



OFFICE OF THE SHERIFF

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TIP OF THE WEEK

FOR IMMEDIATE RELEASE

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DOMESTIC VIOLENCE AWARENESS

October is National Domestic Violence Awareness Month and brings attention to an important issue that affects millions of individuals and families. This month is a good reminder to encourage open conversations, express empathy, and work to create a safer environment. By increasing our understanding of domestic violence, we can better support survivors and work towards preventing domestic violence altogether.

Domestic violence includes many forms of abuse, including physical, emotional, psychological, sexual, and financial. It can affect individuals of all ages, genders, races, and socio-economic backgrounds. Domestic violence leaves victims feeling trapped, isolated, and fearful.

Common Signs of Abusive Behavior in a Partner (provided by the [National Domestic Violence Hotline](#)):

1. Telling you that you never do anything right.
2. Showing extreme jealousy of your friends or time spent away from them.
3. Preventing or discouraging you from spending time with others, particularly friends, family members, or peers.
4. Insulting, demeaning, or shaming you, especially in front of other people.
5. Preventing you from making your own decisions, including about working or attending school.
6. Controlling finances in the household without discussion, such as taking your money or refusing to provide money for necessary expenses.

7. Pressuring you to have sex or perform sexual acts you're not comfortable with.
8. Pressuring you to use drugs or alcohol.
9. Intimidating you through threatening looks or actions.
10. Insulting your parenting or threatening to harm or take away your children or pets.
11. Intimidating you with weapons like guns, knives, bats, or mace.
12. Destroying your belongings or your home.

If you are concerned about someone you know, you can help connect them to support. The National Domestic Violence Hotline is 800-799-7233. Local non-emergency dispatch lines can also help connect you to proper authorities, the Non-Emergency Dispatch number for the Lincoln County Sheriff's Office is 541-265-0777. If there is an emergency, such as an immediate threat to life or risk of injury, call 911 to get help right away.

Domestic violence is a complex issue, but there are numerous organizations and helplines dedicated to providing support. Whether you're a survivor seeking assistance or someone looking to help, there are resources available, and you don't have to go through this alone. We all have a role to play in ending domestic violence and everyone deserves a healthy relationship and safe home.

For more information and tips visit our website at www.lincolncountysheriff.net and like us on Facebook at Lincoln County Sheriff's Office – Oregon.

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