

Facts and Figures

- On average, nearly 20 people per minute are physically abused by an intimate partner in the US. For one year this equates to more than 10 million men and women.
- 1 in 3 women and 1 in 4 men have experience some form of physical violence by an intimate partner including slapping, shoving, pushing, etc.
- 1 in 4 women and 1 in 7 men have been victims of severe physical (e.g., beating, burning, strangling) by an intimate partner in their lifetime.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- Intimate partner violence accounts for 15% of all violent crime.
- 19% of domestic violence involves a weapon.
- 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence.

Gathered by the National Coalition
Against Domestic Violence

LSUHSC Campus Assistance Program

About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

Contact Us

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>

For Help, Call Today.

A counselor is on call and available to you 24 hours a day, seven days a week. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is Confidential.

Campus Assistance
Program
411 S. Prieur St.
2nd Floor Office 233
New Orleans, LA 70112



Phone: (504) 568-8888

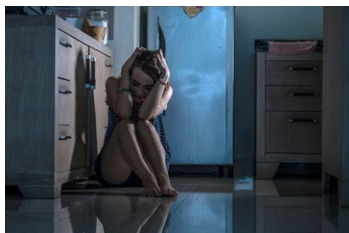


Campus Assistance Program



Facts About Domestic Violence

*Prepared by the LSUHSC Campus Assistance Program.
(504) 568-8888*



Ending the Silence

Silence is the ally of the batterer. It is the responsibility of the community to speak out. To end this silence. Neighbors must contact the police when they hear violent fights in their neighborhoods. Teachers should be more alert to signs that students have witnessed violence in the home.

Employers should be more alert to frequent, unexplained injuries and absences. Medical professionals who see the victims of domestic abuse need to ask them about these crimes.

Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other. Violence can be criminal and includes physical assault, sexual abuse, and stalking. These actions take many forms and can happen all the time or once in a while. If you are being abused, it is important to remember...

- **You are not alone**
- **It is not your fault**
- **Help is available**

Being Safe and Your Personalized Safety Plan

Being Safe

If you feel you are in danger from your abuser at any time, you should call 911. After the police arrive consider the following:

- Tell them everything the abuser did that made you call.
- If you have been hit, tell the police where. Tell them how many times, and show them any marks left on your body. If you see a mark after the police leave, call the police to take pictures of the marks. They may be used in court.
- Show the police any property that the abuser has destroyed.
- Get the officers' names, badge numbers, and the number in case you need a copy of the report.

Personalized Safety Plan

If you are in an abusive relationship:

- Have important phone numbers nearby for you and your children.
- When you expect an argument, try to move to a space that is lowest risk. (Try to avoid arguments in the bathroom, garage, kitchens, near weapons or in rooms without access to an outside door.)
- Ask friends or neighbors to call the police if they hear angry or violent noises.
- Practice ways to get out of your home safely.
- Think of where you might go, of how you might leave, things that get you out of the house, such as taking out the trash, walking a pet, or going to the store. Put together and hide a bag of things you use everyday somewhere easy for you to get.

Getting Out

If you can do it safely you should take your children with you. If you do not have your children with you, it may be difficult filing for temporary custody of them. Furthermore, by not having your children they may be used as leverage against you to get you to come back.

You should stay with a friend or relatives. If you are a woman you shouldn't stay with a man unless he is a relative. If you can't go to a friend or relatives you should go to a women's shelter with your children. The staff can help you get legal and financial help. They can also help you by giving you and your children emotional support and counseling. It is important to remember that your life and safety and that of your children are most important. Everything else is secondary.

For free confidential information and referral contact:

- **The LSUHSC Campus Assistance Program** (504) 568-8888
- **Louisiana Domestic Violence Hotline** 1 (888) 411-1333
- **National Domestic Violence Hotline** 1 (800) 799-7233
- **Crescent House** (504) 866-9554
- **For On-Site Security Call LSUHSC Campus Police**..... (504) 568-8999
- **Metro Centers for Community Advocacy** (504) 837-5400
- **Louisiana Coalition against Domestic Violence** (<https://lcadv.org/>)
- **Louisiana Foundation Against Sexual Assault** (<https://www.lafasa.org/>)