

## *Real Talk...* *Recognizing the signs of an unhealthy relationship*

### **Know the Facts...**

- *1 in 6 women and 1 in 33 men have experienced an attempted or completed rape (U.S. Department of Justice, Prevalence, Incidence, and Consequences of Violence Against Women :Findings from the National Violence Against Women Survey (1998).*
- *Three women are killed by a current or former intimate partner each day in America, on average (Bureau of Justice, Bureau of Justice Statistics, Homicide Trends from 1976-1999, (2001).*
- *According to the California Women's Health Survey, younger women, 18-24 years of age, were significantly more likely (11%) to be victims of physical intimate partner violence in the past year than women in other age groups.*



Domestic Violence is an issue that most of us don't want to talk about, but the truth is that our silence is killing us. Learn the facts about domestic violence so that you can save your life or the life of someone that you love. Below are some myths about domestic violence that, once debunked, can help you spot the signs of an unhealthy relationship.

### *Some Common Myths About Domestic Violence*

**Domestic Violence Can't Happen to Me: NOT TRUE**

Anyone can be a victim of domestic violence no matter your race, age, gender, or social background.

**Everybody Has Drama in Their Relationships. It's Just How Life Is: NOT TRUE**

While no relationship is perfect, there are some behaviors that are not acceptable. There is nothing normal about expecting to be abused on a daily basis. There is nothing normal about having to wonder if this is the day that one wrong word or misstep could cost you your life. You should be able to communicate with the person who you are in a relationship with and you should enjoy a partnership built on trust and respect.

**IF He/She Hurts Me I Retaliate so I'm Not Being Abused. We're Just Fighting: NOT TRUE**

Domestic violence is when someone hurts you physically, verbally, mentally, financially, or sexually. You should never have to defend yourself against someone you love or someone who claims to love you.

**He/She is Giving Me A Good Life. I'd be a Fool to Give it Up: NOT TRUE**

No life full of pain and fear is a good one, no matter how it may appear to others. You should never have to get used to being abused. You should never suffer in silence over material items when there are places like the *Jenesse Center* that has everything you need to start a new life.

**I Owe it to my Children to Tough it Out: NOT TRUE**

You owe it to your children to give them a life free from violence.

**But I Love Him/Her That's What Matters: NOT TRUE**

Love is a gift, but it has to be a healthy love, one that feeds you and makes you stronger, not take everything from you until you no longer know who you are.

If you, or anyone you know, needs help  
contact *Jenesse Center* 24/7 at  
1-800-478-7328

# Jenesse Center, Inc.

DOMESTIC VIOLENCE INTERVENTION PROGRAM

## *History and Mission*

Jenesse Center was founded more than 30 years ago with the goal of ensuring that families in crisis have options available to them to escape violence and create lives full of hope and possibility. Founded by five African-American women who were survivors of domestic violence, Jenesse Center serves a unique purpose because we primarily serve families of color, a population that has been traditionally underserved or unserved.

During our years of service to the community, Jenesse Center has housed more than 15,000 victims and survivors of domestic violence in our emergency shelters and transitional housing apartment facilities. Through our domestic violence legal clinic, and other outreach and educational programs, we have educated more than 100,000 women, children, young adults and men about the issue of domestic violence. Through media outlets—including capitalizing on the reach of the Internet through our website, [www.jenesse.org](http://www.jenesse.org), we have been able to reach more than a million people about the issue of domestic violence and its effect on American families.

We have grown from a community and grassroots effort with an operating budget of approximately \$436,000 to a full-service, professional operation with local, state, national and international recognition. Our current operating budget is approximately \$2.7 million.

Our mission is to provide victims of domestic violence with a comprehensive, centralized base of support to assist them in addressing their immediate crisis and towards changing the patterns of abuse in their lives.

## *Who We Serve*

### *A Year At A Glance*

*Total Participants Receiving Domestic Violence Supportive Services: 2500*



### *A Year At A Glance -- Housing*

*Approximate Emergency Shelter Families: 300*

*Approximate Transitional Housing Families: 90*



### *A Year At A Glance -- Mental Health Services*

*Approximate Number of Participants Receiving Mental Health Services: 2500*

### *A Year At A Glance -- Legal Services*

*Approximate Number of Program Participants receiving Legal Services: 2500*

*Approximate Number of Temporary Restraining Orders (TRO): 1500*

*Approximate Number of Immigration Issues, Child Custody, Divorce and Landlord Tenant Issues: 885*

### *A Year At A Glance -- Case Management*

*Approximate Number of Program Participants receiving Case Management Services: 2500*

### *A Year At A Glance -- Vocational Program*

*Approximate Number of Program Participants Receiving Vocational Education: 2500 (for shelter and non-shelter participants)*