

ARE YOU A VICTIM?

**CALL 911 IF SOMEONE ABUSES YOU.
AND THEN CALL OUR 24-HOUR
CRISIS LINE AT 1.800.291.2139.**

**We'll help you gain the tools you need to start
fresh and be safe.**

**Be a spouse. Be a partner. Be a parent.
Don't be a statistic.**

IF YOU NEED HELP, CALL TODAY.



Am I In An Abusive Relationship?

Does your partner---

- Hit, slap, punch or choke you?
- Threaten you, put you down or call you names?
- Have sudden outbursts of anger or overreact to small things?
- Display unreasonable jealousy?
- Threaten you with weapons or other objects?
- Show quick and extreme mood swings?
- Have a history of abuse in other relationships?
- Treat you like a possession, saying that no one else can "have" you?
- Mistreat pets or children?
- Have problems discussing or showing feelings other than anger?
- Try to isolate you from family or friends?
- Display stereotypical ideas of male/female roles?
- Accept no blame or responsibility for his behavior?

Have a problem with authority figures?

**Seem charming and likeable in public
while treating you badly in private?**

**If you can answer "yes" to any of these
questions, you may be a victim of domestic
violence. Dial 911 or call the Safe Harbor
crisis line at 1.800.291.2139.**



safe harbor

A SAFE PLACE TO START A NEW LIFE

**A SAFE PLACE TO
START A NEW LIFE.**

**We provide shelter, counseling, advocacy and support
to victims of domestic violence and their children in
Greenville, Anderson, Oconee & Pickens Counties.**

**WE CAN HELP - CALL US 24/7
AT 1.800.291.2139**

WHAT WE DO

Safe Harbor is a non-profit organization dedicated to serving victims of domestic violence and their children in the Upstate of South Carolina. We serve Greenville, Anderson, Pickens, and Oconee Counties. Our services include:

- 24/7 confidential crisis line for victims – 1.800.291.2139 or 864.467.3636
- Safe, confidential shelter for victims and their children
- Free, confidential counseling for victims
- Transitional housing program
- Case management and referrals
- Legal advocacy – assistance with obtaining an Order of Protection
- Teen dating violence awareness program
- Domestic violence education & outreach throughout our 4-county service area

All of our services are confidential and free of charge. If you need shelter, we can give you and your children a place to sleep, a place at the table and the comforts of home. If you do not need shelter, we can provide counseling, legal advocacy, and support. If you are a victim of domestic violence, please call Safe Harbor today.



24/7 Crisis Line:

1.800.291.2139 (toll free)

864.467.3636 (local)

www.safeharborsc.org

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a pattern of abusive behaviors that is assaultive or coercive, directed by adults or adolescents towards their intimate partners. There is a cycle of abuse in violent relationships – if it happens once, it will happen again and often becomes more severe as the relationship continues. Victims do not necessarily have black eyes or visible bruises. Domestic violence can include various forms of abuse, such as:

- **Physical Abuse** – hitting, slapping, kicking, pushing, biting, choking, use of weapons, throwing objects, etc.
- **Sexual Abuse** – forcing sexual activity upon the victim, harming the victim sexually, etc.
- **Emotional Abuse** – verbal put-downs, name-calling, threats, stalking, extreme jealousy or possessiveness, control of the victim's activities or whereabouts, isolation from family/friends, control of the victim's finances, etc.

FACTS ABOUT DOMESTIC VIOLENCE

- One in four women in the United States experiences domestic violence.
- Nearly three out of four (74%) of American citizens personally know someone who is or has been a victim of domestic violence.
- Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.
- 85% of domestic violence victims are women.
- 1 in 3 teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped, choked, or physically hurt by their partner.
- Domestic violence affects people from all races, age groups, religions, educational backgrounds, and income levels.

Unfortunately, domestic violence is a common problem – locally, nationally, and internationally. No one deserves to be abused or harmed; it is not your fault. Contact Safe Harbor today.

HAVE A SAFE PLAN

Remember these simple tips to keep you and your children safe:

Tell a trusted friend, co-worker or neighbor about your problem.

During and argument, stay near an exit; avoid kitchens and bathrooms.

Seek counseling, support and legal counsel.

Keep Safe Harbor's crisis line number in your cell phone or wallet
• **1.800.291.2139**

Make a safe escape plan with your children (when to leave, where to go, who to call)

Pack a bag (with clothes, important documents/papers, toys, etc.); keep in your vehicle or at a trusted friend's home.

Call 911 if you in immediate danger; seek medical attention if you are injured.

You are not alone. Call Safe Harbor's crisis line for safe and confidential support.

This project was supported by Federal Formula Grant #2011-VA-GX-0020, awarded by the Bureau of Justice Assistance, U.S. Department of Justice through the South Carolina Department of Public Safety. The Assistant Attorney General, Office of Justice Programs, coordinates the activities of the following program office and bureaus: Bureau of Justice Assistance, Bureau of Justice Statistics, National Institute of Justice, Office of Juvenile Justice and Delinquency Prevention, and the Office for Victims of Crime. A point of view or opinions contained within this document are those of the author and does not necessarily represent the official position or policies of the U.S. Department of Justice.