

Domestic Violence



Warning Signs of Domestic Violence

Domestic Violence is abuse that occurs between current or ex-spouses and/or dating relationships. Domestic violence can happen to men or women in relationships. Typically, we see physical violence, sexual violence, threats, and emotional abuse as common areas of abuse.

Some common warning signs of domestic violence may be as follows:

- ◆ Your partner puts you down
- ◆ Loses temper, hits,

or breaks objects

- ◆ Extremely jealous



Men may be victims of domestic violence as well.

- ◆ Hurts you physically
- ◆ Controls your access to money and/

or friends

- ◆ Threatens suicide to manipulate you
- ◆ Mood swings, being loving and sweet one moment then angry and abusive the next
- ◆ Humiliates you
- ◆ Blames you for their abusive behavior
- ◆ Demands sex or sexual behaviors that you do not want to participate in
- ◆ Intimidates you through verbal or physical means

Where to Turn for Help

Here are some places to turn for help, by talking with someone via a hotline, or getting more information on domestic violence.

National Domestic Violence Hotline

800-799-SAFE (7233)
TTY: 800-787-3224

www.ndvh.org
www.thehotline.org

National Coalition Against Domestic Violence

www.ncadv.org

State Domestic Violence Coalition List

www.ncadv.org/resources/StateCoalitionList.php

Indiana Domestic Violence Shelter List

www.icadvinc.org/wp-content/uploads/2010/06/PPP-and-BIP-Map.pdf

Separation Safety Plan

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about *how* to respond to him/her and how to get myself and my children to safety.

Step 1: Safety during a violent incident.

Victims cannot always avoid violent incidents. In order to increase safety, battered victims may use a variety of strategies.

I can use some or all of the following strategies:

1. If I decide to leave, I will _____.
(Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)
2. I can keep my money and car keys ready and put them (place) _____ in order to leave quickly.
3. I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.

4. I can teach my children how to use the telephone to contact the police and the fire department.
5. I will use _____ as my code for my children or my friends so they can call for help.
6. If I have to leave my home, I will go _____ (Decide this even if you don't think there will be a next time). If I cannot go to the location above, then I can go to _____ or _____.
7. I can also teach some of these strategies to some/all my children.
8. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____.
(Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door).
9. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.

When I expect we are going to have an argument, I will try to...

Step 2: Safety when preparing to leave.

Battered victims frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a battered victim is leaving the relationship.

I can use some or all of the following safety strategies:

1. I will leave money and an extra set of keys with _____ so _____ that I can leave quickly.
2. I will keep copies of important documents or keys at _____.
3. I will open a savings account by _____ to increase my independence.
4. Other things I can do to increase my independence include:
5. The domestic violence program's

hotline number is _____
and I can seek shelter by calling this
hotline.

6. I understand that if I use my tele-
phone credit card, the following
month the telephone bill will tell my
batterer those numbers that I called
after I left. To keep my telephone
communications confidential, I might
get a friend to permit me to use their
telephone credit card for a limited
time when I first leave.
7. I will check with _____
and _____ to see
who would be able to let me stay
with them or lend me some money.
8. I can leave extra clothes with

- _____.
9. I will sit down and review my safety
plan every _____
in order to plan the safest way to
leave the residence.
_____ (domestic
violence advocate or friend) has
agreed to help me review this
plan.
 10. I will rehearse my escape plan,
and as appropriate, practice it
with my children.

Step 3: Safety in my own residence

There are many things that a victim can do
to increase her/his safety in their own resi-
dence. It may be impossible to do every-
thing at once, but safety measures can be
added step by step.

Safety measures I can use include:

- A. I can change the locks on my doors
and windows as soon as possible.
- B. I can replace wooden doors with steel/
metal doors.
- C. I can install security systems including
additional locks, window bars, poles to
wedge against doors, an electronic sys-
tem, etc.
- D. I can purchase rope ladders to be used
for escape from second floor windows.
- E. I can install smoke detectors and pur-
chase fire extinguishers for each floor in
my house/apartment.
- F. I can install an outside lighting system
that lights up when a person is coming
close to my house.
- G. I will teach my children how to use the
telephone to make a collect call to me
and to _____

(friend/minister/other) in the event
that my partner takes the children.

- H. I will tell people who take care of
my children which people have
permission to pick up my children
and that my partner is not permit-
ted to do so. The people I will in-
form about pick-up permission in-
clude:

_____ (school)
_____ (day care staff)
_____ (babysitter)
_____ (Sunday School
Teacher)
_____ (teacher)
_____ (and)
_____ (others)

- I. I can inform _____
(neighbors), _____
(pastor), _____ (friend)
that my partner no longer resides with
me and they should call the police if he
is observed near my residence.

There are things
you can do to
increase the
safety in your
home.

Step 4: Safety with an Order of Protection

Many battered victims obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders. I recognize that I may need to ask the police and the court to enforce my protection order.

The following are some steps I can take to help the enforcement of my protection order.

