

Violence -- The Types

Domestic Violence is violent behavior committed by an intimate partner. The violence can be physical, sexual or psychological. Its purpose is to control, dominate or hurt an intimate partner through a pattern of coercive behavior that could include:

- **Emotional Abuse**
threats against the woman or her children
intimidation and harassment
social isolation and deprivation
jealousy and possessiveness
- **Physical Abuse**
pushing, shoving or holding down
punching, slapping, kicking or choking
burning
using guns, knives or other objects as weapons
- **Sexual Abuse**
forcing unwanted sex or sexual acts

Violence -- The Effects

Children whose mothers are abused are likely to be abused or harmed themselves. Whether or not they are physically abused or witnessed the violence, they always experience emotional harm. They suffer more physical illness, school and peer problems, and are also at much higher risk for child abuse and juvenile problems such as

- 50 % more likely to abuse drugs and/or alcohol
- 74% more likely to commit violent crimes
- 6 times more likely to commit suicide
- 24 times more likely to commit sexual assault crimes

How do I know if I am a victim?

Abused women often don't think of themselves as battered. But they can suffer physical injuries that endanger their health and may result in life-long disabilities.

The emotional effects of domestic violence can be as devastating as the physical harm. The abuse can also interfere with a victim's job and result in loss of promotion or even the job itself.

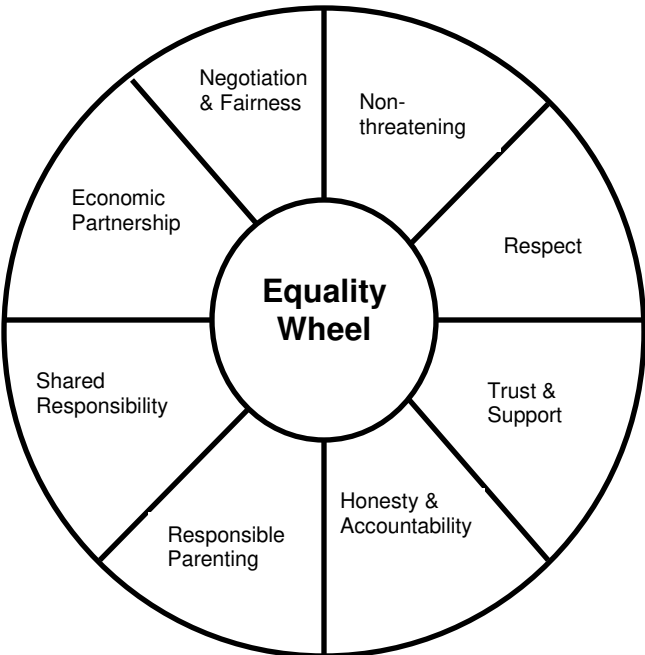
- ☐ Trust your instincts and seek help from a domestic violence program in your community
- ☐ Recognize that the abuse is not your fault
- ☐ Know that you are not alone and that help is available
- ☐ Talk in confidence with someone you can trust: a relative, a friend or, if you feel comfortable, your priest
- ☐ If you choose to stay in the relationship, set up a safety plan of action for you and your children

How do I know if I am a Batterer?

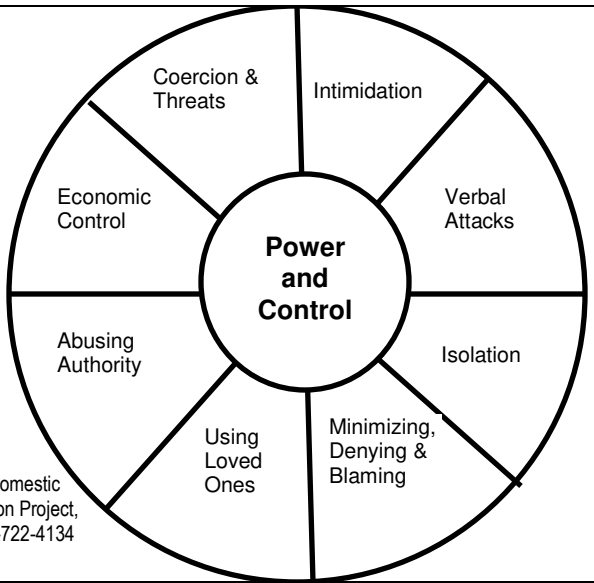
- ☐ If you are extremely jealous,
- ☐ If you control your partner's activities,
- ☐ If you use physical force to solve problems,
- ☐ If you believe that you are the head of the household and should not be challenged,

you are probably hurting the people you love and you need to seek help.

