

## ABUSE / VIOLENT BEHAVIOR INFORMATION

Violence means using force to hurt or control someone or break or damage something. Some people get very angry and lose control. They may throw things, punch a wall, or hit somebody. They may even be sorry afterwards. If you, a family member, or a friend has been slapped, hit or pushed, or your behavior is out of control or violent, it is time to seek help. **No one deserves to be hurt!** There are times when abuse is emotional, not physical. In these situations someone may be threatening you verbally or treating you in a way that makes you feel fearful for your safety or believe you will be hurt.

If you, or someone you're with, is hurt or in danger, get away and get help from a friend or neighbor. Call **911** to ask for police assistance.

If there is no emergency but you are afraid of being hurt physically or emotionally by a friend or family member, talk about it to someone who will listen and believe you, or call one of the numbers listed. It is common to have mixed feelings about someone who is violent towards you. It is important to tell someone and **not keep secrets** even if the person promises not to do it again. People who abuse or hurt others need to get help. By telling someone, you begin to take control over the situation and begin to help yourself.

You may have heard a lot about or know someone involved in domestic violence (family or household violence) and think this occurs only between married people or adults who are living together, but some teens are also involved in **abusive dating relationships**. These relationships can be very difficult to end. Talk to a family member or someone you respect, or seek counseling. You may be in an abusive relationship if you:

- Are frightened of your partner's temper.
- Find yourself apologizing to yourself or to others for your partner's behavior.
- Have been hit, kicked, shoved, or had things thrown at you by your partner when he or she was jealous or angry.
- Make plans/decisions about activities/friends based on what your partner wants or how your partner will react.
- Have been abused as a child or seen your parent abused.
- Are treated badly or embarrassed in front of others by your partner.
- Agree to have sex, even if you are uncomfortable about it.

## RAPE OR SEXUAL ASSAULT

Rape, sexual assault, or the attempt to do either is a violent crime against an individual. The rapist can be anyone - a neighbor, a date, a friend, a relative, or a stranger.

If someone you know forces you to have sexual intercourse or other sexual contact against your will it is called acquaintance rape. When this happens in a date situation, it is also called **date rape**.

No one has the right to pressure or force you to have sex, even if:

- your dinner or night has been paid for
- you have had sex before with this person
- you flirt with this person
- you agree to have sex and then change your mind

You **have the right to say no** to anyone who tries to touch you in any way, which makes you uncomfortable. If the person will not leave you alone, try to get away as soon as possible. If you are raped, it is **not your fault**. You are the victim, not the criminal.

If you are raped or sexually assaulted:

- Get to a safe place.
- Call your parents or someone you trust.
- Do not shower, bathe, douche, wash your hands, brush your teeth or use the toilet, do not change your clothes or eat or drink anything. As hard as it may be to not clean up, you may destroy important evidence if you do.
- Get medical attention as soon as possible to determine whether or not have internal injuries. Also, there may be a need for a follow-up medical care in case of sexually transmitted disease or pregnancy. The best place to go is the hospital emergency room since the staff has been trained to help you.
- Try to remember or write down where it happened, when, what the person looked like and clothing s/he wore. This information will help you be prepared if you decide to talk to the police.

The doctor can help you involve the police if you want. Contacting the police does **not** mean you have to prosecute. It is important to make a police report in case you want to take future action.

The victim of an assault needs to have people to talk with about feelings, people who will listen for as long as it takes.

## CHAUTAUQUA COUNTY DEPARTMENT OF SOCIAL SERVICES

### **Jamestown**

110 E. Fourth Street  
Jamestown NY 14701  
**Phone:** (716) 661-8200

### **Dunkirk**

335-339 Central Avenue  
Dunkirk, NY 14048  
**Phone:** (716) 363-3500

[DSS WEB PAGE](#)

Provides for the delivery of services for child and family welfare programs including preventive and protective (CPS) services to children and adults, foster care, adoption, parenting programs and youth services.

