

## Types of Abuse

### Intimidation

Making her afraid by using looks, actions, and gestures. Smashing things. Destroying her property. Abusing pets. Displaying weapons.

### Isolation

Controlling what she does, who she sees and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.

### Emotional Abuse

Putting her down. Making her feel bad about herself. Calling her names. Making her think she is crazy. Playing mind games. Humiliating her. Making her feel guilty.

### Economic Abuse

Preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Taking her money. Not letting her know about or have access to family income.

### Sexual Abuse

She is pressured or forced to participate in any sexual activity against her will.

### Using the Children

Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Threatening to take the children away.

### Coercion and Threats

Making and/or carrying out threats to do something to hurt her. Threatening to hurt her, commit suicide, or report her to welfare. Making her drop charges. Making her do illegal things.

### Male Privilege

Treating her like a servant. Making all the decisions. Acting like "master of the castle." Being the one to define men's and women's roles.

### Physical Abuse

The victim is pushed, shoved, slapped, hit, punched or kicked, or objects are used as weapons against her.

## Women's Rural Advocacy Programs

### WRAP-Lyon / Lincoln County

700 North 7th St., P.O. Box 1193

Marshall, MN 56258-0993

Business Line: 507-532-9532

Fax: 507-532-7361

Crisis Line: 507-532-2350

Toll Free Crisis Line: 1-800-639-2350

E-mail: [lyon@letswrap.com](mailto:lyon@letswrap.com)

### WRAP-Redwood

700 North 7th St., P.O. Box 1193

Marshall, MN 56258-0993

Fax: 507-637-3610

Crisis Line: 507-637-3040

Toll Free Crisis Line: 1-800-639-2350

E-mail: [redwood@letswrap.com](mailto:redwood@letswrap.com)

### WRAP-Yellow Medicine County

700 North 7th St., P.O. Box 1193

Marshall, MN 56258-0993

Crisis Line: 320-564-2422

Toll Free Crisis Line: 1-800-639-2350

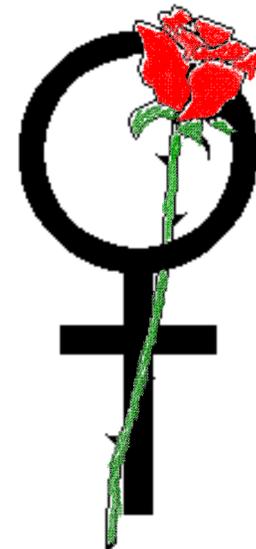
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[www.letswrap.com](http://www.letswrap.com)



Serving the women and children of Lyon, Lincoln, Redwood and Yellow Medicine Counties

# Women's Rural Advocacy Programs



# YOU ARE NOT ALONE

**Any Woman** may be a victim of abuse at some point in her life. Battering cuts across all economic levels, educational backgrounds, ethnicities, and affection preference lines. It happens to women who are married, separated, living with or involved in a relationship with a male or female partner. Battered women can be any age; they can be doctors, homemakers, students, secretaries, factory workers, or anyone else.

**The Abusers**, like the victims, come from all ethnicities and ages, class, and educational levels. They may be respected and seemingly law abiding citizens. They can be husbands, lovers, or friends. It is a myth that only chemically dependent men abuse women.

**Women Stay** in violent relationships for many reasons. As women, we may feel responsible for making the relationship work; we may feel we have caused and deserved the abuse. We are ashamed and afraid of telling our friends and family about the abuse. We often feel financially and emotionally dependent on the abuser.

“I felt so alone. I did not think that I would be able to move forward on my own. I did not know that there was help for people who were living in situa-

## There is NO excuse for domestic violence

### What is Domestic Abuse?

Battering is a systematic pattern of violent, controlling, coercive behaviors and attitude intended to punish, abuse, and ultimately control the thoughts, beliefs, and actions of the victim.

A common misconception is that batterers lose their self-control. The truth is, they choose to use violence as a means to maintain control over their partner or victim.

### Our Services Include:

- ◇ 24-Hour Crisis Line
- ◇ Safe Housing
- ◇ Emergency Transportation
- ◇ Court Advocacy
- ◇ Safety Planning
- ◇ Information and Referral
- ◇ Support Group
- ◇ Community Education
- ◇ Systems Coordination
- ◇ Referral and Resources for Women of Color

### What Can You Do?

If you are experiencing violence in your life, WRAP advocates are available 24 hours a day.

All services are confidential and free.

*Your safety is our priority.*

## The Cycle of Violence

**Phase 1: (TENSION BUILDING)** Victims in this stage often describe feeling as if they are walking on eggshells when describing the building tension and anxiety. There is a level of uncertainty as to what behavior to expect from their abuser. Victims often believe they can still diffuse or calm their partner by using techniques that have been successful in the past.

**Phase 2: (EXPLOSION)** All of the built up tension in stage 1 escalates into an explosion. The assault may be verbal and humiliating, attacking the victim's self-esteem and self-worth or it may be physical. The police may or may not be called.

**Phase 3: (HONEYMOON)** Calm. Excuses are offered and promises are made. Hope and negation.

**Phase 4: (CYCLE)** Phase 1 begins again, and the cycle repeats itself.

## A Guide for Women Does Your Partner...

- Control what you do, who you see or talk to, or where you go?
- Accuse you of being unfaithful?
- Disapproves the relationships with your family or friends?
- Keep you from working or attending school?
- Criticize you or blame you for everything that goes wrong?
- Become angry easily when consuming alcohol/drugs?
- Humiliate you in front of others?
- Destroy your personal property?
- Threatens to hurt you or your children?
- Hit, slap, kick, or push you or your children?
- Threaten you with guns, knives, or other weapons?
- Forces you to have sexual relations against your will?

If you answered "Yes" you may be in an abusive relationship. Now is the time you can call our program for support and information.