEN AGAIN.

Phase 6

FANTASY. THE BATTERER FANTASIZES ABOUT ABUSE, PAST AND FUTURE. THESE THOUGHTS FEED THE ABUSER'S ANGER AND BEGINS TO SET UP ANOTHER ATTACK BY PLACING THE VICTIM IN SITUATIONS IN WHICH THE ABUSER WILL BE ANGERED.

WITH TIME THE ABUSE INCREASES WITH INTENSITY & SEVERITY. THE CYCLE SPEEDS UP, AND THE LOVE STAGE AND SECURITY IS PHASED OUT. UNDERSTANDING THE CYCLE OF VIOLENCE HELPS SURVIVORS RECOGNIZE THEY ARE TRULY NOT TO BLAME FOR THE VIOLENCE THEY HAVE SUFFERED AND THAT THE ABUSER IS THE ONE RESPONSIBLE. AT ANY STAGE IN THE CYCLE A VICTIM HAS OPTIONS. WE ARE HERE TO HELP YOU SEE YOUR OPTIONS. YOU ARE NOT ALONE!

What You Can Do Stop Abuse Now!

- CALL BATTERED PERSON'S ADVOCACY
- TELL SOMEONE, YOU ARE NOT ALONE
- LEARN WHAT YOUR OPTIONS ARE
- MAKE A PLAN BASED ON YOUR CHOICES
- IF YOU ARE CONSIDERING LEAVING, MAKE A "SAFETY PLAN". WE CAN SHOW YOU HOW.



24-HOUR CRISIS LINE
541-673-7867
800-464-6543

WWW.PEACEATHOME.COM

You Deserve
Peace at Home

All Victims Of Domestic Violence Are Eligible For Our Services

REGARDLESS OF SEX, RELIGION, SEXUAL ORIENTATION, OR INCOME.

No One Should Have to Live in Fear.

BATTERED PERSONS' ADVOCACY OFFERS SERVICES TO VICTIMS OF DOMESTIC VIOLENCE IN DOUGLAS COUNTY. OUR CARING, WELL TRAINED STAFF AND VOLUNTEERS PROVIDE THE FOLLOWING SERVICES:

- CRISIS INTERVENTION
- SEXUAL ASSAULT TEAM
- EMERGENCY TRANSPORTATION
- EMERGENCY SHELTER
- PEER SUPPORT
- CASE MANAGEMENT
- SUPPORT GROUPS
- COMMUNITY RESOURCE REFERRALS
- LEGAL ADVOCACY
- CHILDREN'S PROGRAMS
- TRANSITIONAL HOUSING
- COMMUNITY EDUCATION

Peace At Home

THANKS TO GENEROUS COMMUNITY SUPPORT, BATTERED PERSONS' ADVOCACY IS ABLE TO PROVIDE COMPREHENSIVE SERVICES INCLUDING EMERGENCY SHELTER FOR WOMEN, MEN AND CHILDREN IN CRISIS. THE GOAL OF SHELTER CARE IS TO PROVIDE A WARM CARING ATMOSPHERE WHERE STAFF HELP EXPLORE OPTIONS IN A SUPPORTIVE ENVIRONMENT. SAFETY AND CONFIDENTIALITY COME FIRST.

BPA IS SUPPORTED IN PART BY YOUR UNITED WAY DONATIONS.

ALL DONATIONS TO BPA ARE TAX DEDUCTIBLE.

Reasons Why Battered People Stay

- ECONOMIC DEPENDENCE
- FEAR OF GREATER DANGERS
- ISOLATION
- NOWHERE TO GO
- LACK OF INFORMATION/OPTIONS
- SAFETY OF CHILD, FAMILY
- FEAR OF RETALIATION
- SHAME/GUILT
- NO SUPPORT SYSTEM
- EMOTIONAL BONDAGE
- RELIGIOUS/CULTURAL BELIEFS
- FEAR OF THE UNKNOWN
- LACK OF JOB SKILLS
- EMOTIONAL DAMAGE TO CHILD
- FEAR OF COURT PROCESS
- INSECURITY
- TIES TO HOME AND BELONGINGS
- CHILD NEEDS FATHER VALUE
- MARRIAGE IS FOREVER VALUE
- SOCIETAL CONDITIONING

How Can I Help?

TALK WITH CHILDREN AND FAMILY MEMBERS ABOUT VIOLENCE AND YOUR OWN VALUES AND BELIEFS. TEACH SELF-ESTEEM TO CHILDREN. ENCOURAGE OTHER PARENTS AND COMMUNITY MEMBERS TO BE A PART OF RAISING STRONG EMOTIONALLY HEALTHY CHILDREN. REFUSE TO LISTEN TO SEXIST, RACIST, ABLEIST, OR HOMOPHOBIC JOKES OR COMMENTS. INVITE SPEAKERS FROM BATTERED PERSONS' ADVOCACY TO YOUR SCHOOL, WORK, SOCIAL AND CIVIL CLUBS, AND CHURCHES TO TALK ABOUT FAMILY VIOLENCE. GIVE TO YOUR LOCAL SHELTER EITHER THROUGH TIME AS A VOLUNTEER, DONATING SUPPLIES, EQUIPMENT, OR CASH TO ENSURE THERE IS ALWAYS A SAFE PLACE TO GO.

Battered Persons' Advocacy

24-HOUR CRISIS LINE 54 1-673-7867

TOLL FREE 800-464-6543

REEDSPORT 54 1-271-3199

HABLAMOS ESPANOL

EMERGENCY LINE 911

WWW.PEACEATHOME.COM