According to the National Coalition Against Domestic Violence, intimate partner violence accounts for 15% of all violent crime. If a gun is involved, risk of homicide increases by 500%.

1 in 4 WOMEN
will experience severe physical violence in their lifetime.

Approximately 1 in 7 men will also experience severe violence in their lifetime. Intimate partner violence results in higher rates of depression, anxiety, PTSD, suicidal ideation, and higher risks of addiction to alcohol, tobacco, or other drugs. 90% of the 1 in 15 children who are exposed to intimate partner violence are direct eye witness.

5.1 MILLION MEN &
19.3 MILLION WOMEN
will be stalked in their lifetime.

This program is funded in part by the City of Muncie’s Community Development Block Grant thru HUD.
What is DOMESTIC VIOLENCE?
According to the National Coalition Against Domestic Violence, it’s defined as “the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another”.

THE CYCLE OF VIOLENCE

Tension Building
- Threatens Suicide
- Buys Gifts
- Initiates Intimacy
- Declares Love
- Blames Others
- Makes Promises
- Enlists Family Support
- Apologizes
- Cries
- Slaps
- Punches
- Kicks
- Forces Sexual Acts
- Restrains
- Verbal Abuse
- Humiliates
- Chokes
- Grabs
- Stalks

Acute Explosion
- ACTION
- Denial
- Threatens
- Yells
- Puts-down
- Behaves Erratically
- Destroys Property
- Accuses Unfaithfulness
- Engages Arguments
- Withholds Affection
- Nitpicks
- Isolates

Honeymoon
- ACTION
- Action
- Justifies Behavior
- Verbal Abuses & Humiliates
- Verbalize
- Recognizes
- Admits
- Responsible
- Accepts
- Offers
- Makes
-Plans
- Agrees
- Compromises

KNOW THE WARNING SIGNS

What are relationship RED FLAGS?

Does your intimate partner...

- call you names or put you down?
- get extremely jealous when you talk to your friends or family?
- frequently check up on you or demand to know where you have been or what you are doing?
- hit, push, or hurt you in a physical way?
- pressure you into having sex when you don’t want to?
- lose control of temper, then blame you?
- accuse you of lying?
- ignore your thoughts and opinions, and make decisions for you?

SCORE ___________

If you answered yes to one or more of these questions you may be in an abusive relationship.

NO ONE DESERVES TO BE ABUSED!

OUR SERVICES

What can ABW do FOR YOU?

A Better Way provides services to survivors of domestic violence and sexual assault in Blackford, Delaware, Fayette, Henry, Jay, Randolph, Union, and Wayne Counties.

SAFE SHELTER
- We provide safe shelter, services, and support to survivors of domestic violence and sexual assault in an eight-county area.

MOBILE ADVOCACY
- Advocates provide flexible meeting locations, striving to accommodate and customize services based on individual survivor needs.

SUPPORT GROUPS
- Weekly support groups are provided to survivors of domestic violence and sexual assault, along with a separate children’s group.

COUNSELING SERVICES
- Counselors are available to provide compassionate trauma-informed care.

LEGAL RESOURCES
- Advocates are available to assist survivors with filling out protective orders, accompaniment to court, and legal rights education.

Visit our website to see more programs
A Better Way provides!