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