



Are You Safe at Home?

Domestic Violence is a reality in our community. Too many women are not safe in their own homes. Bartlett is committed to changing these facts . . . for the better, for us all.

Bartlett Regional Hospital

Proud to be a
Statewide Model Program
of the
National Health Initiative
on Domestic Violence

Did you know?

- Domestic violence occurs in relationships of all races, religions, economic and social backgrounds.
- An estimated 60% of families experience violence in their homes.
- Ninety-five percent of domestic violence victims are women abused by men.
- The remaining 5% of domestic violence victims are either men abused by women; or, men and women abused by their partners in same sex relationships.
- Domestic violence is the single major cause of injury to women in the United States.
- Three to four million American women are battered each year.
- Battering often starts, or becomes worse, during pregnancy.
- Once violence begins, it tends to increase over time and becomes more severe.
- Two-thirds of men who are violent toward their partners commit acts of violence toward their children.
- Most people, even survivors, do not know these basic facts about domestic violence.
- Perpetrators can attend batterers' intervention programs.

Do you feel unsafe in your relationship?



You are in serious danger if your partner:

- harms family pets
- says he can't live without you
- stalks or closely watches your whereabouts
- misuses weapons (guns, hunting knives, etc.)
- threatens or fantasizes about suicide or murder
- abuses drugs or alcohol
- becomes more violent more often

If you see this behavior in your partner, please talk to someone SOON.

You are being abused when your partner:

- attempts to control your behavior
- continually ignores your feelings
- regularly criticizes you
- calls you names or shouts at you routinely
- refuses to allow you to work or share money
- takes car keys or money away
- threatens to hurt you, your children or family
- locks you out of your home
- abandons you in a dangerous place
- subjects you to reckless driving
- refuses you help when you are sick, injured, or pregnant
- pushes or shoves you
- slaps or bites you
- kicks or chokes, hits or punches you
- threatens or hurts you with a weapon
- forces you to have sex
- causes you to feel afraid

Places you can call for help

AWARE	907.586.1090
Toll-free	800.478.1090
Juneau Police	911
Bartlett Regional Hospital	907.796.8427
Juneau Batterer's Accountability Program	907.523.4942

Family Member	_____
Friend	_____
Neighbor	_____
Co-Worker	_____
Minister/Priest	_____

What is Domestic Violence?

Domestic violence is a complex and often cyclical pattern of abusive behavior within an intimate relationship where one partner feels entitled to have power and control over the other.

Domestic violence is one of the most serious problems in our society today. It is widespread across social class, ethnic origin and/or generations, including children, spouses, and elder members of a family.

Domestic violence can go unrecognized or unacknowledged. It can result, and often does, in serious injury or death.

Children who witness violence are at a higher risk for becoming the next generation of abusers. Their risks also increase towards performing poorly in school, experimentation with drugs and alcohol, as well as running away from home.



How to Make a Safety Plan

1. Call AWARE at 586.1090.
2. Ask about legal options, safe shelter and other options.
3. Prepare an emergency bag that includes:
 - an extra set of clothing;
 - extra cash;
 - checkbook;
 - identification (birth certificates);
 - social security cards;
 - immunization records;
 - financial records (deeds, will, rent receipts, vehicle title, mortgage statements);
 - medication records; and
 - an extra set of keys.
4. Know exactly where you are going and how to get there – *even in the middle of the night.*

**You deserve to be safe.
Your children deserve to be safe.
You are not to blame.
There is help available.**



Joint Commission
on Accreditation of Healthcare Organizations

Bartlett Regional Hospital

Emergency: 907.796.8427

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