

DART

Domestic Abuse Resource Team

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*Is
Someone
You Know
Hurting
You?*



*Domestic Abuse
Resource Team*

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:28-30

L.I.G.H.T. Ministry

Domestic Abuse

Sometimes it's hard to believe that domestic abuse can happen in a Christian home, but the reality is that it occurs equally in Christian and non-Christian homes.

The definition of domestic abuse is: ***A pattern of behavior used by an individual to establish and maintain control over an intimate partner. Domestic abuse consists of physical, sexual, psychological, and/or emotional abuse.*** Over time, the abusive behavior may become more frequent and severe. Acts of domestic abuse are committed by both adults and adolescents.



The **Domestic Abuse Resource Team (DART)** of Northshore Baptist Church is equipped to recognize domestic abuse and to assist victims through encouragement and resources. If you need a safe, confidential person to talk to about abuse, call 425 216-4455.

Are You In An Abusive Relationship?

(The word 'spouse' can be replaced with anyone you have a close relationship with such as a teenager, adult, child, etc.)

- Do you accept blame for almost anything that goes wrong in the relationship/family?
- Do you "walk on eggshells" and are you constantly telling the children to be careful or quiet so they won't upset and get in the way of daddy/mommy?
- Is your life based on trying to please your spouse so as to avoid his/her anger, criticism, or disapproval?
- Have you been pushed, bumped, choked, slapped or otherwise painfully touched by your loved one?
- Does your spouse constantly criticize family/friends to the point that you are becoming increasingly isolated to avoid the negative disapproval?
- Is your spouse charming in public and then is a different person when you are alone, making you feel crazy?
- Are you intimidated/controlled by objects thrown, doors/cupboards slammed or postures and threats by your spouse?
- Does your spouse say you are too sensitive, or overreacting if you attempt to bring up a sensitive issue?
- Does your spouse control the money, run up credit cards without your knowledge and leave you to deal with the creditors and shortages of essentials, like food and clothing?
- Does your spouse belittle your accomplishments, your sexuality, feelings or spiritual life?
- Is your spouse jealous or suspicious of who you talk to, go out with or spend time with?
- Does your spouse attack your character by name calling and insults?
- Are you afraid of your loved one?

If you answered yes to 3 or more of these questions, it may be helpful for you to talk with someone.

There is hope and there is help.

Helping Yourself

- Seek support from people you trust and get into a support group.
- Know that other members of your family (especially children) are impacted by what they observe.
- Realize that once a pattern of abuse is established it will get worse over time.
- Call the DART line: 425 216-4455 or Lupe Maple, 425 216-4416.

In A Crisis

- **Call 911**
- **Get yourself and your children to a safe place**
- **Call Eastside Domestic Violence Programs**
24 Hour Help Line at:
425 746-1940
or 800 827-8840

Helping Someone You Know

- Be patient, listen and believe the person.
- Do not blame the victim for the perpetrator's abusive behavior.
- Encourage the person to ask for help and give them this brochure.
- Offer to provide practical help such as babysitting or transportation.