A Healthy Relationship Looks Like This



The **Equality Wheel** offers a view of a relationship based on equality and non-violence. Compare the characteristics of a healthy relationship to those of an abusive relationship in the **Power and Control Wheel** below.



*Developed by Domestic Abuse Intervention Project, Duluth, MN, 218-722-4134

The **Power and Control Wheel** links the different behaviors that form a pattern of violence. It shows how each behavior is an important part of the overall effort to control someone.

“Violence in any form – physical, sexual, psychological, or verbal – is sinful; many times, it is a crime as well. Though we focus here on violence against women, we are not implying that violence against men or against youths or violence against the elderly or the unborn is any less vicious. In fact, violence against any person is contrary to Jesus’ gospel message to ‘love one another as I have loved you.’ When violence towards women is tolerated, it helps to set the stage for violent acts against other groups, as well.”

When I Call For Help: A Pastoral Response to Domestic Violence Against Women
United States Catholic Conference of Bishops’
1992 pastoral letter



Sponsored by
Archdiocese of Baltimore
Department of Evangelization
Family Life
320 Cathedral Street
Baltimore, Maryland 21201

Domestic Violence Programs in Maryland

Allegany County

Hotline 301-759-9244
TTY 301-759-9244
Family Crisis Resource Center
301-759-9246

Anne Arundel County

Hotline 410-222-6800
YWCA Domestic Violence Center
Annapolis 410-626-7800
Baltimore 410-974-0084

Baltimore City

Hotline 410-889-7884
TTY 410-889-0047
House of Ruth 410-889-0840
Hotline 410-828-6390
TurnAround 410-837-7000

Baltimore County

Hotline 410-828-6390
Family and Children’s Service
410-281-1334
Family Crisis Center of
Baltimore County, Inc.
Shelter 410-285-7496
Turn Around 410-377-8111

Calvert County

Crisis Intervention Center
Hotline 410-535-1121
Metro Hotline 301-855-1075

Carroll County

Hotline 410-857-0077
Family and Children’s Services
410-876-1233

**Caroline, Kent, Dorchester,
Queen Anne’s, & Talbot Counties**

Hotline 1-800-927-4673
Mid-Shore Council on Family
Violence 410-479-1149

Cecil County

Domestic Violence/
Rape Crises Center
Hotline 410-996-0333

Charles County

Hotline 301-645-3336
Metro Hotline 301-843-1110
Center for Abused Persons
301-645-8994

Frederick County

Hotline 301-662-8800
TTY 301-662-1565

Garrett County

Hotline 301-334-9000
The Dove Center
Oakland 301-334-6255
The Dove Center
Grantsville 301-895-4300

Harford County

Hotline 410-836-8430
Sexual Assault/Spouse Abuse
Resource Center
410-836-8431
Baltimore 410-879-3486

Howard County

Hotline 410-997-2272
1-800-752-0191
Domestic Violence Center
410-997-0304

Montgomery County

Hotline 240-777-4673
TTY 240-777-4850
Abused Persons Program
240-777-4210

Prince George’s County

Hotline 301-731-1203
1-866-DV-CRISIS
Family Crisis Center, Inc.
301-779-2100

St. Mary’s County

Hotline 301-863-6661
Walden/Sierra, Inc.
301-863-6677
Center for Family Advocacy
301-373-4141

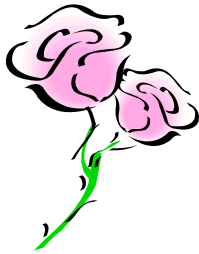
**Somerset, Wicomico
& Worcester Counties**

Hotline 410-749-4357
410-641-4357
Life Crisis Center 410-749-0771

Washington County

Hotline 301-739-8975
TTY 301-739-1012
CASA - Citizens Assisting and
Sheltering the Abused
301-739-4990

Love
One
Another
As I Have
Loved You



Maintaining
Healthy
Relationships