



"Once I started talking about it, I found I wasn't alone."



"I always thought it was my fault — I now know that it was not."

Domestic Violence and Sexual Assault Are Crimes.

How can VIBS help?

- Counseling
- Children's Program
- Advocacy
- Hotline

What are the warning signs?

You may be in an abusive relationship if your partner...

- pushes, slaps, hits, punches you, or uses any type of physical violence;
- is very jealous, accuses you of cheating, acts very possessive;
- tries to control you: whom you see, what you wear, where you go, etc;
- puts you down, calls you names, embarrasses you;
- denies you access to money, prohibits you from working or going to school;
- has a quick and violent temper;
- forces or coerces you to have sex when you don't want to;
- blames you for all the problems in the relationship;
- treats you like anything less than an equal.



VICTIMS INFORMATION BUREAU OF SUFFOLK

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24 Hour Hotline: (631) 360-3606

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Breaking the Silence: Domestic Violence



“DOMESTIC VIOLENCE”

“WIFE BEATING”

“PARTNER ABUSE”

No matter what it’s called, it’s a crime!

Domestic violence is the use of fear, threats or violence to control a spouse or partner.

Domestic violence has been a crime hidden in shame and secrecy, yet it is a problem that affects all of us. Some researchers estimate that in **one out of every three families**, abuse is a common occurrence.

Did you know...

- domestic violence is the single most common cause of injury to women in the United States?
- children who grow up in violent homes are **five times** more likely to grow up as victims or abusers, and repeat the cycle of violence?
- domestic violence, drinking, and drugs often go together? Alcohol and drug use don’t cause the abuse, but it can make it worse.

Abuse and violence are choices. There’s no excuse for partner abuse!

Did you ever feel like this...?

“I was so scared and confused. I thought it was only happening to me.” – Jennifer, age 16

Domestic violence happens to many people. You are not alone, and it is not your fault if you are in a violent relationship. The only one responsible for the abuse is the abuser. It can help to talk to a VIBS counselor or advocate to explore your options.

“I felt stupid for not leaving him sooner, but I loved him and it was so hard not to think of the good times we had.” – Yolanda, age 37

Leaving an abusive relationship can be very hard to do. You can get the support you need to make healthy choices and create a safety plan for you and your children.

**YOU ARE NOT ALONE.
YOU DESERVE TO LIVE YOUR
LIFE FREE FROM ABUSE!**

24 Hour Hotline
VIBS
6 3 1 . 3 6 0 . 3 6 0 6

FOR APPOINTMENT CALL 360-3730

“I thought I wasn’t in a violent relationship because my husband never hit me. But the emotional abuse and the name calling were unbearable.” – Maria, age 56

Abuse can take many forms: verbal, emotional, physical and sexual. Domestic violence is about power and control. It is abusive when your partner tries to control your actions by putting you down, and makes you feel badly about yourself. Many times verbal and emotional abuse escalate to physical violence.

“Because my partner was another woman, I didn’t think I could be abused. I believed women didn’t do that to each other.” – Nikki, age 24

Battering can happen in gay, lesbian, and straight relationships. Battering in any relationship is about power and control. There are resources and support at VIBS for lesbians and gay men who are victims of domestic violence.

VIBS was founded in 1976, as one of the first private not-for-profit agencies to serve victims of domestic violence and sexual assault in Suffolk County. Our services are free and confidential, but we need your support. Your contribution is tax deductible.

Domestic violence services funded by Suffolk County Department of Social Services, NYS Crime Victims Board, Long Island United Way, NYS Office of Children & Family Services and the Town of Huntington.