

Our **FEARLESS!** *mission*
is to build an informed, just, and accountable society so all people can experience **supportive** and **safe** relationships **free from** abuse, **exploitation**, and **oppression**.

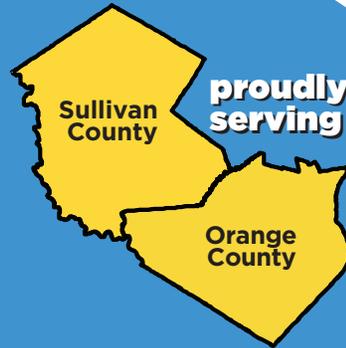
We do this by **education**, **prevention**, **advocacy**, and providing **comprehensive services**, including shelter, to victims and survivors of interpersonal violence, human trafficking and sexual violence, and other types of crime victimization.

HOW WE *help*

ADULT & CHILD SURVIVORS

-  **24-hour Hotline**
-  **Advocacy & Support**
-  **Community Partnerships**
-  **Court Accompaniment**
-  **Crisis Intervention**
-  **Education & Training**
-  **Emergency Shelter**
-  **Information & Referrals**
-  **Legal Services**
-  **Prevention**
-  **Safety Planning**
-  **Support Groups**
-  **Therapeutic Counseling**
-  **Web Chat**

24-HR HOTLINE
845-562-5340



Fearless! provides free and confidential services for all victims and survivors regardless of race, creed, color, religion, national origin, sexual orientation, gender identity or expression, age, military status, sex, marital status, citizenship, language, genetic information, or disability.

FEARLESS!
RECLAIMING OUR SAFETY

Fearless! Hudson Valley, Inc.
f/k/a Safe Homes of Orange County
P.O. Box 649, Newburgh, NY 12551
24-Hour Hotline: 845-562-5340
Business Office: 845-562-5365

fearlesshv.org

Fearless! Hudson Valley, Inc. is funded by State, Local, and Federal grants. A full list can be found on our website.

ABUSE CAN HAPPEN TO ANYONE. WE ARE *here* TO HELP.

FEARLESS!
RECLAIMING OUR SAFETY

@fearlesshv  

RED FLAGS OF ABUSE

Emotional/Psychological

- constant put downs, criticisms, name calling
- minimizing the abuse or blaming you
- making you feel fearful or afraid
- isolating you from family and friends
- excessive jealousy and possessiveness
- stalking behaviors
- monitoring where you go and who you talk to
- threatening to take the children away
- threatening to harm self or others

Physical

- pushing, shoving, hitting, biting, punching
- strangulation (“choking”), smothering
- using or threatening to use weapons
- throwing things and/or destroying property
- hurting or killing pets
- denying medical treatment
- withholding food
- forcing use of drugs or alcohol

Sexual

- physically forcing sexual intercourse
- making you fearful about saying no to sex
- forcing sex with other partners
- forcing you to participate in sexual acts
- violence during sex
- denying contraception or protection

Financial

- monitoring spending or taking money earned
- prohibiting access to finances
- running up debt, ruining your credit score
- interfering with your job or ability to work
- refusal to contribute toward expenses

Spiritual

- using beliefs to rationalize behavior
- preventing the practice of other beliefs
- forcing you and/or children to be raised in a faith that you do not agree to

Technological

- calling and texting constantly
- preventing you from using technology
- impersonating you online
- sending harassing messages, texts, emails
- monitoring you by using GPS, hidden cameras, cellphones, spyware

Abuse can take place in all types of relationships.

HOW YOU CAN *help* SOMEONE EXPERIENCING ABUSE

Things To Do

- Listen without judgment, rejection, or blame for the person’s decisions.
- Believe the person: abuse can happen to anyone and abusers often appear to be very nice people.
- Remember that you cannot ‘rescue’ them.
- Educate yourself: leaving can be hard for many reasons and it does not ensure the abuse will stop and can increase lethality for some victims.
- Encourage the person to call the Fearless! hotline for confidential help.
- Support the person and do not abandon them.

Words To Say

- This is not your fault.
- I am sorry this is happening to you.
- You have the right to be safe.
- You don’t deserve to be treated this way.
- I care about you and I know talking about this can be hard.

Questions To Ask

- Is someone hurting you?
- Did someone hurt you?
- Do you dread being alone with your partner?
- What do you need to be safe right now?
- How can I support you?

ABUSE IS ABUSE NO MATTER WHAT TYPE IT IS

Interpersonal Violence

Often referred to as intimate partner violence or domestic violence, it’s a pattern of abusive, assaultive, controlling, or coercive behaviors and tactics used to gain or maintain power and control over another person. Abuse can take several forms: physical, sexual, financial, spiritual, technological, and trafficking.

Human Trafficking

Human trafficking is the business of stealing freedom for profit. In some cases, traffickers trick, defraud or physically force victims into selling sex. In others, victims are lied to, assaulted, threatened or manipulated into working under inhumane, illegal or otherwise unacceptable conditions.

Every minute,  **24** people will be raped, assaulted or stalked by an intimate partner

The presence of a gun in a domestic violence situation increases the risk of homicide

by **500%** 

On average **20,000**  calls are placed to domestic violence hotlines each day

 in **10** women have been raped by an intimate partner in her lifetime

Annually, **10** million  children will witness domestic violence

 **1/4** of dating teens are harassed online or through texts by their partner

 Approximately **25** million  people are currently victims of human trafficking globally

12-14  is the average age of entry into sex trade

If you or someone you know is experiencing abuse please call our hotline for help 845-562-5340

CALL 911 IN AN EMERGENCY