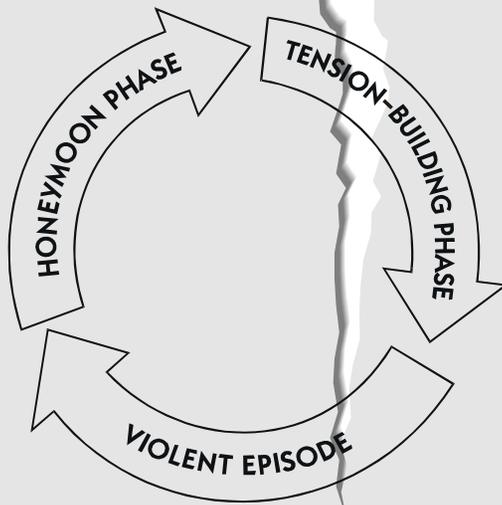


The Cycle of Violence



The Cycle of Violence shows how domestic violence often becomes a pattern made up of three stages:

TENSION-BUILDING PHASE

- Victim senses danger
- Minor conflicts may occur
- Victim denies and minimizes conflicts

VIOLENT EPISODE

- May last a few hours or days
- Abuser blames victim for the abuse
- Victim may escape and return after the crisis is over

HONEYMOON PHASE

- May last days, months, or years
- Family in shock
- Batterer seeks forgiveness and may be very kind and loving
- Victim denies and minimizes the abuse in order to cope

How Commands Can Help

- Realize service members are responsible for their family's safety. Family violence affects mission readiness.
- Refer to Fleet and Family Support Center when a family is under stress.
- Report all known or suspected family violence to the Family Advocacy Program.
- Call police first in an emergency.
- Schedule required family violence prevention programs for your command in accordance with OPNAVINST 1752.2A.

Fleet and Family Support Centers

Violence Prevention Programs

Many programs are available for family members as well as active duty personnel.

- **Child Abuse Awareness**
- **Spouse Abuse Awareness**
- **Family Violence Overview**
- **Stress Management**
- **Conflict Management**
- **Building Effective Anger Management Skills**
- **Parent Education Programs**

To schedule a program or for more information, contact your nearest Fleet and Family Support Center.

FV00209N

FAMILY VIOLENCE PREVENTION



FLEET &
FAMILY
SUPPORT
CENTERS
OF HAMPTON ROADS

| | |
|-------------------|--|
| FFSC Dam Neck | 492-7150 |
| FFSC Little Creek | 462-7563 |
| FFSC Newport News | 688-NAVY |
| FFSC Norfolk | 444-2102 |
| 24-hour | 444-NAVY |
| FFSC Northwest | 421-8770 |
| FFSC Oceana | 433-2912 |
| FFSC Yorktown | 887-4606 |
| Website: | www.ffscnorva.navy.mil |

25 Signs of Trouble

Are you fearful of your partner? Do you feel like you're walking on eggshells? Here is a list of behaviors seen in people who are abusive (batterers, acquaintance and marital rapists, and emotional abusers). **Just because someone exhibits one of the behaviors does not necessarily mean they will abuse.** The more signs or the more exaggerated any sign is, the greater the potential for physical violence.

1. Invades your space physically or emotionally
2. Desperately pressures for a commitment
3. Controlling behavior
4. Jealous of friends or family
5. Exposure to violence in childhood
6. Low self-esteem
7. Alcohol/drug abuse
8. Difficulty expressing emotions
9. Blaming others for feelings or problems
10. Overreacts, easily insulted
11. Quick mood changes
12. Unrealistic expectations
13. Enforces stereotypical male/female roles to dominate or denigrate
14. Misuses or distorts religious beliefs to justify abusive behavior
15. Disrespects opposite sex in general
16. Emotional abuse
17. Isolation
18. Infatuated with pornography
19. Intimidation
20. Cruelty to animals, children, or others
21. Past or ongoing violence
22. Preoccupation with weapons
23. Threats of violence
24. Breaking or striking objects
25. Any use of force during an argument

Being aware of the signs and knowing your risk potential could save your life, or the lives of those you know. Awareness is the best way to prevent abuse. FFSC has caring, trained professionals who are available to discuss your questions or concerns. All you have to do is call.

What Constitutes Child Abuse?

EMOTIONAL ABUSE

Patterns of degradation, humiliation, ridicule, withdrawal of affection, rejection, threats to injure or abandon.

NEGLECT

Failure to provide basic needs, health care, education and supervision, when able to do so.

SEXUAL ABUSE

Use of a child for any sexual activity when the offender is in a position of power over the child.

PHYSICAL ABUSE

Any intentional or negligent act resulting in major or minor injury, such as bruises, welts, cuts, burns, fractures, human bites, shaking, and twisting.

WHEN MAKING A REPORT, THE FOLLOWING INFORMATION IS NECESSARY:

- The name or description of the abused child
- The address of the child/children
- The type of abuse or injury, or reason abuse is suspected

CHILD PROTECTIVE SERVICES

Chesapeake ----- 382-2000
Currituck County ----- 252-232-3083
Elizabeth City ----- 252-338-2126
Hampton ----- 727-1885
Newport News ----- 926-6600
Norfolk ----- 664-6022
Portsmouth ----- 393-9500
Suffolk ----- 923-3000
Virginia Beach ----- 437-3400
York County/Poquoson ----- 890-3787

Resources

FAMILY ADVOCACY PROGRAM AND VICTIM SERVICES

Little Creek ----- 462-4277
NAVMECEN, Portsmouth ----- 953-7801
Norfolk ----- 444-2230
Northwest ----- 421-8770
Oceana ----- 433-2555
Yorktown ----- 887-4301

SHELTERS/INFO FOR ABUSE SURVIVORS

Albemarle Hopeline,
Elizabeth City ----- 252-338-3011
AVALON Shelter, Wmsburg -- 757-258-5051
HER Shelter, Portsmouth ----- 485-3384
Samaritan House, VA Beach ----- 430-2120
Transitions, Hampton ----- 723-7774
Youth Crisis Network ----- 623-2627
YWCA Women-in-Crisis, Norfolk --- 625-5570

HOTLINES

National Child Abuse Hotline -- 1-800-4-A-CHILD
National Domestic Violence
Hotline ----- 1-800-799-SAFE
Response Sexual Assault Support -- 622-4300
VA Family Violence Hotline -- 1-800-838-8238

FLEET AND FAMILY SUPPORT CENTERS

Little Creek ----- 462-7563
Norfolk ----- 444-2102
24 Hours ----- 444-NAVY
Northwest ----- 421-8770
Oceana ----- 433-2912
Dam Neck ----- 492-7150
Yorktown ----- 887-4606
Newport News ----- 688-NAVY