## CHILD ABUSE HOTLINE / CHILD PROTECTION SERVICES

### DSS WEB PAGE

**Telephone: 1-800-635-1522**

**Child Protection: call locally 661-8040**

**Child or adult intake services all of New York State. It is for anyone to inform about a child who has been mistreated or abused. They will tell you to notify the police in an emergency (911); stay on the line to report a case; or to call your local child protection authorities (661-8040) if you'd like information. They will notify local authorities who usually get on the case within 24 hours.**

**The parents of the abused child are informed, but they will not say who the caller was. Caller need not identify him / herself.**

## DOMESTIC VIOLENCE RAPE CRISIS PROGRAM

- PO Box 368, Jamestown, N Y 14701
- **Phone:** (716) 664-6208

Provides skills and information on sexual harassment prevention, date and acquaintance rape, domestic violence and teen dating violence. A program whose focus is to break the cycle of child abuse and neglect.

## DOMESTIC VIOLENCE / RAPE HOTLINE

- **Phone:** 1-800-252-8748

If you have been assaulted or raped, it is important for your protection that you receive immediate medical treatment. You could become pregnant or contract a venereal disease. Don't shower - you will literally wash away the evidence! Go immediately to your local hospital's emergency room.

If you decide to prosecute the assailant, medical evidence can be obtained at this time only. Confidential.

## NEW YORK STATE POLICE

- **Jamestown:** (716)665-3113

- **Fredonia:** (716)679-1521
- **Perrysburg:** (716)532-2666
- **Sherman:** (716) 761-6712

Call to report a sexual assault.

## PROJECT CROSSROADS (Stopping Domestic Violence)

- 201 East Second Street (Jamestown Police Department)
- Jamestown, NY 14701
- **Phone:**483-7536

The program's goal is to reduce abusive relationships. Project Crossroads staff is available to discuss situations pertaining to the law and to provide community awareness to the issues that surround domestic violence. Project Crossroads can help victims recognize the danger signals of an abusive relationship and make appropriate referrals for assistance.

This program is a partnership between the Jamestown Police Department and the YWCA of Jamestown, with additional collaboration from the Salvation Army Domestic Violence Program.

## RAPE AGRESSION DEFENSE CLASSES (R.A.D.)

- Jamestown Police Department, 201 E. 2nd Street, Jamestown, NY 14701
- **Phone:** (716) 483-7536

R.A.D. system is a nine-hour program of realistic, self-defense techniques. The R.A.D. system is a comprehensive course for women only that begins with awareness, prevention, risk reduction and avoidance; while progressing on to the basics of hands on defense. Classes are held in the JPD training room. Must be at least 13 years old.

## THE SALVATION ARMY Rape Crisis / Domestic Violence Programs

- 83 South Main Street Jamestown, N Y 14701
- **Phone:**(716) 664-4108
- **Hotline:** 1-800-252-8748
- **Web:** [Salvation Army Web Page](#)
  - **Domestic Violence/Rape Crisis Program** Provides services to all victims, and children of victims, of Domestic Violence, Rape or Sexual Assult. Emergency shelter offers case management, support groups, recreational programming/child care, medical/legal advocacy,and

accompaniment to court, DSS, law enforcement, etc. Non-residential services include: case management, victim support groups, therapeutic programming for children and adolescents, advocacy and accompaniment. All services are confidential, free of charge, and accessed via the 24 hour Hotline.

- **Domestic Violence Support Group and Emergency Shelter** available to all victims of domestic violence and their children. Provides advocacy, counseling, case management, and life skills programs. Children and Family Outreach programs for children ages 3-18. Rape, crisis, hospital, and court advocacy and case management.
- **The Children & Family Outreach Program** provides counseling services to children 4 - 18 years who have been past or present victims of domestic violence, physical, sexual, emotional abuse, rape, incest and sexual assault and/or a witness to violence in the home. CFOP encompasses three counseling services that include long term group counseling, a 12 week adolescent program and individual counseling for children, adolescents, and their families. This program is offered in both Jamestown 661-3898 and Dunkirk 366-3701.
- **Teen to Teen** provides peer group support and counseling for teens who have experienced sexual assault, abuse, or neglect. Teens can be referred to the program by calling 664-6208.
- All services are free of charge and confidential.

## CRISIS LINES:

### **Child Abuse Hotline**

- 1-800-342-3720

### **Child Find**

- 1-800-426-5678

### **Child Help USA**

- 1-800-4-A-CHILD

### **Domestic Violence/Rape Hotline (Local)**

- 1-800-252-8748

### **National Domestic Violence Hotline**

- 1-800-942-6908

**Bi-Lingual**

- 1-800-942-6908
- **Hotline For Battered Women**
  - 1-800-799-SAFE