...that you develop a **safety plan** to protect yourself and **your children** in the case of an emergency. Our **counselors**, agencies, advocates, and shelters that assist victims of domestic violence can help you develop your **safety plan**. It is also important to **update** your safety plan **as needed** to address changing circumstances or new concerns.

**Where can I get more information?**

A national information and referral center is the National Coalition Against Domestic Violence, [http://www.ncadv.org/](http://www.ncadv.org/) or 303-839-1852. The National Coalition maintains a **listing of state coalitions against domestic violence that can be accessed from their Web site**. You can also call the National Domestic Violence Hotline at 1-800-799-SAFE or 1-800-787-3224 TTD for immediate help.

Many communities offer shelters for battered women and their children (www.domesticshelters.org). Details on these shelters are available from the police, crisis intervention services, hospitals, churches, family or conciliation courts, departments of health and human services, or women’s organizations such as the local or state chapter of the National Organization for Women (NOW) - (202) 628-8NOW or (202) 628-8669 and TTY: (202) 331-9002

"**We condemn** most strongly **abusive behavior in any form**. We denounce the physical, sexual, verbal, or emotional abuse of one’s spouse or children... **The abuse of one’s spouse and children is a most serious offense before God...**" ("What Are People Asking about Us?" Ensign, Nov. 1998, 72)

**Please Contact Us**

COUNSELING SERVICES

**McKay 181** (across from the cafeteria)
**Phone**: (808) 675-3518
**E-mail**: byuhcounseling@gmail.com
**Website**: [http://counseling.byuh.edu/](http://counseling.byuh.edu/)

Confidential and individualized services are provided to students, and their dependents, **free of charge**.
You **CAN DO SOMETHING** about **DOMESTIC VIOLENCE**

Domestic violence is a **pattern of many** behaviors directed at **achieving** and maintaining power and **control** over an intimate partner, such as **physical violence**, **emotional abuse**, isolation of the victim, **economic abuse**, intimidation, coercion and **threats**.

If someone is **abusing** you or **someone** in your **household**, you **do not** have to **accept** it—even if your **spouse** is the abuser. The police and courts can help you stop the abuse.

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**Where can you get help in an emergency?**

In a crisis situation, CALL 911. In addition, call BYUH Security if possible 675-3911

Many hospitals and social service agencies help victims of domestic violence. Furthermore, **every state** has a coalition **against domestic violence**—Hawaii State Coalition Against Domestic Violence (808) 832.9316. These coalitions can be valuable resources for victims of domestic violence seeking services and referrals.

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**Where can you get HELP ON CAMPUS?**

The **BYUH COUNSELING SERVICES** is conveniently located at McKay 181 (across from the Cafeteria) and is open Mon-Fri 8am-5pm.

Our professional mental health counselors provide **confidential, individualized**, and **FREE** services to full time students and their dependents.

**For crisis-on-call service (24 hours a day, 7 days a week)** for BYUH students and their dependents in conjunction with BYUH security, call 675-3911.

Remember that seeking help is **NOT** a sign of weakness, it is a sign of **STRENGTH**!

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**The Cycle of Abuse**

**ABUSE OCCURS**

- Physical
- Sexual
- Emotional

**TENSION-BUILDING**

- Abuser starts to get angry
- Minor incidents of abuse begin
- Communication breaks down
- Victim feels the need to keep the abuser calm
- Tension becomes too much
- Victim’s family members feel like they are “walking on egg shells”

**RECONCILIATION/MAKING-UP**

- Abuser apologizes for abuse, promises it won’t happen again
- Blames victim for provoking the abuse
- Denies the abuse took place or says it wasn’t as bad as the victim claims
- Gives gifts to the victim

**CALM**

- Abuser acts like the abuse never happened
- No abuse is taking place
- Some promises made during the reconciliation/making-up phase are being met
- Victim hopes the abuse is over

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**Are You or Someone You Know in an Abusive Relationship?**

There are many signs to look for to determine if you are being abused, some more serious than others. For instance, does your partner:

- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to or where you go?
- Stop you from seeing your friends or family members?
- Make all of the decisions?
- Tell you that you’re a bad parent or threaten to take away or hurt your children?
- Prevent you from working or attending school?
- Intimidate you with guns, knives or other weapons?
- Shove you, slap you, choke you or hit you?
- Threaten to commit suicide?
- Threaten to kill you?

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**Men can be victims of abuse, too.**