

More than a “Women’s Issue”...

“We need to encourage others to speak out, get help and take action...”

Rosanna Arquette
Actress and Filmmaker

“Violence against women is not a women’s issue. It is a men’s issue. And it is so important that when a man stands up to address it, that there are women there to support him.”

Don McPherson
Executive Director,
Sports Leadership Institute
and former NFL Quarterback

...domestic abuse affects us all.

“Men are going to listen to men...I don’t have the kind of say-so that men have. Changing the culture of acceptance is the greatest chance we have...”

Jane Pauley
Emmy Award-Winning Broadcast Journalist

“Because of the epidemic proportions of violence against women, every man should feel the responsibility to show up, speak out and express their position on the issue. Men need to make it unmistakably clear to other men of all ages that being violent with a women is never acceptable to us. A real man does not ever hit a woman.”

Michael Bolton
Grammy Award-winning singer
Songwriter and Activist

Resources

Anna Marie’s Alliance/

Central MN Task Force on Battered Women
PO Box 367
St. Cloud, MN 56302-0367
Shelter and support for women and their children who are experiencing domestic abuse
Information, referral and support for women and men
24 hr Crisis Line • Free • Confidential
320.253.6900
TTY **320.258.3321**
www.annamaries.org

Central MN Sexual Assault Center

15 Riverside Drive NE
St. Cloud, MN 56304-0435
320.251.4357
800.237.5090
24 hr Crisis Line • Free • Confidential

Caritas Mental Health Clinic

Counseling Programs for Non-Violence

- Domestic Abuse Counseling Program for Men
- Women’s Anger and Self-Esteem Domestic Abuse Counseling Program

911 Eighteenth Street North
St. Cloud, MN 56303
320.650.1660
800.830.8254

Men’s Line/Crisis Connection

24 hr Crisis Line • Free • Confidential
Help for men and those who care about them
612.379.6367

Family Violence Prevention Fund

www.endabuse.org

Minnesota Coalition for Battered Women

www.mcbw.org

Community Solutions to Domestic Abuse

Providing safety
and shelter
today...
violence free
communities
tomorrow



320.253.6900
TTY **320.258.3321**

It takes a community to stop domestic abuse

First Step: Understanding the problem

Domestic abuse is defined as a pattern of controlling behaviors, including physical, emotional, verbal and sexual attacks, including economic control, that adults and adolescents use against their intimate partners or family members.

Domestic abuse is pervasive in our society. The US Department of Justice estimates that one in three women will experience relationship abuse at some point in their lives. Men can be the victims of domestic violence, too. The US DOJ reports that in 85% of reported domestic violence cases the victims are women while 15% are men. It does not matter your age, income level, employment status, amount of education, race, religion, sexual orientation or where you grew up. Domestic abuse can happen to anyone.

Domestic abuse is caused by the abuser feeling they have the right to have power and control over their victim. They believe they must control her actions, thoughts, beliefs and behaviors.

Domestic abuse is not resolved by simply leaving the relationship. Often the victim will be stalked and threatened by her abuser if she leaves. Employment, housing, supporting children, family values, isolation and fear of retaliation are some of the barriers that must be overcome. Victims of domestic abuse may suffer from low self-esteem, depression and post traumatic stress disorder, any of which could cause her to return to her abuser.

Second Step: Learn what you can do to decrease domestic abuse

As an individual you can look at your own relationships.

- Treat everyone with respect.
- Do not use violence as a form of entertainment.
- Do not support a culture of violence by purchasing music, video games, movies, clothing and magazines that degrade women and glamorize violence against them.
- Make sure your words and actions help (not hurt) others.
- Take responsibility for your actions.

As a parent you can be a positive role model for your children.

- Teach them respect by being a respectful person.
- Keep the channels of communication open.
- Make it your business to know with whom your teenagers are involved and watch for signs of abuse.
- Teach your children to be responsible for their actions and accountable for their choices.
- Monitor the kinds of television programs, video games and music to which your children are exposed.
- Be the parent and say "no" if the desired item is too violent or sexual by your standards. Tell your children why the product is not suitable.
- You can encourage your children's school to include healthy relationship skills as part of the curriculum.
- Teach your children that respect is just the minimum they should expect in their relationships.

As an employer/employee you can help co-workers who may be experiencing domestic abuse by having policies and procedures to support them and provide for their safety.

- Ask for or provide training on understanding the dynamics of domestic abuse and its effect on the workplace.

As a community member you can inform and organize so it is known that domestic abuse has no place in your community.

- Get to know your neighbors
- Get involved in community events and make sure that information on healthy relationships and community resources is available.
- **Do not hesitate to call 911 if you see or hear violence.**
- If you suspect a woman on your block is being abused by her husband, you can try talking to her about it and refer her to Anna Marie's Alliance.
- Speak up when you hear or see someone being verbally abusive about their partner. Let them know that it is not acceptable.
- Arrange to have a speaker present to groups, organizations or the church/temple/mosque to which you belong.

Third Step: Support the work of Anna Marie's Alliance

Financial Donations

Volunteer

Good and Services

Political Funding and Lawmaking

Fourth Step: Learn more

Visit our web site to find out more about domestic abuse and ways you can help.

www.annamaries.org