

Township of Manalapan

COMMUNITY ALLIANCE TO PREVENT ALCOHOLISM AND DRUG ABUSE

120 Route 522 · Manalapan, NJ 07726 · 732-446-8345 · Fax 732-446-1576

Website: www.mtnj.org



October is Domestic Violence Awareness Month

Domestic violence is the purposive assault, battery, sexual assault, intimidation, or other abusive behavior as part of a perpetual pattern by an intimate partner. One constant component of abuse is the partner's continuous efforts to gain power and control over the other. Domestic violence may affect people regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. It can be characterized by sexual violence, emotional violence, physical violence, or psychological violence.

Red Flags and Signs of an Abuser:

- **Extreme Jealousy**
- **Possessiveness**
- **Unpredictability**
- **A Bad Temper**
- **Controlling Behavior**
- **Blaming the Victim: When Anything goes Awry**
- **Abstraction of the Individual's Attempts to go to School or Work**
- **Control of all Finances**
- **Accusations of Victim Flirting with Others**
- **Control of How Victim Dresses or Acts**
- **Privately or Publicly Demeaning Victim**
- **Harassment of the Victim at Work**

How to Get Help:

- **Plan Ahead:** Plan out where to go in an emergency, fill out a list of people to contact for help, have numbers of local domestic violence programs, have a suitcase ready to leave equipped with medication
- **If you are at Home:** Avoid rooms with no exits like bathrooms and rooms with open windows like bathrooms and rooms with weapons like kitchens, lock the abuser outside and call 911 if possible, get any needed medical attention, contact a domestic violence program or safe house
- **If you have children:** Create a safety program appropriate for their age and practice it, tell them not to get physically involved in violence and to instead go to their safety place, if going to their safety place isn't possible then show them to call 911
- **If you have Pets:** If staying with abuser, establish a paper trail to prove ownership, establish safety provisions, and keep the number of a local 24 hour emergency veterinary clinic. If planning to leave abuser, obtain safety shelter for pet, pack a bag for your pet with food, medicine, documents of ownership, health documents, a leash, an ID and rabies tag, a pet carrier, toys, and bedding. If you have left the abuser, keep the pet indoors, pick a safe route and time to walk pet, change your veterinarian

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall

120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576



Our mission is to meet the need for comprehensive alcohol and drug abuse awareness planning and programming to create community-level change in Manalapan Township and Englishtown Borough.