

Final Script
May 18, 2012

ECHO Show
“Domestic Abuse and Your Safety”
Word count: 481

-1-

No person deserves to be abused.

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Domestic abuse can be physical or emotional. It can be from a family member or a partner, teens or adults. It can be a single incident or a pattern of behavior for years. Domestic abuse involves power and control by one person over another.

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Domestic abuse is also called domestic violence. Domestic abuse can be pushing or hitting, abusers can also punch, strangle, and choke. Abuse can involve weapons, like guns and knives. Domestic abuse may include sexual assault.

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Domestic abuse can also be emotional. Some examples are name calling, accusations of affairs, stalking, repeated phone calls or texts, keeping a person awake, and constant belittling – making a person feel threatened or afraid.

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Abusers' behavior can also be humiliating or intimidating. They may control money, where a person goes, who they see, and who they talk to. Abusers try to isolate victims from family and friends and may cause the victim to lose their job.

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Abusers sometimes use children or family pets to scare their victims. Abusers may threaten to hurt or take children and pets to control their victim.

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No one deserves to be abused; you don't have to put up with it.

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Domestic violence happens in every neighborhood and affects people of all ages and backgrounds. Domestic abuse can happen in any relationship, home, or community. Victims of domestic abuse are usually women.

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You deserve to be safe. There is help.

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If you are being abused, tell someone you trust, like family or friends.

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Whether you stay or plan to leave, make a plan for your safety that includes your children.

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Think about what works best to keep you safe in an emergency. Know someone you can call if there is a crisis.

-13-

You may need to leave quickly. Put important papers, extra money, keys and clothing in a safe place. Identify escape routes and places to go if you need to get away from an unsafe situation quickly.

-14-

You are not alone. There are resources to help you. Advocates can help you. Shelters can help you.

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Keep trusted friends, family members, or an advocate aware of your plans. They can help you be safe and help you access resources if you need to.

-16-

If you are in immediate danger, call 911.

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In Minnesota, you can call a crisis intervention number at 1-866-223-1111. In Minneapolis or other parts of Hennepin County, you can visit the Domestic Abuse Service Center in the Hennepin County Government Center or call 612-348-5073 for assistance.

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And from anywhere in the country, you can call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). That number will have information about services in your area, so you can get the help you deserve.