

# OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



EVERYONE IN JESSAMINE COUNTY DESERVES A HEALTHY RELATIONSHIP

## RECOGNIZE RED FLAGS

In Jessamine County, **assaults** - domestic violence, sexual assaults & child abuse - are among **the most frequently reported**

**Abuse occurs in many forms:** physical, emotional, sexual, financial or technological. Specific behaviors and tactics are used to take **control & power**, like:

- Hitting, slapping, punching
- Name calling, insulting
- Sex without consent
- Extreme jealousy
- Tracking social media
- Controlling finances
- Stalking
- Isolating from others
- Intimidating

Jessamine County 2021 violent crimes **were higher than 90%** of US Counties of similar size

## REACH OUT FOR SUPPORT

**Jessamine County Victims Advocate (JCVA)** serves Jessamine County victims of domestic violence, rape and sexual assaults, elder abuse, child abuse, all violent crimes, against adults & minors: [jessaminesheriff.org/victims-advocate/](http://jessaminesheriff.org/victims-advocate/)

### Get Help Now Hotline

Call 1.800.799.7233 or Text **Start** to 88788

In 2021, **325 new** Jessamine County victims were provided advocacy services by JCVA

More than half of Jessamine County victims **do not** report abuse

## RESPOND, HELP OTHERS

Discussing relationship abuse is never easy, but there are basic ways to have conversations that meet survivors where they're at:

1. **Acknowledge** that they're in a difficult and scary situation
2. Be **supportive** and listen
3. Be **non-judgmental** and **respect their decisions**
4. Help them **develop a safety plan**
5. **Encourage** them to **participate in activities** with friends and family
6. **Share Local Resources** from [jessaminehealth.org/emotional-wellness/](http://jessaminehealth.org/emotional-wellness/)