

The Central Region Family

Safety Training Bulletin

What is Family and Domestic Violence?

Family Violence is any violent criminal behavior such as assault or battery, perpetrated on one adult household member by another, which could also result in injury to a child.

Its counterpart, **Domestic Violence**, is described as a pattern of behaviors that adults or adolescents use against their intimate partners or former partners to establish power and control. It may include physical abuse, sexual abuse, emotional abuse, or economic abuse. It may include threats, isolation, pet abuse, or using children to maintain fear, intimidation and power over one's partner. Domestic violence knows no boundaries. It occurs in intimate relationships, regardless of race, religion, culture or socioeconomic status.

Child abuse is also prevalent and often occurs in the same families as domestic violence and family violence. Research indicates, as well, that merely witnessing domestic violence can have profound effects on children.

Childhood exposure to domestic violence is associated with increased aggression, depression and anxiety, lower levels of social competence, and poorer academic functioning. "Family violence threatens child" is the alleged maltreatment most reported to the Florida Abuse Hotline every year. Childhood exposure to family violence also significantly increases the likelihood of either perpetrating or being the victim of violence as an adult.

October 2008

Volume 1, Issue 3

Many people will walk in and out of your life, but only true friends will leave footprints in your heart.

~Eleanor Roosevelt

Time to Make a Safety Plan!

If you are a victim of Domestic Violence remember these tips.

- Keep a spare set of keys, a set of clothes, important papers, prescriptions and some money

with someone you trust.

- Keep any evidence of physical abuse (ripped clothes, photo of bruises and injuries, etc.).

- Plan the safest time to get away.

- Know where you can go for help. Tell someone what is happening to you. Have the phone

numbers of friends, relatives and domestic violence shelters with you.

- Call the police if you are in danger and need help.

- If you are injured, go to the hospital emergency room or doctor and report what happened

to you. Ask that they document your visit.

Plan with your children and identify a safe place for them; a room with a lock or a neighbor's house

where they can go for help. Reassure them their job is to stay safe, not protect you.

While we try to teach our children all about life,

Our children teach us what life is all about.

~Angela Schwindt

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Did You Know that in the Central Region there are....

- 1189 Child Care Facilities
- 567 Licensed Family Day Care Homes
- 833 Registered Family Day Care Homes
- 39 Larger Family Day Care Homes
- 214 Religious Exempt Facilities

LAKELAND

Salvation Army - Lakeland (web site)830 North
Massachusetts Avenue Lakeland, FL 33801 (863) 682-

8179 (Emergency shelter for families with children as well
as single women and single men)

Peace River Center Domestic Violence Shelter (web
site)P.O. Box 24388 Lakeland, FL 33802Crisis Line:

(863) 413-2700