

Our Purpose

Mission Statement:

*The mission of **Courage is Change** is to end the generational cycle of abuse and violence by empowering children, youth and adults to create non-violent communities through healthy relationship development. **Courage is Change** seeks to address all the causes and effects of violence and abuse in the lives of individuals through education, communication and community involvement.*

Philosophy:

Respect and acceptance are essential in building healthy communities. Our philosophy is that healthy communities serve as support systems. Healthy supported adults prove to be better, more aware parents. If healthy supported parents are part of a true community, they can serve as a support system and a positive example not only to their own children, but to other children in need within their community. Educating our children and building community ensures real change.



How to help your friends

Listen, Listen, Listen.

Use helpful statements, like “I understand.”

Do not judge.

Do not give solutions right away; listen first.

Help create a safety plan.

Stress the importance that they have the right to break up, if they are ready.

Make sure they understand the violence is not their fault, regardless of what they did, wore or said.

Give them information about the profile, violence and risk.

Give them the phone numbers and resource information of shelters and hotlines.

Continue to be their friend, even if they go back to the perpetrator.

Always call the police if you witness an assault.

Emergency 911

National Domestic Violence Hotline: 1-800-799-SAFE

National Child Abuse Hotline: 1-800-422-4453, TDD 1-800-222-4453

National Teen Suicide Hotline: 1-800-784-2433 or 1-800-273-8255, TTY 1-800-799-4889

Safe 2 Tell 1-877-542-7233, <http://www.safe2tell.org>

Boulder County Safehouse 24 hour crisis hotline 303-444-2424, <http://www.bouldercountysafehouse.org>

Crossroads Safehouse Larimer County, 24 hour crisis hotline 970-482-3503, <http://www.crossroadssafehouse.org>
Toll free 1-888-541-7233

Safehouse Denver 24 hour crisis hotline and info (24 hora crisis y informacion) 303-318-9989, <http://www.safehouse-denver.org>

Archuleta County Victim Assistance Program Pagosa Springs, CO 970-264-9075, <http://www.acvap.org>

Southwest Safe House 970-259-5443

www.movingtoendsexualassault.org



Stop the silence, end the cycle of violence

Do you know someone in an unhealthy relationship?

Listen, Care & Respect

www.courageischange.org

PO Box 270323

Louisville, CO 80027

303-494-5828



Warning Signals

1. Does your partner say things that hurt you? Call you names? Mimic or ignore you?
2. Have they told you things your family or friends have said about you?
3. Is your partner more jealous or possessive than others? Do they get mad when you have fun without them?
4. Do they talk about breaking up when you do something they don't like?
5. Has your partner been aggressive or pushy about sex?

Danger Signs

1. Does your partner say they trust you but still accuse you of fooling around or flirting? Do they say they wouldn't get jealous if they didn't love you so much?
2. Do they check up on you, show up somewhere you have said you will be?
3. Does your partner track your time? Question how long it took you to get somewhere?
4. Do they isolate you from your friends and family? Do they dislike your best friend, or say that they have said something bad about you?
5. Have they ever shoved, pushed, slapped, kicked, punched or screamed at you?
6. Do they say you know what makes them mad and you do it anyway, so it is your fault? Do you make excuses for your partner's actions, by saying, "they didn't mean it" or "they were upset"?
7. Has your partner forced you to have sex?

NOT TRUE

NOT TRUE

NOT TRUE

NOT TRUE

NOT TRUE

Myths About Dating Violence

Violence in dating relationships rarely happens. NOT TRUE

Statistics show one in every three relationships are physically, emotionally or verbally violent. This is true in same sex relationships as well as heterosexual.

Violence in dating occurs only with drug users, in poor or "bad" families. NOT TRUE

Dating violence does occur with or without drug or alcohol use. Abusers are rich, poor and in between. Many come from what is seen as a "respectable family." They can be a religious person, a good athlete or a good student.

Violence in dating means a couple having a "fight." NOT TRUE

Dating violence is about one partner threatening, abusing, controlling and/or assaulting another. This is true in same sex relationships as well as in heterosexual relationships.

Violence in dating is an isolated incident. NOT TRUE

It is a "pattern" of abuse and control. Once it starts it almost never stops.

Those who "batter" cannot help it. They just lose control. NOT TRUE

They often will find an excuse for their behaviors such as drinking too much. They often blame their victim, but they use manipulation and controlling behaviors when they are sober. They assault because they can get away with it.

NOT TRUE

NOT TRUE

NOT TRUE

NOT TRUE

NOT TRUE

The Stages of Dating Abuse

Stage 1— An abusive person usually begins exerting control over another person by being critical of his/her partner. The perpetrator gradually become more controlling, jealous, threatening, possessive and then verbally, psychologically and physically abusive. The victim often accepts blame for the relationship problems, feels shame and becomes compliant, trying not to trigger an argument.

Stage 2— Even the "Blow up" can be gradual. An argument can turn into screaming and a push or a slap. The next few arguments can escalate to full blown verbal, physical and/or sexual assault. On the other hand, many times the victim can no longer tolerate the anxiety of the "Build up" and may retaliate verbally or physically. In many cases this would trigger an escalated assault. If this does occur, it is the most dangerous time for a victim to leave a relationship. This is often when an abuser turns to homicide.

Stage 3— An abuser will try many behaviors to encourage a victim to stay in a relationship. He/she may give gifts, be nice and apologetic, promise to change, show remorse, promise to get counseling (without follow through). They may beg and plead for another chance. The abuser tends to behave as if nothing ever happened at all, or that the incident was a normal argument. If the victim does not leave, the relationship tends to continue revolving back through the cycle over and over again.