



Domestic Abuse and the Military

Domestic Abuse is against the core values of the military. The Department of Defense has created a domestic violence program to increase the safety of domestic abuse victims within the military system.

Every person has the right to live free of domestic abuse

We provide opportunities for safety, advocacy, learning, and self-determination. This is done through fostering a service environment of trust, respect, equality, renewal, and empowerment.



Abuse comes in many different forms; knowing the signs can help break the cycle.

Does your partner...

- Embarrass or make fun of you in front of friends or family?
- Put down your accomplishments or goals?
- Make you feel like you are unable to make decisions?
- Use intimidation or threats to get you to agree with him or her?
- Tell you that you are nothing without him or her?
- Treat you roughly: grab, push, pinch, shove, or hit you?
- Call you, or show up to make sure you are where you said you'd be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how he/she feels or acts?
- Pressure you sexually?
- Make you feel like there is no way out of the relationship?
- Prevent you from doing things you want?
- Try to keep you from leaving after a fight, or leave you somewhere after a fight to "teach you a lesson"?



*You are **not** alone
Please call for help*
253-966-SAFE
253-966-7233



Joint Base Lewis-McChord
Directorate of Personnel &
Family Readiness

JBLM Domestic Abuse

Victim Advocacy



253-966-SAFE (7233)



Domestic Abuse ...Defined

Definition

Per AR 608-18, Domestic Abuse is the use, attempted use, or threatened use of force of violence.

Domestic Abuse can be a single occurrence, but can also be a pattern of behaviors, resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty that is directed toward a person who is an intimate partner.

An Intimate Partner is:

- A current or former spouse
- A person with whom the abuser shares a child in common
- A current or former intimate partner with whom the abuser shares (or shared) a common domicile with.

If you or someone you know is experiencing abuse in an intimate partner relationship, please call for help.

253-966-SAFE (7233)

Types of Domestic Abuse

Acts of domestic abuse fall into one or more of the following categories:

PHYSICAL BATTERING

The abuser's physical attacks or aggressive behavior can range from bruising to murder. It often begins with what is excused as trivial contacts, which can escalate into more frequent and serious assaults.

SEXUAL ABUSE

Physical attacks by the abuser can be accompanied by, or culminate in, sexual violence - including any forced sexual activity.

PSYCHOLOGICAL ABUSE

This form of abuse can include verbal abuse, harassment, excessive possessiveness, isolation from friends and family, deprivation of physical and economic resources, and destruction of personal property.

BATTERING ESCALATES

Abuse often begins with name calling, violence in their partner's presence (like punching a fist through a wall), damage to objects or pets, and threats. Finally, it may become life-threatening with behaviors such as strangulation, breaking bones, hitting with objects, or the use of weapons.

What is Victim Advocacy?

Experienced Advocates assist victims of domestic abuse, both service members and dependents over the age of 18, who are in an intimate partner relationship with the following:

CRISIS INTERVENTION

Assist individuals in finding positive / adaptive solutions to unsettling events. This can be done face-to-face or by telephone.

LEGAL ADVOCACY REFERRAL

Helps navigate to legal resources and services; including assistance in obtaining both civilian and military protection orders.

MEDICAL ADVOCACY

Accompaniment to medical services or provide resources to medical programs.

INFORMATION AND REFERRAL

Work together with military and civilian agencies on Joint Base Lewis-McChord and surrounding counties, providing resource information and referrals; including temporary shelter, counseling, legal, and financial assistance

If you or someone you know is being abused, get help. Without intervention, the abuse will continue.