

Prevention and Education Services

Healthy Relationships

A healthy relationship is when both partners are emotionally healthy and physically safe. A healthy relationship encourages positive values such as trust, honesty, respect, and communication.

Signs of a Healthy Relationship

- ◆ Mutual Respect
- ◆ Forgiveness
- ◆ Intimacy
- ◆ Honest Communication
- ◆ Empathy
- ◆ Shared Responsibility
- ◆ Trust
- ◆ Support
- ◆ Effort
- ◆ Commitment

The Laurel Center offers prevention services to populations from pre-school to adult. To learn more about these services or to speak to one of our prevention coordinators about bringing a program to your agency or group contact our office at (540) 667-6160.



Hope.



Courage.



Strength.



Resilience.

*With your help, we can
make a difference.*

For more information, contact:

The Laurel Center
Hotline: 540-667-6466
Office: 540-667-6160

or

Virginia Family Violence
& Sexual Assault Hotline
1-800-838-8238 (V/TTY)

www.thelaurelcenter.org



THE
Laurel
CENTER

Intervention for Domestic and Sexual Violence

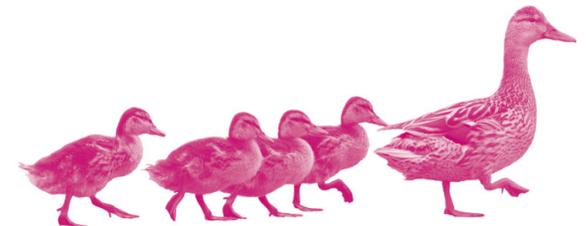
formerly The Shelter for Abused Women

Prevention

Stopping the Violence...

Before it Starts

P.O. Box 14
Winchester, VA 22604
540-667-6466 Hotline
540-667-6160 Office
1-866-670-2942 Toll Free
540-667-0138 Fax
TTY Available



Domestic Violence

Domestic violence is a pattern of abusive behaviors used by one individual to control or exert power over another individual in the context of an intimate relationship.

Domestic Violence Prevention

Primary prevention of domestic violence involves work to stop the violence *before* it ever occurs. Primary prevention focuses on the introduction of new values, thinking processes and relationship skills that promote healthy, non-violent relationships. Primary prevention is a process of changing the attitudes and beliefs that lead to specific behaviors. It is also an acknowledgement that we can't just accept the world the way it is and expect that the problems will go away.

Sexual Assault

Sexual assault is a crime of violence, power, and control. It occurs when a person is forced, threatened, or coerced into sexual contact against his or her will. It includes unwanted touching, kissing, and rape. It can happen to anyone; there is no lifestyle or behavior which causes a person to become a victim.

Sexual Assault Prevention

Primary prevention of sexual assault is stopping it before it happens. Primary prevention focuses on changing attitudes and beliefs that contribute to the acceptance of sexual assault.

Ways You Can Take an Active Role in Preventing Domestic and Sexual Violence

In Your Home

- ◆ Speak to children regarding appropriate boundaries.
- ◆ Teach children how to show respect for each other.
- ◆ Refuse to laugh at jokes making light of domestic and sexual assault. Challenge the impact of these jokes. Refuse to forward inappropriate or offensive emails that make light of domestic violence or sexual assault.

In Your Neighborhood

- ◆ Provide young people with the knowledge and tools to recognize the warning signs of violent behavior
- ◆ Be a role model for all children by resolving issues in respectful and nonviolent ways
- ◆ Help children learn to solve problems and play in nonviolent ways. Teach children basic team building skills and activities that they can teach and practice with their peers.

In Your Community

- ◆ Speak to groups you are involved with regarding the prevalence of domestic and sexual violence and the vital role the community plays in ending domestic violence and sexual assault.
- ◆ Challenge and discuss negative attitudes and behaviors that perpetuate abuse and violence.
- ◆ Encourage your church or civic group to organize a rally to speak out against domestic and sexual violence.

Types of Prevention

Primary Prevention

Involves efforts to reduce the incidence of a problem behavior before it occurs.

Secondary Prevention

Targets services to selected at-risk individuals in an effort to decrease a problem behavior.

Tertiary Prevention

Involves attempts to minimize the course of a problem behavior once it is already clearly evident.

Domestic violence, abuse, battering and sexual assault should not, and does not, need to happen.