- A. I will keep my protection order _____ (location).
Always keep it on or near your person.
- B. I will give my protection order to police departments in the communities where I usually visit family or friends, and in the community where I live.
- C. Here should be a county registry of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is in the registry. The telephone number for the county registry of protection order is _____.
- D. For further safety, if I often visit other counties in my state, I might file my protection order with the court in those counties. I will register my protection order in the following counties _____ and _____.
- E. I can call the local domestic violence program if I am not sure about B, C, or D above or if I have some problem with my protection order.
- F. I will inform my employer, my minister, my closest friend, and _____ and _____ that I have a protection order in effect.
- G. If my partner destroys my protection order, I can get another copy from the courthouse by going to the Circuit Court Clerk's office.
- H. If my partner violates the protection order, I can call the police and report a violation, contact my attorney, call my advocate, and/or advise the court of the violation.
- I. If the police do not help, I can contact my advocate or attorney and will file a complaint with the chief of the police department.
- J. I can also file a private criminal complaint with the district justice in the jurisdiction where the violation occurred or with the district attorney. I can charge my battering partner with a violation of the Order of Protection and all the crimes that he/she commits in violating the order. I can call the domestic violence advocate to help me with this.

The following are some steps I can take to help the enforcement of my protection order.

Step 5: Safety on the job and in public.

Each battered victim must decide if and when he/she will tell others that their partner has battered them and that he/she may be at continued risk. Friends, family and co-workers can help to protect victims. Each victim should consider carefully which people to invite to help

secure his/her safety.

I might do any or all of the following:

- A. I can inform my boss, the security supervisor and _____ at work of my situation.
- B. I can ask _____ to

help screen my telephone calls at work.

C. When leaving work, I can _____.

D. When driving home if problems occur, I can _____.

E. If I use public transit, I can _____.

F. I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are

different than those when residing with my battering partner.

G. I can use a different bank and take care of my banking at hours different from those I used when residing with my battering partner.

H. I can also _____.

Step 6: Safety and drug or alcohol use

Most people in this culture use alcohol. Many use mood-altering drugs. Much of this use is legal and some is not. The legal outcomes of using illegal drugs can be very hard on a battered victim, may hurt his/her relationship with their children and put him/her at a disadvantage in other legal actions with the battering partner. Therefore, victims should carefully consider the potential cost of the use of illegal drugs. But beyond this, the use of any alcohol or other drug can reduce a victim's awareness and ability to act quickly to protect themselves from the battering partner. Furthermore, the use of alcohol or other drugs by the batterer may give him/her an excuse to use violence. Therefore, in the context of drug or alcohol use, a victim needs to make specific safety plans.

A. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.

B. I can also _____.

C. If my partner is using, I can _____.

D. I might also

_____ and _____.

E. To safeguard my children, I might _____ and _____.

The use of any alcohol or other drug can reduce awareness and ability to act quickly to protect oneself from a battering partner.

Step 7: Safety and my emotional health

The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

1. If I feel down and ready to return to a potentially abusive situation, I can

2. When I have to communicate with my partner in person or by telephone, I can

3. I can try to use "I can..." statements with myself and to be assertive with others.
4. I can tell myself—
" _____"

_____ "
whenever I feel others are trying to control or abuse me.
5. I can read

to help me feel stronger.

6. I can call

and

as other resources to be of support of me.

7. Other things I can do to help me feel stronger are

and

8. I can attend workshops and support groups at a domestic violence program or

or

to gain support and strengthen my relationship with other people.

I can work to conserve my emotional energy and resources by doing some of the following...

Step 8: Items to take when leaving.

When victims leave partners, it is important to take certain items with them. Beyond this, victims sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Money: Even if I have never worked, in

the state of Tennessee, one can legally take 1/2 of the funds in the checking and savings accounts as it is a community property state. Check with your state laws to see if this is true for your state.

These items might be placed in one location so that if we have to leave in a hurry, I can grab them quickly.

When I leave, I should have:

- Identification for myself
- Children’s birth certificate
- My birth certificate
- Social security cards
- School and vaccination records
- Money
- Checkbook, ATM card
- Credit cards
- Keys—house/car/office
- Driver’s license and registration
- Medication
- Welfare identification, work permits, Green card
- Passport(s), Divorce papers
- Medical records—for all family members
- Lease/rental agreement, house deed, mortgage payment book
- Bank books, Insurance papers
- Small saleable objects
- Address book
- Pictures, jewelry
- Children’s favorite toys and/or blankets
- Items of special sentimental value

You may not be able to return to pick up items in a second trip, so make sure to obtain what you need when you leave.

Telephone Numbers I need to Know

Police Department—911

My Domestic Violence Program:

My County Registry of Protective Orders:

My Attorney General’s Office:

My Work Number:

My Supervisor’s Home Number:

My Minister’s Number:

My Other Numbers Needed:

Remember to take what you need when you leave if at all possible, but above all, safety first.



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STATEMENT OF FAITH

Psalm 147:3 He heals the brokenhearted
and binds up their wounds.

MISSION

The mission of Hope Recovery is to provide Christian-based supportive compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

VISION

Hope Recovery aspires to provide excellence in service and support while assisting trauma survivors in achieving their recovery goals.

Please contact your physician or therapist
for further information on the issues
addressed inside this literature.

I will keep this document in a safe place and out of reach of my potential attacker.

Review Date: _____

IF YOU NEED HELP filling out this plan, you may ask a domestic violence counselor, your minister, a close trusted friend, or a police officer.