



Russell House provides free and confidential help to people experiencing domestic violence or sexual abuse. We want to help you live a life free from abuse.

**We may be able to help you with:**

- Shelter
- Court/Legal Advocacy
- Crisis Intervention
- Hospital/Medical Advocacy
- Counseling and Support Groups for Adults and Children
- Transportation
- Safety Planning

Russell House may be able to help you as part of our non-resident program, even if you do not live at the shelter.

**Volunteer and Giving Opportunities**

Please visit our website to find our current needs list, online shopping links, monetary donation information, and our volunteer application.

[www.russellhousemo.org](http://www.russellhousemo.org)

**Russell House**

P.O. Box 2259  
Rolla, MO 65402  
Phone: 573.364.0579  
Fax: 573.364.1824  
**Crisis Line: 800.998.8340**

**Russell House  
Crawford County Outreach Office**

Mailing: P.O. Box 1241  
Physical: 215 Third Street, Suite 4A  
Steelville, MO 65565  
573.578.3587

**Russell House  
Dent County Outreach Office**

205B East Fourth Street  
Salem, MO 65560  
573.578.3586

**Russell House  
Maries County Outreach Office**

Mailing: PO Box 134  
Physical: 109 Main Street  
Vienna, MO 65582  
573.202.4103

**Russell House  
Phelps County Outreach Office**

200 North Main Street  
Rolla, MO 65401  
573.578.8653

**24 Hour Confidential Crisis Line:**

**800.998.8340**



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Helping victims and survivors of domestic and sexual violence since 1994.

## What is Sexual Abuse?

Sexual abuse/sexual assault is any sexual contact **without your consent**. Some examples of sexual abuse are:

- Attempting to or forcing you to have sex
- Unwanted groping and/or fondling
- Forcing, threatening, or pressuring you to do sexual acts that you don't want to do or are outside of your comfort zone
- Taking pictures or making recordings of sexual acts without your permission
- Posting sexual pictures or recordings on the internet without your permission

## What is Consent?

You have the right to say no to any sexual act. You have the right to only do sexual acts you want to do.

### Consent should always be:

**Freely-Given:** Force, threats, or drugs and/or alcohol should not be used to get you to do sexual acts.

**Reversible:** You can say no at any time to any sexual act. If you say no, your partner should stop all sexual activity.

**Informed:** You have the right to know what you are agreeing to do and not be pressured to do sexual acts you are not expecting.

**Enthusiastic:** You should not feel pressure or be forced to engage in sexual activity.

**Specific:** You have the right to agree to one sexual activity but not agree to others.

## Emergency Planning

### What to know when you are ready to leave an abusive relationship

- We can help you make a safety plan to leave.
- You should hide clothes, money, keys, and important documents (such as marriage license, court papers, social security cards, and birth certificates) in a safe place so that you can get them quickly.
- You should create a code word with family or friends to text or say if you need them to call 911.
- When you think abuse may happen, stay out of rooms with no way to get out or rooms that may be more dangerous, like the kitchen or bathroom.
- The police may be able to help you. You can ask the police to be with you when you leave the house or when going back to get your stuff from the house.
- If you are hurt, go to a doctor or hospital and tell them what happened. Ask them to call Russell House.

**All individuals have a right to a life free of violence and abuse.**

**Crisis Line: 800.998.8340**

### How to Respond to Violence

If you see something, say something. If it is not safe for you to try to stop the abuse, call 911.

Learn ways to help friends and family by going to the Russell House website at [www.russellhousemo.org/resources](http://www.russellhousemo.org/resources).

## How is your Relationship? Does your Partner...

- Call you bad names or insult you?
- Control what you do, who you see, who you talk to, or where you go?
- Stop you from seeing friends or family?
- Take your money, make you ask for money, or refuse to give you money?
- Make all of the decisions?
- Tell you you're a bad parent or threatens to take away or hurt your children?
- Act like the abuse is no big deal, act like it's your fault, or even deny doing it?
- Destroy your property or threaten your pets?
- Scare you with guns, knives, or other weapons?
- Shove you, slap you, or hit you?
- Force you to drop criminal charges?
- Threaten to commit suicide?
- Threaten to kill you or your kids?

## Examples of Domestic Abuse

**Emotional Abuse:** Name calling, putting you down, ignoring you, threatening you, keeping you from friends and family, and blaming you for the abuse.

**Physical Abuse:** Slapping, punching, hitting, spitting, shoving, biting, kicking, choking, burning you, and stopping you from leaving.

**Financial Abuse:** Not allowing you to work, giving you an allowance, putting debt in your name, and controlling all of the money.