

For More Information
Contact:



The Family Peace Project, Inc.
P.O. Box 1723
Athens, Texas 75751
903-677-9177 or 903-477-5297



You Can Make a Difference!

VOLUNTEER...

- Child Care • Transportation
- Mentoring in Life Skills
- A Helping Hand

DONATE...

- Materials and Supplies
- Toiletries • School Supplies
- Professional Services
- Financial Support

PRAY...

For the Family Peace Project and
the families we will help.

REMIND OTHERS...

that "World Peace begins at
home!"

Numbers You Can't Afford to Ignore

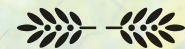
**Violence against women is an
epidemic that must end.**

- One in three women worldwide will be beaten, raped, coerced into sex or otherwise abused in her lifetime.¹
- Every two and a half minutes, somewhere in America, someone is sexually assaulted.²
- About two-thirds of sexual assaults are committed by someone the victim knows.³
- Approximately 1.5 million women in the United States are physically assaulted annually by an intimate partner. That's one every 15 seconds.⁴
- Each year, up to 10 million children experience domestic violence. Exposure to violence in the home is a significant predictor of a child's future violent behavior.⁵
- Worldwide, one in four pregnant women is physically or sexually abused, usually by her partner.⁶
- One in 12 women will be stalked in her life.⁷
- Approximately 300,000 to 900,000 people worldwide are trafficked across international borders each year, and between 18,000 and 20,000 of those victims are brought into the United States.⁸
- The cost of intimate-partner violence including rape, physical assault and stalking, exceeds \$5.8 billion each year, of which \$4.1 billion is spent on direct medical and mental health services.⁹

The Family Peace Project



**feel like
you're
alone
in the
world?**



We are here to help.

903-677-9177

If you need help, call the 24-hour hotline:

800-799-SAFE (7233)

National Domestic Violence Hotline

1. L. Heise, M. Ellsberg and M. Gottemoeller, "Ending Violence Against Women," Population Reports, Series L, No. 11, 1999.
2 & 3. 2005 National Crime Victimization Survey, U.S. Department of Justice. 4. U.S. Department of Justice, 2004.
5. M.I. Singer, D.B. Miller, S. Guo, K. Slovak and T. Freison, "The Mental Health Consequences of Children's Exposure to Violence," Cuyahoga County Community Health Research Institute, Mandel School of Applied Social Sciences, Case Western Reserve University, Cleveland, 1998.
6. Johns Hopkins Bloomberg School of Public Health, 2004. 7. National Center for Victims of Crime, 2004.
8. U.S. Department of State, 2004. 9. Centers for Disease Control and Prevention, 2003.

The Family Peace Project is a Christ-centered organization providing a place of refuge and resources to victims of family violence.

Goals of the Family Peace Project

PROTECTING...

To establish a place where victims may find temporary shelter and security away from the violence in their homes.

EDUCATING...

To educate our community to the needs of persons experiencing family violence and the opportunities we have to make a difference in their lives.

ASSISTING...

To coordinate resources in our community to help women break the cycle of violence.

CARING...

To extend the love of Jesus Christ to victims of domestic abuse by attending to their physical and spiritual needs. To extend forgiveness and love to the perpetrators of domestic abuse by equipping them to move past their violent behavior.

EMPOWERING...

To equip families with the tools they need to live a peace-filled life.

Warning Signs

It can sometimes be difficult to tell if someone is in an abusive relationship. It can even be difficult for a victim to realize she or he is in an abusive relationship. Those who are abused, and those who abuse others, come in all personality types from all different backgrounds. Most people experiencing violence from someone close to them do not tell others about it. So how do you know?

Here are some signs to look for:

• Verbal Abuse.

He puts her down by calling her names, constantly criticizing her, provoking public or private humiliation, or making her feel crazy.

• Bruises and Injuries.

She often has bruises and injuries that she can't explain or makes weak excuses for them.

• Violent Temper.

He has threatened to hurt her, her children, family members, friends or pets. He blames her and other people for everything, and gets angry in a way that scares her or other people.

• Controlling Behavior.

He checks up on her constantly by asking about her whereabouts, calling her at work all day, checking her car mileage, and listening to her phone calls. He manages all the finances and monitors her spending.

• Extreme Jealousy.

He acts jealous or possessive. He accuses her of flirting or having affairs.

• Isolation.

He tells her not to see certain friends or family members, keeps her away from school or work and makes her stay home when she wants to go out.

• Emotional Changes.

She seems to be on edge or fearful. She becomes quiet when her husband or boyfriend is around.

• Behavior of the Children.

The children frequently get into trouble at school or are quiet and withdrawn and don't get along with other children.

Adults: How to support someone in a violent situation

Don't ignore the signs of abuse. Talk to your friend, but, do it privately, discreetly. Don't put your friend in danger. Don't be judgmental or critical.

Listen:

Sometimes they just need someone to listen to them and let them know that you care. Listen to what she is saying between the lines of her words.

Point out your friend's strengths:

Abused people lose sight of their own strengths and abilities — Self-esteem is shattered.

Keep her confidence:

Gossip can be deadly in an abusive situation. It will get back to the abuser and the victim will pay the price. Isolation is used to control the victim. If she confides in you it is important to keep that confidence. If she doesn't feel safe talking to you, she won't be back. It's all about staying alive.

How you can help her BEFORE SHE'S READY TO

LEAVE: Keep a notebook or journal of information for when she's ready for it. You may never get to use it, but you can let her know that you are there and the information is there when she's ready. Contact your local shelter and find out what services are available in your area. Learn about Domestic Violence. What are the warning signs? What are the effects on the children? Knowledge is power! Find out about housing or social programs that would help her start over. They stay because they don't see any way out. Devise a safety plan with different scenarios of her leaving.

Legal Services: Women are concerned about losing their kids in a custody battle or CPS case. Keep some clothing on hand at your house to fit the mother and the children if possible. It doesn't have to be much; pajamas and a single change of clothing. Keep an overnight bag handy if you need to get her to shelter in a hurry. Never put yourself in a dangerous situation with the victim's partner.

CALL 911 if you witness an assault.

There are women who are praying for help because they are in DEADLY situations and don't know to get out on their own. **Violence is a crime!**

...at least one in every three women has been beaten, coerced or abused during her lifetime...

You are not alone.

