

Warning Signs of Violence

If your partner is displaying a combination of the following behaviors, he or she may be an abuser.

- * Excessive jealousy
- * Controlling behavior
- * Mood swings; explosive temper
- * Treats you like a possession
- * Is demanding of your time
- * Checks up on you
- * Tries to isolate you from family & friends
- * Controls all the money
- * Forbids you from working
- * Is verbally abusive
- * Makes threats
- * Uses force during an argument; breaks things
- * Is remorseful after violence
- * Uses the children as “pawns” to control you
- * Repeatedly accuses you of having affairs
- * Blames others for his/her problems
- * Lacks self-esteem
- * Is critical and difficult to please
- * Has an abusive family background
- * Has poor communication skills
- * Is cruel to animals or children
- * Abuses alcohol or drugs at times
- * May have an arrest record

Remember...

You Are Not Alone.

You Do Not Deserve to be Abused.

You Are Not the Cause of Someone Else’s Violent Behavior.

You Have the Right to Make Your Own Choices.

You Have the Right to Demand Respect.

Domestic Violence is an emotional roller coaster. A battery tends to be followed by a period of affection, remorse, and promises that it will never happen again—but it usually does.

Places to Call for Help:

(All services are free and confidential)

Community Crisis Center (Kane Co.)
(847) 697-2380

Family Shelter Services (DuPage Co.)
(630) 469-5650

WINGS (Cook Co.)
(847) 221-5680

Hanover Park Police Social Services
(630) 823-5579

Information adapted from The Center for Women Policy Studies, Projects for Victims of Family Violence, Inc. and the Illinois Coalition Against Domestic Violence

DOMESTIC VIOLENCE

Information For You



*Information Presented By The
Hanover Park Police Department
Social Services Unit*

Domestic Violence Is A Crime

Definitions of abuse can be confusing. It is important to recognize domestic violence so you will not be injured or controlled.

Physical Abuse: hitting, pushing, biting, hair pulling, choking, preventing you from leaving

Sexual Abuse: unwanted touching or sexual advances after being told “no”

Emotional Abuse: name calling, criticizing, blaming, playing mind games, threatens suicide

Social Abuse: controlling what you do, checking up on you, refusing to let you work or see friends, intimidation, using the children as a means of control

Harassment: unwanted phone calls, stalking, threats

Financial Exploitation: makes all decisions about money, destroys personal property, denies you access to money

Facts About Battering

- Battering is a crime
- Battering is a learned behavior which is under the control of the person doing it. Alternatives to violence can be learned.
- Battering is not a mental illness.
- Battering is done without concern for your physical or emotional well-being
- The abuser acts without concern for the consequences of his/her violence to you.
- All forms of battering are done to show control and domination.
- Incidents are recurrent, and they often escalate in severity and frequency.
- Abuse happens in all classes, races, and economic levels.
- Use of alcohol or drugs does not cause violence in a relationship.

Effects on Children

Children do not need to be physically present to be impacted by violence. Even if they are not witnessing the abuse or being abused themselves, they are aware of the tension and fear. General reactions that children from violent homes are likely to show are:

- Feeling responsible/guilty for abuse
- Constant anxiety
- Anger and aggression
- Need for excessive adult attention
- Fear of abandonment or further harm
- Physical complaints: headache, stomach-ache, nausea, etc.
- Nightmares

What Can You Do?

Before An Attack:

Make Contacts: know who to contact when you are in crisis, such as shelters and domestic violence agencies.

Have a Safety Plan: identify all exits in your home, tell a neighbor to call police, have a bag packed in case you must leave in a hurry. Have quick access to a phone, cash, clothing, medication, important papers, and keys.

During An Attack:

Call for Help: scream loudly. You have nothing to be embarrassed about.

Get Away: escape if you can. Go to a shelter or friend’s house.

Call the Police: they can not help prevent you from further abuse if they do not know it is happening.

After An Attack:

Make a Police Report: The report will become evidence of abuse, which may be helpful in the future.

Seek Medical Attention: take photos of your injuries. Save evidence.

Get an Order of Protection: prohibits further abuse. It is police enforceable.

Talk to Someone About Your Choices: a counselor or domestic violence advocate. **Do not** seek couple’s counseling. Violent behavior must be stopped before relationship problems are addressed.