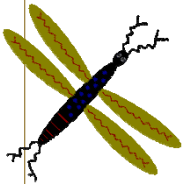


Women are Sacred grows out of our stories and our teachings. When something is held as being sacred, it is to be respected, honored and held with the high regard of its power.

This means that when you are treated with respect, you are being given messages *in words and in actions that show you* that you are valued, loved and treated with care.

This is something that every human being should be able to expect from their intimate partner, husband or boyfriend



A woman living a life without violence carries strength and beauty in her spirit and laughs and loves from deep within.

Are you treated with respect in your relationship?

Do you feel honored by your

living a life without violence

We will provide the following services:

Case Management
Help with obtaining local resources
Advocacy

We will provide referrals for the following:

Individual and Group Counseling
Shelter Stay for women and children
Educational Help with completing GED PROGRAM



This project was supported by Grant 2009-EG-S6-0018 awarded to The Kaw Nation by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

This brochure was developed by Red Wind Consulting, Inc., supported by Grant No. 2008-TA-AX-K032 awarded by the Office on Violence against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this document are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women



Women are Sacred

Kaw Nation
Domestic Violence Program
Break the Pattern
Envision Change
Empower Hope

Desiree R. Heskett
B.S., M.C.P.

Project Director

400 East Central Suite 306
Ponca City, Oklahoma 74601
580-762-4477 (office)
580-399-7191 (cell)
580-762-4170 (fax)
dheskett@kawnation.com



What is domestic violence?

Generally, domestic violence is a pattern of behavior, including physical violence or sexual violence, by an intimate current or former partner. It is seen in male/female and same sex partner relationships.

Domestic violence takes many forms and includes a range of actions intended to control: isolation, intimidation, using children, emotional abuse, economic abuse, coercion and threats, minimizing, denying and blaming, cultural abuse, ritual abuse, male privilege and sexual abuse.

The most recognized form of domestic violence is physical violence, which may include hitting, punching, slapping, strangling, or kicking.

An intimate partner is someone who you live with or have lived with. This can be a boyfriend, a husband, a girlfriend, or a wife.

The questions to the right can help you think about whether you are living with domestic violence.

- ✓ *If you believe you are living with domestic violence, you can get help.*
- ✓ *Call to talk with an advocate to help you think about options available to you.*

Kaw Nation Domestic Violence Program

Desiree' Heskett B.S., M.C.P.
Project Coordinator
580-762-4477 (office)
580-399-7191 (after hours)

Sallie Williams
D.V. Advocate
580-362-1039 ext 216
(Office)
580-362-3918 (fax)

National Domestic Violence Hotline

(800) 799-SAFE (7233)
(800) 787-3224 - TDD line

Women are Sacred

Are you living with domestic violence?

- Have you ever been hit, slapped, kicked or punched by your partner?
- Have you ever been choked or strangled by your partner?
- Is your partner asking you questions about whether you are faithful or is he expressing jealousy?
- Are you starting to feel like you are losing your relationships with family or friends because of your partner's actions?
- Has your partner ever threatened to hurt you to get you to do something?
- Has your partner ever hurt your pets?
- Has your partner ever destroyed your property or things you care about?
- Has your partner ever tried to stop you from going to school, work or doing things you like to do?
- Has your partner ever forced you to have sex when you did not want to?
- Does your partner regularly insult you?
- Are you ever afraid of your partner or of going home? Does he/she make you feel unsafe?