

Facts and resources

FOR VICTIMS OF DOMESTIC VIOLENCE

▶ WHAT IS DOMESTIC VIOLENCE?

DOMESTIC VIOLENCE IS WHEN ONE FAMILY MEMBER HURTS (OR ABUSES) ANOTHER. PEOPLE IN ABUSIVE SITUATIONS OFTEN FEEL TRAPPED, HUMILIATED AND HELPLESS. SOME FEEL BOUND BY LOVE AND LOYALTY. SOME FEEL SHAME AND FEAR, OR WISH TO PROTECT OTHERS AND THEIR FAMILIES BEHIND A VEIL OF SECRECY.

- ▶ Domestic violence will not go away without outside help.
- ▶ You are not to blame.
- ▶ There is hope.
- ▶ You can break this violent cycle.



Plan for a quick exit

- Plan and rehearse an escape route out of your home.
- Pack a suitcase to store with a friend or neighbor. Include a change of clothes for you and your kids, toothbrushes, etc., and an extra set of car and house keys.
- Collect the following items: medicines, ID, birth and marriage certificates, Social Security cards, extra cash, checkbooks, savings account book and credit cards. Put them in a safe place where you can grab them quickly.
- Plan where you will go to be safe in an emergency, and arrange for a friend to help you.
- Call 911 for the police or sheriff in an emergency.
- If you are hurt, go to an emergency room.
- **DON'T LEAVE UNTIL YOU ARE READY.** This is often a dangerous time, and abusers sometimes become more angry or abusive.

HELP!

- ▶ Call 911 if it is an emergency.
- ▶ Tell someone like a friend or family member if you are a victim of domestic violence - they can help.
- ▶ Arrange for a safe place to go.
- ▶ Let the law help and protect you.

Domestic violence is a crime. It is not your fault if the abuser gets arrested; it is the abuser's fault for being violent.

A protective order against the abuser requires him/her to stay away from your home and work, to stop abusing you or even contacting you.



The statewide Domestic Violence Info-Line will link you to free help. No one will know you called. You don't have to give your name.

Call 1-800-897-LINK(5465)

Shelters

YWCA	537-8600
South Valley Sanctuary	255-1095
Marillac House	359-0830
Peace House, Park City	435-647-9161
Davis County Shelter	1-801-444-3191
Tooele County	1-800-833-5515

Counseling services

Family First Counseling	281-4084
Valley Mental Health	263-7100
Cornerstone Counseling	355-2846
Sandy Counseling Center	944-1666

Crisis lines

S.L. Victim Services	799-3756
Sandy City Victim Services	568-7283
West Jordan Victim Services	566-6511
Rape Crisis Center	467-7273
S.L. County Victim Services	743-5860

Crime Victim Reparations Legal Aide Society

238-2360
328-8849

Division of Child & Family Services

Child Abuse Hotline	281-5151
Adult Protection Hotline	264-7669

W.V. Attorney's Office

963-3331

S.L. District Attorney's

Downtown office	468-3422
Victim-witness counseling	363-7900
	363-7911

National Domestic

Violence Hotline	1-800-799-7233
Child Support Assistance	1-800-622-KIDS

Tension building
Minor conflict lasting a few hours to months. May feel like you are walking on eggshells.

Violent episode
The tension explodes in a physically and/or emotionally abusive incident. Most often you blame yourself or are blamed for the incident.

Cycle of abuse

Honeymoon behavior
The abuser apologizes and expresses remorse, often buys gifts, promises to change. The seriousness of the incident is minimized, and tension starts to build again.

You are being physically abused when . . .

someone pushes, shoves, bites, kicks, hits, spits on, punches, slaps or says he/she will use a knife, gun or other object to hurt you.

You are sexually abused when . . .

someone wants you to do something sexual that you don't want to do, intimately touches you when you don't want to be touched, forces you to watch pornography or sex acts.

You are being mentally abused when . . .

someone criticizes or tries to scare you; calls you names; makes you feel guilty or tries to control everything in your life, including your money, whom you can talk to, where you can go or what you read; forces you to do something against the law; hurts your children or pets; or breaks things.

Did you know that . . .

- Studies have found that 80 to 90 percent of children living in homes with domestic violence are aware of the violence.
- Children are harmed by domestic violence even if they never see it and are never physically abused themselves.
- Hearing yelling, name-calling, slapping and hitting sounds is abuse, and it has a profound effect on children.

What you can do . . .

- Instruct children to NEVER get involved during an argument between adults.
- Agree on a safe place for children to go if a serious fight occurs.
- Teach children to call for help. Make sure children know their own address and phone number.
- **REASSURE CHILDREN THAT THEY ARE NOT RESPONSIBLE FOR THE ABUSE**



10 million
children witness domestic
violence each year

— Children's Defense Fund

DESERET
Morning News

FOR MORE INFORMATION
deseretnews.com

SOURCE: Utah Domestic Violence Council; Family Violence Law Center; local shelters