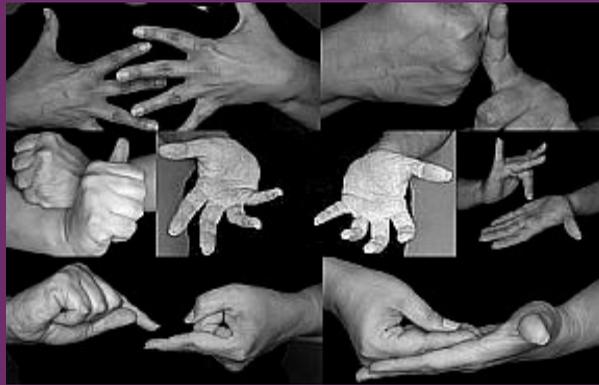




The Ohio Domestic Violence Network (ODVN) is a statewide coalition of domestic violence programs, supportive agencies, and concerned individuals organizing to ensure the elimination of domestic violence by: providing technical assistance, resources, information and training to all who address or are affected by domestic violence; and promoting social and systems change through public policy, public awareness, and education initiatives.

OHIO DOMESTIC VIOLENCE NETWORK

Abuse, What?



A guide for the Deaf community



Your local domestic violence program info:

Abuse, What?

Intimate Partner Violence (IPV) / Domestic Violence (DV) are forms of abuse that can happen to anyone.



IPV/DV happen when someone you know and love hurts you. It can be a family member, husband/wife, girlfriend/boyfriend, partner, or common-law spouse.

People think “abuse” means someone is hitting someone else. Often people say, “that isn’t abuse” because no one hit anyone else.

But abuse can be many things.

Abuse can be physical, verbal, emotional, sexual or financial.



If you are afraid of the person you live with or are dating;

If you aren’t allowed to go out, get a job, or go to school without permission;

If someone is always checking to see what you have done on the computer;



If someone takes your money, your hearing aid, your pager/cell phone, or your VP;

If you aren’t allowed to talk to or see your

friends or family;



If someone threatens you, your children, or your pets;

If someone forces you to have sex or touch them when you don’t want to;

If your partner says “it’s no big deal,” or tells you not to tell anyone what they did;



If someone tries to take advantage of you;

If someone tries to pressure you to do something sexual that you don’t want;

If your partner follows you or tracks you on your GPS;



If you have been hit, kicked, pushed, grabbed or had things thrown at you;

If your partner refuses to communicate with you in a way you can understand, or uses their hearing to control you;

You may have experienced abuse.



Advocacy

What is an advocate?

An advocate is a person whose role is to support you in making your own choices. Advocates will help you find information and resources, and guide you through the systems you may need to use.



ODVN can help you find an advocate in your area who can help you with:

- ◆ Getting a Civil Protection Order (CPO) to help keep your abuser away
- ◆ Counseling one on one with you
- ◆ Legal advocacy (go to court with you for support)
- ◆ Medical advocacy (go to a doctor or hospital with you for support)
- ◆ Advocacy with other agencies such as JFS or housing agencies
- ◆ Finding a safe place to stay (shelter)
- ◆ Making sure you have the accommodations you need to understand the process (interpreters, etc)

Safety

There are things you can do to help you stay safe.

An advocate will help you make a plan to stay safe. Until you make this **safety plan**, here are some tips:

- ◆ Keep copies of important papers in a safe place where you can grab them quickly:

Birth Certificates
Social Security Cards
Medical Insurance Card
Driver's License
Bank Statement
Check Stubs
SSI/SSD check and Information
W-2's, Tax returns

- ◆ Teach your children how to call 911 and where to go if they are afraid
- ◆ Delete the history (missed calls, dialed calls) on your VP. Better - use a friend's VP to make calls for help
- ◆ Delete the history on the internet on your computer. Better - use a computer at the library or a friend's house
- ◆ Put a password on your pager/cell phone
- ◆ Talk to a trusted friend - ask for help and support
- ◆ Find a safe place to go for a short time if you have to leave your home.

You have rights

You have the right to:

- *Feel and be safe in a relationship with **no abuse**
- *Communication
- *Make decisions about your life, children, personal things
- *Have control over your own money
- *Information about your body and safe sex
- *Say **NO** to anyone if you feel uncomfortable
- *Say **NO** to any sexual touch or activity if it feels wrong
- *Tell someone if you experience abuse and get the help you want or need
- *Have your decisions respected
- *Keep your private information private



How to get help



Contact

To find your nearest domestic violence program:

ODVN Office:

614-781-9651 (9am-5pm M-F)

TTY:

614-781-9654 (9am-5pm M-F)

Email: info@odvn.org

Website: <http://www.odvn.org>



National Domestic Violence Hotline
(24 hours, answered by hearing advocates)
TTY: 1-800-787-3224
Voice: 1-800-799-7233

National Domestic Violence Hotline
(9am-5pm Pacific Time M-F answered by deaf advocates):
AIM: ADWAShotline
Email: ADWAS@ndvh.org
VP: 206-787-3224