

Confidential Help

Emergency Help

Inside the United States

- ALWAYS CALL 911 for immediate physical danger. Say you are reporting an incident of domestic violence. The police will know how to respond.

Outside the United States

- Call local emergency numbers or corporate security of your organization.

Non-Emergency Help

Inside and outside the United States

- The Domestic Abuse Prevention Program (DAPP) is a confidential 24-hour, 7-day, free-of-charge service, call +1 202-458-5800. DAPP may refer WBG staff and spouses/domestic partners to a qualified domestic violence attorney to obtain legal information about their options and safety planning.
- The Domestic Abuse Prevention Coordinator is available during HQ office hours to advise you and help direct you to supportive services. Email daprevention@worldbank.org, call +1 202-473-2931
- WBG Corporate Security 24/7 emergency assistance, call +1 202-458-8888 or email wbgsecurity@worldbank.org
- The National Domestic Violence Hotline provides confidential guidance to VICTIMS and ABUSERS living in the United States, call 1-800-799-7233
- For more resources, go to www.worldbank.org/domesticabuse.

In Addition

For WBG Staff

- COUNSELING: The Health Services Department Personal and Work Stress Counseling Unit can provide confidential crisis help, call +1 202-458-4457 and/or visit <http://HSDCounseling>.

For WBG Spouses/Domestic Partners

- CALL, EMAIL, or VISIT the World Bank Family Network (details on the back cover) to learn about help options.

Reach Out, Speak Out!



Important contacts for WBG staff and spouses/domestic partners concerned about or experiencing domestic conflict/abuse.

IF IN IMMEDIATE PHYSICAL DANGER

Call 911 in the US
Call local emergency numbers abroad

DOMESTIC ABUSE PREVENTION PROGRAM

For counseling and support.
Free. Confidential. 24/7.
Call +1 202-458-5800

WBG DOMESTIC ABUSE PREVENTION

For guidance and advice.
During office hours.
Email daprevention@worldbank.org
Call +1 202-473-2931

FURTHER INFORMATION AVAILABLE

www.worldbank.org/domesticabuse

Prepared by: The World Bank Family Network (WBFN) and sponsored by WBG HRD & HSD.

WBFN is a network of spouses and partners volunteering to help other spouses and partners of the WBG. Call +1 202-473-8751 or visit www.wbfn.org.



World Bank Group
World Bank Family Network
Against Domestic Abuse

Domestic Abuse is...

The use of power and force to control victims. A pattern of behaviors that may include

- verbal & psychological abuse
- social isolation
- deprivation
- intimidation
- control of finances
- physical or threat of physical abuse
- sexual assault

...a crime in the US and in many other countries

Who Are the Victims?

- Thousands of victims live silently with domestic violence, trapped by their fears of physical harm, custody concerns and emotional or economic abuse.
- Abuse occurs in all societies, all economic groups, and at all educational levels.
- Most victims of domestic abuse are women and children, but cases involving male victims are increasingly common.

Am I being abused?

Does your partner...

- Embarrass or make fun of you in front of your friends or family?
- Put down your accomplishments?
- Make you feel like you are unable to make decisions?
- Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?
- Treat you roughly—grab, push, pinch, shove or hit you?
- Call you several times a night or show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure you sexually for things you aren't ready for?
- Make you feel like there is “no way out” of the relationship?
- Prevent you from doing things you want - like spending time with friends or family?
- Try to keep you from leaving after a fight or leave you somewhere after a fight to “teach you a lesson”?

Do you...

- Sometimes feel scared of how your partner may act?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Always do what your partner wants you to do instead of what you want?
- Stay with your partner because you are afraid of what your partner would do if you broke up?

If any of these things are happening in your relationship, talk to someone. Without help, the abuse will continue. Making that first call to seek help is a

COURAGEOUS STEP!

Always remember...

- **NO ONE** deserves to be abused. The abuse is not your fault. You are not alone.
- **DON'T** worry about threats to your visa. We have information about visa options for your situation.
- **DON'T** worry if you do not speak the local language. We can get you help in many languages.

How to Help a Victim

DO

DO encourage talking in a safe, private place.

DO listen, believe, and let the victim know she/he is not alone.

DO encourage the victim to talk with a professional who knows about intimate partner violence.

DO help put together a “safety plan” (assemble important documents, agree on a safe haven, etc.) in case the victim needs to escape in a hurry.

DO be patient and offer continued support.

DO express admiration for the victim's courage in trying to make a change.

DO bear in mind that it may take the victim several attempts to successfully leave an abusive situation.

DON'T

DON'T judge or criticize a victim's decisions.

DON'T insist the victim make quick decisions.

DON'T take on too much—it may increase the danger to the victim. Let her/him decide when to act.

DON'T underestimate the danger of a situation.

Impact on Children

In almost half of homes with partner abuse, child abuse also occurs. Abuse complicates a child's relationship with both parents. Children don't necessarily need to understand what's happening to respond emotionally and physically. Children may display some or all of the following responses:

- Anxiety, depression, anger, aggression, low self-esteem
- Stomach aches, headaches, eating/sleeping problems
- Behavior change leading to problems at home/school
- Extreme sensitivity to loud sounds

Resources for Information and Help

Information, and listings of resources for WBG Staff and Spouses/DPs can be found at: www.worldbank.org/domesticabuse

VICTIMS

- Inside the United States: www.thehotline.org/help/resources/, National Domestic Violence Hotline (Tel: 1-800-799-7233) [Provides confidential guidance and resources to victims.]
- Outside the United States: www.hotpeachpages.net, International Directory of Domestic Violence Agencies

ABUSER

- Inside the United States: www.thehotline.org/help/for-abusive-partners/, National Domestic Violence Hotline (Tel: 1-800-799-7233)

Am I an abuser?

- Domestic Abuse is repeated because it works for the abuser. It is under the abuser's control, not the victim's.
- Remember, when an abuser chooses to stop, abuse ends. If you are motivated, change is possible.

If you recognize aspects of your relationship that suggest you might be an abuser...

...GET HELP!