

LOCAL HELP LINES & NATIONAL RESOURCES:

Emergency Help - Police Department	911	National Domestic Violence Hotline	1-800-799-7233 thehotline.org
Crisis Center-Local Domestic Violence Support	303-688-8484 thecrisiscenter.org	National Coalition Against Domestic Violence	ncadv.org
COVA-Colorado Organization For Victim Assistance & Trafficking	coloradocrimevictims.org	The Initiative-Support for Persons with Disabilities Experiencing Abuse	303-839-5510 theinitiativecolorado.org
Blue Bench - Sexual Assault Support	303-322-7273 thebluebench.org	Human Trafficking	888-373-7888 humantraffickinghotline.org
SOL-Survivors Organizing for Liberation (LGBTQIA)	888-557-4441 solcolorado.org	DOVE-Deaf Overcoming Violence Through Empowerment	303-831-7874 deafdove.org
Project PAVE-Promoting Alternatives to Violence through Education	303-322-2382 projectpave.org	Love Is Respect-Teen Dating Violence Support	866-331-9474 www.loveisrespect.org Text LOVEIS to 22522



Admin: 303-688-1094
24-Hour Crisis Line: 303-688-8484

 thecrisiscenter.org

 P.O. Box 631302
 Littleton, CO 80163

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MAKING A SAFETY PLAN:

If you are in a violent relationship, one of the most important steps you can take is to make safety plans for both home and the workplace.

First, ask yourself these questions:

- Are you afraid of your partner?
- Has your partner ever threatened to hurt you or someone you care about?
- Has your partner ever tried to control most of your daily activities, been constantly jealous or ever followed or spied on you?

In case you have to flee your home, have the following available:

- Important papers such as birth certificates, social security cards, insurance information, school and health records, welfare and immigration documents, and divorce or other court documents
- Credit cards, bank account numbers, and ATM cards
- Some money
- An extra set of keys
- Medications and prescriptions
- Phone numbers and addresses for family, friends, doctors, lawyers, and community agencies
- Clothing and comfort items for you and the children

If you are leaving your abuser, ask yourself:

- How and when can I leave most safely? Where will I go?
- If I need to, am I comfortable calling the police?
- When I leave, who can I trust to tell?
- What community and legal resources will help me feel safe? *Write down their addresses and phone numbers, and keep them handy.*
- Do I know the number of the local shelter?
- What custody and visitation provisions will keep me and my children safe?
- Is a restraining order a viable option?

If you are staying with your abuser ask yourself:

- What works best to keep me safe in an emergency?
- Who can I call in a crisis?
- Will I call the police if the violence starts again? Can I work out a signal with the children or the neighbors to call the police when I need help?
- If I need to flee temporarily, where will I go?

RESPONDING TO DOMESTIC VIOLENCE:

Recognize that someone being abused may:

- Have obvious bruises
- Wear clothes inappropriate for the season to hide bruises
- Be uncharacteristically late/absent from work or important meetings

- Show a change in job performance
 - Try to hide emotional distress
- Respond to the person being abused:**
- With concern and support, such as: *I am concerned for your safety; I believe what you are telling me*
 - Listen in a non-judgmental way
 - Do not tell them what to do or intervene physically
 - Refer them to a domestic violence agency in the community
 - Inform them about legal protection that is available in most states under abuse protection laws.
 - If they have suffered physical harm, take them to the hospital to check for injuries.

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Domestic violence happens when one person believes they are entitled to control another. Assault, battering and domestic violence are crimes.

Physical Abuse: The abuser's physical attacks or aggressive behavior can range from bruising to murder. It begins with what is excused as trivial contacts, which often escalate into more frequent and serious attacks.

Sexual Abuse: Physical violence is often accompanied by, or culminates in, sexual abuse wherein the victim is forced to have sexual contact with the abuser or take part in unwanted sexual activity. Sexual abuse ranges from being called sexual names to rape.



Emotional Abuse: Domestic violence can include verbal abuse, harassment, excessive possessiveness, isolating the victim from friends and family, deprivation of physical and economic resources, and destruction of personal property.

Financial Abuse: Financial abuse may be much more overt in domestic violence situations and include violence or intimidation to keep the victim from working or having access to the family funds, sabotaging work or employment opportunities, controlling how money is spent, withholding money or giving the victim "an allowance" or running up large amounts of debt on joint accounts.

Domestic violence often escalates. It can begin with behaviors like threats, name calling, or physical violence, such as punching a fist through a wall or damage to objects or pets. The abuse may escalate to restraining, pushing, slapping and may include punching, kicking, biting, sexual assault, etc. It may become life-threatening with even more serious behaviors or the use of weapons.