

Services available through the Ponca Tribe of Nebraska Domestic Violence Program:

- ❖ Victim/Survivor Advocacy
- ❖ Safety Planning
- ❖ Legal and Court Advocacy
- ❖ Community Resource Referral
- ❖ Shelter Referral
- ❖ Transportation
- ❖ Information
- ❖ Presentations
- ❖ Support Groups/Talking Circles
- ❖ Counseling Referrals
- ❖ Limited Financial Assistance
- ❖ Medical Advocacy
- ❖ Protection Orders
- ❖ Phone Cards
- ❖ Toiletries

Services available to individuals enrolled in a federally recognized tribe, those who have children who are enrolled members, or have a partner who is an enrolled member.

If you or someone you know are experiencing violence in your relationship, contact your local PTN Office for assistance:

Norfolk:

1800 Syracuse ♦ 402.371.8834

Niobrara:

2523 Woodbine Street ♦ 402.857.3391

Omaha:

2602 J Street ♦ 402.734.5275

Lincoln:

1701 E Street ♦ 402.438.9222

Sioux City

125 Sixth Street ♦ 712.258.0500



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Violence is **NOT** a Native American Tradition

PONCA TRIBE OF NEBRASKA Domestic Violence Program

What is Domestic Violence?

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse is physical, sexual, emotional, financial or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.

Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

Do you find yourself or someone you know saying things like...

- ❖ It isn't all bad.
- ❖ It won't happen again
- ❖ But, I love them.
- ❖ I need to stay....for the kids.
- ❖ It only happens when....

If so, you might be in an abusive relationship and need to seek help from your local Domestic Violence program or call the National Crisis Line: 1.800.799.7233.

Domestic Violence can occur daily or once in a while, and doesn't always involve physical violence. There are several tactics that abusers use to manipulate and intimidate their victims. These can range from put downs to physical or sexual attacks.

Domestic Violence also tends to occur in cycles: The **Tension** phase is when conflict is building, and abuse tactics are beginning to be seen. This eventually leads to the **Explosion** phase, which involves a major confrontation and abuse. This is followed by the **Reconciliation** phase, in which the abuser apologizes, but may minimize or deny the abuse. **Reconciliation** is followed by (or sometimes combined with) **Calm**. During this phase, the abuser makes promises, and things are going well. The abuser may even seem different until the **Tension** stage begins again.

It is common that victims will become so anxious during the **Tension** phase that they begin doing things that may seem as if they are provoking the **Explosion**; however, it is important to remember that NO ONE deserves to be abused and you cannot control someone else's decision to hurt you. This cycle is also one reason that it is hard for victims to leave the relationship. Everyone wants to believe the best in the person they love and they are correct that, "It isn't always bad," but it isn't always good either. You must realize that no matter how much you care for your partner, it may be too dangerous to stay with them. When the victim is ready to leave, it is important they have a safety plan in place. Your local Domestic Violence program can help!



Contact your local PTN office for free and confidential services.

Things you can do:

- Call 911 if you are in immediate danger
- Contact an advocate. They can help you to create a safety plan and file protection orders
- Document incidents that have been happening (stalking log)
- Contact the police to file a report and/or have them document what's happening
- Tell trusted friends, neighbors, coworkers that can help look out for you
- Change up your routes to work or school, if possible
- Change your passwords and/or locks
- If you have children, safety plan with them also, come up with a safe place for them to go if needed
- ALWAYS take threats seriously

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- Safety planning
- Protection orders
- Legal and court advocacy
- Community resource referral
- Counseling referral
- Support groups
- Information
- Transportation
- Medical advocacy
- Limited financial assistance
- Toiletries

Help is available.

If you feel you are in immediate danger call 911.

National Domestic Violence
Hotline: 1-800-799-SAFE (7233)

Ponca Tribe of Nebraska office locations:

Niobrara | 402.857.3391
Sioux City | 712.258.0500
Norfolk | 402.371.8834
Omaha | 402.734.5275
Lincoln | 402.438.9222

Stalking Awareness & Action

PONCA TRIBE
OF NEBRASKA
DOMESTIC VIOLENCE PROGRAM



According to the 2016 National Center for Victims of Crime there are 7.5 million victims of stalking each year. 15.2% of those victims are women and **24.5% of those women are American Indian/Alaskan Native.**

Stalking can be defined as a course of conduct directed at a specific person that would cause a reasonable person to feel fear.

Nebraska stalking statute 28-311.03 states: "Any person who willfully harasses another person or a family or household member of such person with the intent to injure, terrify, threaten, or intimidate commits the offense of stalking."

What constitutes stalking?

Stalking may be in the form of (but is not limited to) the following:

- Following a person to their place of work, home, etc.
- Making repeated, unwanted & threatening, phone calls
- Using social media such as Facebook to keep contact and tabs on where the victim may be
- Making appearances to events such as parties, picnics, family gatherings etc. when uninvited
- Damaging and/or vandalizing the victim's property or belongings
- Threatening the victim or their family, friends or pets
- Using electronics such as GPS devices to track a person
- Proxy stalking: using family, friends or others to stalk the victim

Some stalking behavior is not criminal by itself. For example: following someone on a public street, making a non-threatening telephone call, sending flowers or even waiting for someone outside their place of work.

Although, when these things are coupled with the intent to instill fear or injury, they may constitute a pattern of behavior that is illegal.

47 U.S.C. 223(a)(1)(C) Harassing Telephone Calls in Interstate Communications

It is a federal crime to use a telephone or other telecommunications device to annoy, abuse, harass, or threaten another person at the called number. This crime is punishable by a period of incarceration up to two years.

