



“It is not my enemies who taunt me – I could bear that; it is not adversaries who deal insolently with me – I could hide from them. But it is you, my equal, my companion, my familiar friend, with whom I kept pleasant company; we walked in the house of God with the throng.” Ps. 55:12-14

What is Domestic Violence?

Domestic violence is a pattern of violent behaviors used to control an intimate partner. It may be physical, but it may also take on more subtle forms such as emotional, verbal, or financial intimidation and control.

It doesn't happen in my church, does it?

Sadly, it happens in all communities. People in our pews are not immune. Abuse crosses all social and cultural borders. While men may be victims, 95% of victims are women. About one out of every four persons experiences abuse.

padvn PRESBYTERIANS AGAINST
DOMESTIC VIOLENCE NETWORK

is available to help your congregation or presbytery with training, resources or consultation. Visit us at www.pcusa.org/phewa/padvn or contact us toll-free at (888) 728-7228, ext. 5800
email: susan.stack@pcusa.org

What should I do if I believe I am a victim?

- ◆ Trust your instincts and seek help from a domestic violence program in your community.
- ◆ Recognize that the abuse is not your fault.
- ◆ Know that you are not alone and that help is available.
- ◆ Talk in confidence with someone you trust: a relative, a friend or your pastor.
- ◆ If you choose to remain in the situation for now, set up a safety plan of action for yourself and your children (for example, hide a car key and some money in a safe place; locate somewhere to go in case of emergency).

National Domestic Violence Hotline 1-800-799-SAFE

How do I know if I'm a batterer?

- ◆ If you are extremely jealous,
- ◆ If you control your partner's activities,
- ◆ If you use physical force to solve problems or intimidate in other ways, and
- ◆ If you believe that you are the head of the household and should not be challenged,

then you are probably hurting the people you love and you should get help from someone who will hold you accountable. Acknowledge that the abuse is your problem and have the courage to seek help.



PADVn is one of ten networks organized under the Presbyterian Health, Education and Welfare Association (PHEWA).