

AM I EXPERIENCING DOMESTIC VIOLENCE?

If you answer Yes to any of these questions you may be experiencing domestic violence.

- ◆ Are you frightened by your partner's temper?
- ◆ Do you feel like you are walking on eggshells?
- ◆ Do you make decisions about activities and select your friends according to what your partner wants or how your partner will react?
- ◆ Has your partner hit, kicked, punched, slapped, or pushed you?
- ◆ Does your partner put you down or threaten you?
- ◆ Does your partner destroy your belongings or limit your access to money?
- ◆ Does your partner try to keep you away from your family and friends?
- ◆ Does your partner want to know where you are every minute?



BE AWARE

Sexual Assault Prevention

Use the "Buddy System" and stay with a group. Drink responsibly, stay in control. Trust your instincts. If it does not feel right, leave. Clearly communicate what you want or don't want.

BE PREPARED

Domestic Abuse, Before the Violence

- ◆ Make a safety plan, a victim advocate can help.
- ◆ Keep important phone numbers with you.
- ◆ Have an emergency kit with money, medical cards, checkbook, car keys, birth certificates and other I.D., pay stubs, medicine, and children's toys.
- ◆ Know who can offer shelter, rides and money.
- ◆ Ask family, friends and others for help.

During the Violence

- ◆ Call the police or have someone else call.
- ◆ Grab your emergency kit, if you can.
- ◆ GET OUT! Take your children and your pets with you.

After the Violence

- ◆ Get medical help and tell them what happened.
- ◆ Have the doctor, nurse or a friend take pictures; save any ripped or bloody clothes as evidence and provide to either the health care provider or law enforcement when electing unrestricted reporting.
- ◆ Ask the Victim Advocate for help in figuring out the next step in the process.
- ◆ Call for help. Resources are listed below.

***National Domestic Violence Hotline**

1-800-799-SAFE

***National Sexual Assault Hotline**

1-800-656-HOPE

Military One Source

CONUS: 1-800-342-9647

OCONUS: 00-800-3429-6477

To call collect (with operator assistance): OCONUS
484-530-5908

Army Sexual Assault Prevention and Response Website

www.sexualassault.army.mil

The Army Victim Advocacy Program



**Installation Victim Advocate
Fort Stewart 912-767-3032
HAAF 912-315-5343**



DOMESTIC VIOLENCE

Although usually well hidden, domestic violence is very common and affects people from all walks of life. Some people think using violence is the best way to solve problems, and that it is okay to hit, push, choke, or kick. No one deserves to be hurt or humiliated.

Many people think that the violence will go away on its own. The truth is that domestic violence gets worse with time and is very harmful, sometimes resulting in death.

SEXUAL ASSAULT

Sexual assault is a crime. Sexual assault can happen to men and women of all ages. Sexual assault is intentional sexual contact, characterized by the use of force, physical threat or the abuse of authority or when the victim does not or cannot consent. Rape, nonconsensual sodomy, and indecent assault are all forms of sexual assault.

No matter how a person dresses, talks, or socializes, sexual violence is never the victim's fault.



WHAT IS A VICTIM ADVOCATE?

The Army has victim advocates available wherever Army personnel are located, whether on installations or in deployed environments. Advocates who provide support to victims of sexual assault in Theatre are called Unit Victim Advocates (UVAs). Victim Advocates provide information on personal safety, emotional support, systems advocacy, and information on available resources.



Crime Victims Have a Right to:

- ◆ Be treated with fairness, dignity, and a respect for privacy
- ◆ Be reasonably protected from the accused offender
- ◆ Be notified of court proceedings
- ◆ Be present at public court proceedings unless the court determines otherwise for fairness or other good cause
- ◆ Confer with the Government attorney
- ◆ Restitution, if appropriate
- ◆ Receive information regarding the conviction, sentencing, imprisonment, and release of the offender

VICTIM ADVOCATES PROVIDE THE FOLLOWING SERVICES:

- ◆ Information regarding victims' reporting options:
 - Restricted** - Allows victims the option of receiving medical treatment, advocacy, and counseling without triggering the official investigative process or command involvement.
 - Unrestricted** - Victims receive medical treatment, advocacy, counseling, and an official investigation of their allegation. This option ensures the widest range of rights and protections to the victim.
- ◆ Information on the Transitional Compensation Program
- ◆ Safety Planning
- ◆ Coordination of emergency services; transportation, housing, food, etc.
- ◆ Emergency relocation
- ◆ Assistance in obtaining protection orders
- ◆ Advocating with agencies on/ off-post Accompanying victims to court proceedings, court-martial and/ or trial
- ◆ Accompanying victims to meetings with lawyers, police, and/ or command
- ◆ Representing victims' interests at Family Advocacy Case Review Committee meetings
- ◆ Information and referral