



Trauma Intervention Programs of San Diego

DOMESTIC VIOLENCE

HOW TO GET HELP

WHAT TO LOOK FOR

- Threats of violence
- Breaking or striking objects
- Use of force in sex
- Possessiveness and lack of trust
- verbal abuse
- Jealousy
- Name calling and put-downs
- Unrealistic expectations of you
- Blaming you for problems
- Physical force towards you or others
- Cruelty to animals and/or children

HOW TO LEAVE SAFELY

- Plan ahead
- Make spare keys
- Put money aside for cab fare or gas
- Tell someone about the abuse
- Document your injuries – take pictures
- If injured go to the nearest hospital and tell someone
- Make a list of emergency numbers
- Safely store birth certificates, passports, school and medical records outside the home
- Call police and get officer's name and badge number
- Obtain a restraining order