**Services Offered**

- Primary Care Services
- Women, Infant & Children (WIC) Program
- Youth Mentoring Program
- Benefits Enrollment – Medicaid
- Diabetes Program
- Navajo Way Program
- HIV/AIDS Prevention Services
- Dental
- Homeless Outreach
- Enabling Services
- Behavioral Health Services (BHS)
- Traditional Healing
- Social Support Services Program
- Pathways to a Healthy Bernalillo
- Families Are Sacred

## CALL FOR HELP

National Domestic Violence Hotline:

1-800-799-SAFE (7233)

1-800-787-3224 (TDD)

The Rape, Abuse, Incest National Hotline: (RAINN)

1-800-656-HOPE

**MISSION STATEMENT:**

**Families Are Sacred** is committed to providing a culturally appropriate system of care to Domestic Violence and Sexual Assault victims through

- Screening
- Referrals
- Counseling
- case management
- community based prevention education

that will identify available resources to assist victims.

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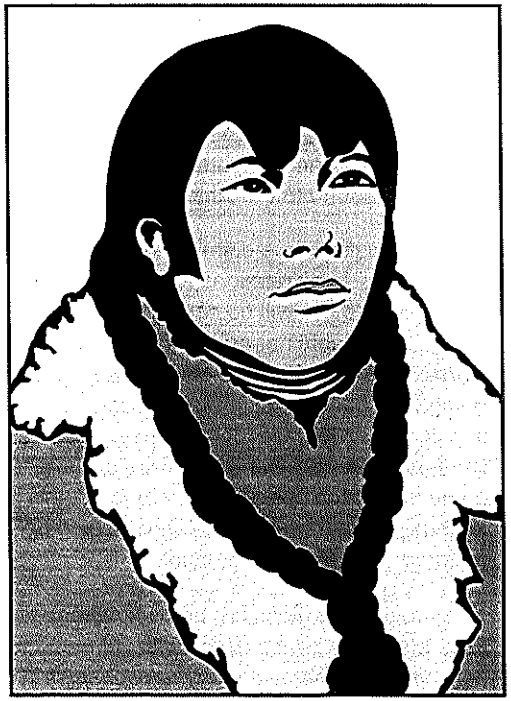
# RESPECTFUL RELATIONSHIPS

## Facts about battering for men



Families Are Sacred

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## Violence is a learned behavior

During our lives we are taught many ways to view our role as men in society. These teachings create a belief system that defines who we are and how we interact with our communities, families, and other individuals. Our Grandfathers, Uncles, Fathers, and other male relatives show us examples of how to be men. We also learn about being men from friends, acquaintances, and others in the community. What we learn from our environment tends to be a reflection of how we respond to the larger community.

Violence in the home disrupts the balance of the community. In all relationships between men and women there will be conflicts. People get angry, arguments happen, and feelings get hurt. During these conflicts we choose how we are going to act and react to the situation. Violence is a choice. When we focus only on what we want, or think we have to "win" the argument or come out on top during disagreements, this may lead us to use threats or violence to gain or maintain control of the situation.

This brochure is designed help us as men to think about our relationships with women and ask: *"How do I behave in my relationships?" "Do I hurt the people I say I love?" "What do I need to know in order to change my behavior?"*

## Identifying abuse and violence

***Physical abuse:***

Slapped, punched, or kicked her
Pushed/shoved her
Restrained her

***Intimidation:***

Punched walls/doors
Smashed things
Frightened her by looks, gestures, or actions
Displayed weapons

***Emotional Abuse:***
*Put her down/used insults*
*Called her names*
*Accused her of flirting or cheating on you*
*Made her feel guilty*

***Isolation:***
*Kept her from going places…(school, work, etc.)*
*Disapproved of her friends and relatives*
*Questioned her about her whereabouts*
*Kept her from using the car/truck*

***Minimizing, denying, blaming:***
*Made light of abuse*
*Said abuse was her fault*
*Blamed someone or something else*

***Using children:***

*Told children she was not a good mother*
*Threatened to take the children away*
*Told children they don't need to follow her rules, undermining her authority*

***Male privilege:***
*Acted like the "master of the castle"*
*Told her what her role / job is*
*Expected sex on demand*
*Didn't respect her feelings about her sexuality*

***Sexual Abuse:***
*Threatened her like a sex object by making sexual comments, groping, relentless unwanted touching*
*Made her engage in sexual acts against her will*
*Threatened to sleep with someone else if she didn't have sex*

***Coercion and threats:***
*Threatened to harm her*
*Threatened to harm friends or relatives*
*Made her do something illegal*

## Suggestions for change

Listed below are some examples of beliefs that set the foundation for respectful relationships and a non-violent lifestyle.

- A woman and man can have a partnership where the authority, responsibility, and leadership are shared.
- I can accept that often I am not going to get my way. I know I don't always get my way with other people and I can accept that in my relationship also.
- In our culture we believe in equality and respect between males and females.
- In our culture we value physical, spiritual, mental, and emotional balance. Being balanced as an individual brings balance to the larger community.

When choosing to live a non-violent life style we have to be aware of our choice to use violence. We always have choices and violence is a choice. When you feel violent you have the power to choose to respond in a positive or non-abusive way. Think about the consequences of your violence to the people around you and to yourself.

Walking away from a difficult situation is only a short-term solution for stopping controlling behavior or violence. As you practice non-violent methods of communicating and negotiating you will notice that your need to remove yourself from high-conflict situations will decrease.

***Domestic violence is not a Native tradition***