DOMESTIC VIOLENCE

Community Resources

Domestic Violence 24-hour Crisis Line
800 799-SAFE

Project Sister (Rape Crisis Center)
909 626-HELP or 909 966-4155

Support Network
800-572-2782

National Domestic Violence Hotline
1-800-787-3224

Myth: Domestic violence is not common.

Fact: Every nine seconds a woman in the United States is beaten by one who claims to love her. (Support Network for Battered Women)

Domestic Violence is legally defined as when spouses or intimate partners use physical violence, threats, emotional abuse, harassment or stalking to control the behavior of their partners. Domestic violence IS a crime, a learned behavior, and IS a choice.

Think about the following questions to distinguish whether you or someone you know is a victim of domestic violence

• Has your partner or spouse ever hurt or threatened you or your children?
• Has your partner or spouse ever hurt your pets, broken objects in your home, or destroyed something that you especially cared about?
• Does your partner or spouse throw or break objects in the home during arguments?
• Does your partner or spouse act jealously, for example, always calling you at work or home to check up on you?
• Does your partner or spouse accuse you of flirting with others or having affairs?
• Does your spouse or partner make it hard for you to find or keep a job or to go to school?
• Does your partner ever force you to have sex when you wish not to, or make you do things during sex that you do not want to?

Steps to Take in Getting Out of Domestic Violence

• Call Support Network (1-800-572-2782) or National Domestic Violence Hotline (1-800-787-3224). Ask for the nearest shelter and how to get there.
• Call family and friends and see if they would be willing to provide transportation, shelter, or anything else you may need.
• If you are unable to stay with family or friends, choose a hotel/motel in which you can stay. Find out the quickest way there.
• Also know that police stations, fire stations and hospitals are always a safe place to go. Make sure to know the fastest way to get there.
Five Ways to Eliminate Domestic Violence

1. **Know What Domestic Violence Is.**
   When a spouse or intimate partner uses physical violence, threats, emotional abuse, harassment, or stalking to control the behavior of their partners, they are committing domestic violence.

2. **Develop a Safety Plan.**
   If you or someone you know is experiencing domestic violence, develop a safety plan. This may include setting aside an extra pair of keys, money, passports, etc. to ensure the fastest and safest route out of your home. Know where you can go ahead of time once leaving your home. Try to remember the crisis hotlines, as they can assist you at anytime.

3. **Call 911.**
   Domestic violence is a crime. If you or someone you know is being battered, call 911 for immediately for help.

4. **Exercise Your Rights.**
   You and anyone you know who may be experiencing domestic violence have the right to go to court and petition for an order of protection.

5. **Get Help for You (and/or You and Your Family).**
   There are many shelters dedicated to victims of domestic violence. Be sure to call Support Network (1-800-572-2782) to find the closest location near you.
   If not choosing a shelter, do call the crisis hotline to assist you. They are here specifically to aid in your needs.

Remember, no one deserves abuse and there is no excuse for domestic violence.