

What is domestic violence?

- Domestic violence is the willful intimidation, physical assault, battery, sexual assault, or any other abusive behavior perpetrated by an intimate partner against another. Domestic violence results in physical injury, psychological trauma, and sometimes death.

What is a shelter?

- All shelters services are free and confidential.
- You don't need a police report.
- They are a secure location.
- Legal advocates are on-site.
- Case Managers help you explore your options and set goals for your life.

Increased Danger Signs: “Red Flag Signs”

- Abuse happens more often
- Abuse gets rougher
- There is a gun in the house
- Abuser uses drugs or alcohol
- Abuser threatens to kill self or others
- Abuser hurts or kills pets
- Abuser is jealous, suspicious, or possessive
- Abuser gets into fights with other people

Taking the First Step

- If leaving is not an option make a safety plan
- Call Police if you are being abused
- If it is safe, keep a journal of the abuse
- Attend a support group
- Call the state domestic violence hotline to discuss options : 1-800-500-1119

Safety Plan

- Before you are ready to leave establish a verbal code word or code phrase with family & friends to alert them when you are in trouble.
- Ask a neighbor to call police if violence begins
- Hide any weapons
- Arrange for safety of pets, call animal control to take them if they are in danger of being hurt

Safety Plan: “Escape Bag”

- Pack an escape bag with driver's license
- Birth Certificates for you & your children
- Social Security Cards for you & you children
- Food Stamps, Medical Cards, Etc.

Financial Information

- Checkbook, ATM card, etc
- Money, credit cards, bank books, etc
- Proof of income for self & partner

Legal Information

- Your injunction for Protection
- Lease, rental agreement, house deed
- Car registration & insurance papers
- Health & Life insurance papers
- Medical records for you & your children

Other Important Items

- House, car & safety deposit box keys
- Medicines & all prescriptions (extra)
- Jewelry, glasses, dentures, contact lenses
- Pictures of you, your children & your abusive partner
- Change of clothes for you & your children
- Security Blanket or stuffed animal for your child