



RESOURCE GUIDE



DOMESTIC VIOLENCE RESPONSE TEAM
HILLSBORO POLICE DEPARTMENT
250 SE 10th Ave. | Hillsboro, OR
503.681.6175 | 503.469.8620 24-hour
911 Emergency

This guide is provided by the Hillsboro Police Department Domestic Violence Response Team. The resources listed occasionally change. Please call or visit their websites to confirm hours and availability.

If you have questions about the resources or information in this guide, or are looking for information about resources not found in this guide, please contact:

Police Program Specialist, Domestic Violence
503.681.6175



Case number: _____

Officer's name: _____

Advocate's name: _____

Notes: _____

TABLE OF CONTENTS

RESOURCES

DV/SA Victims.....	4
24-Hour Lines	4
Medical.....	4-5
Housing and Food	5-6
Counseling and Referral	6

LEGAL

Legal Resources	7
Non-Criminal (Civil)	7
Protective Orders	8-9
Other Legal Information	9
General Victim Rights	10

MYTHS AND FACTS	11
-----------------------	----

CYCLE OF VIOLENCE	13
-------------------------	----

IDENTIFYING RELATIONSHIPS

Power and Control Wheel	14
Equality Wheel	14

UNHEALTHY RELATIONSHIP SIGNS.....	15
-----------------------------------	----

TYPES OF ABUSE	16-17
----------------------	-------

STRANGULATION

Strangulation	18
Signs and Symptoms	19

DOMESTIC VIOLENCE AND PREGNANCY	20
---------------------------------------	----

TRAUMA

Effects of Trauma.....	21
Trauma and Young Children	22
Trauma and School-Age Children	22
Trauma and Adolescents	23

SAFETY PLANNING

Safety Planning.....	24-25
Packing Ideas Checklist.....	25

SELF-CARE	26
-----------------	----

MOVING FORWARD	27
----------------------	----

DANGER ASSESSMENT	28
-------------------------	----



Victim/Survivor language statement.

DV/SA VICTIMS

Family Justice Center of Washington County (FJC)

735 SW 158th Avenue, Beaverton

503.430.8300 | www.fjwc.org

- Prepare and file protective/stalking orders
- E-court
- Safety planning
- Counseling and classes
- LGBTQ and bilingual services
- In-house childcare
- Civil, legal, and multi-agency representation, including the Domestic Violence Resource Center (DVRC)

Counseling and Victim Services

160 N 1st Ave., Hillsboro

503.846.3020 x1

www.co.washington.or.us/CommunityCorrections/VictimServices

- Guidance and advocacy through the court process
- Court accompaniment
- Free counseling and education
- Safety planning
- Info and referrals for services

Washington County District Attorney Victims' Assistance

150 N 1st Ave. 3rd floor, Hillsboro

503.846.8671

washingtoncountyda.org/protecting-victims-and-families

- Guidance through court process and court accompaniment
- Referral to crime victim resources

Department of Human Services Temporary Aid for Domestic Violence Survivors Grant (TA-DVS)

5300 NE Elam Young Pky, Hillsboro

503.646.7234

www.oregon.gov/DHS/ABUSE/DOMESTIC/pages/tadvs.aspx

Oregon Department of Justice Crime Victims' Compensation

503.378.5348 | doj.state.or.us/victims/compensation.shtml

- Financial assistance with counseling, medical, rehabilitation, loss of earnings, funeral expenses, etc. for victims and their families

Oregon VINE (Victim Information and Notification Everyday)

1.877.674.8463 | www.vinelink.com/#/home/site/38000

- Custody status, location of offenders, and scheduled release date
- Notification if someone is released, transferred, escapes, dies, or other parole and probation info.
- 24 hours a day, 365 days a year

Oregon Department of Justice Address Confidentiality

503.373.1323 | www.doj.state.or.us/victims

- Free mail forwarding service for victims of DV, sexual assault, trafficking, or stalking

Washington Co. Jail 24-hour inmate info: 503.846.6374

www.co.washington.or.us/sheriff/jail/arrestrelease.cfm

24-HOUR LINES

DVRC

503.640.5352 or 1.866.469.8620

Call to Safety

503.235.5333 or 1.888.235.5333

- Up-to-date information on shelter services

National Domestic Violence Hotline

1.800.799.7233 or SAFE | www.thehotline.org

Sexual Assault Resource Center Crisis Line

503.640.5311 or 1.800.799.7233

Project UNICA/Catholic Charities

503.232.4448 or 1.888.232.4448

Military OneSource

1.800.342.9647

Real Warriors Live Chat

1.866.966.1020

MEDICAL

If you have been strangled or otherwise had your breathing or blood circulation impeded, seek medical attention.

*If you are a DV victim, there may be funds to help you pay for your medical exam (SAVE Fund).**

Symptoms may be life-threatening, including swelling inside the throat, which can take up to 36 hours to develop.

Providence St. Vincent Medical Center

503.216.1234 | www.providence.org

9205 SW Barnes Road, Portland

- Nurses trained to evaluate strangulation

Kaiser Permanente Westside Medical Center

971.310.1000 | www.kaiserpermanente.org

2875 NW Stucki Avenue, Hillsboro

Virginia Garcia Memorial Health Center

503.601.7400 | viriniagarcia.org

226 SE 8th Avenue, Hillsboro

*For information on the SAVE Fund, contact Sexual Assault Resource Center (SARC) listed on page 6.



Northwest Health Clinic

266 W Main Street, Hillsboro
503.941.3016 | www.nhcoregon.org
Hours: Tuesday: 8 a.m. to 7 p.m., Wednesday: 7 a.m. to 6 p.m.,
Friday: 7 a.m. to 1 p.m.

Tuality Healthcare

503.681.4290 | www.tuality.org
335 SE 8th Avenue, Hillsboro

Hawthorn Walk-in Center

5240 NE Elam Young Pkwy, #100, Hillsboro
503.846.4555 | 24-hour line 503.291.9111
hawthornwalkincenter.com

- Addiction and mental health services

HOUSING AND FOOD

Department of Human Services

503.693.4555 | 5300 NE Elam Young Pkwy, Hillsboro
www.oregon.gov/dhs/Pages/index.aspx

- Cash assistance for low-income individuals
- Food stamps (SNAP)
- Child care assistance
- Domestic violence victim services

Oregon Health Plan (OHP)

877.314.5678 | OregonHealthCare.gov

- Health insurance for low-income individuals/families

Community Action

503.648.6646 | 1001 SW Baseline Road, Hillsboro
www.caowash.org

- Child care resource and referral
- Emergency rent and energy assistance
- Head Start and Early Head Start
- Homeless and housing services
- Community Connect: 503.640.3263

2-1-1

211 or 1.866.698.6155

211info.org

- Information and referral to services in Washington County

Salvation Army

503.640.4311 | 351 SE Oak Street, Hillsboro
www.salvationarmyusa.org

- Emergency assistance for food and finances
- Services for adults, youth, and seniors

Sonrise Church

503.640.2449 | 6701 NE Campus Way, Hillsboro
www.isonrise.com

- Food pantry and clothing and hygiene products
- Seasonal shelter (S.O.S. shelter at Orenco Station)

HomePlate Youth Services

503.867.7762 | 332 NE 6th Avenue, Hillsboro
www.homeplateyouth.org

Drop-in center for homeless youth ages 16-24: meals, showers, hygiene supplies, to-go bags, entertainment, referrals

St. Vincent de Paul/St. Matthew Catholic Church
503.693.7528 | Hertel Center, 447 SE 3rd, Hillsboro
www.svdphillsboro.com

- Food, furniture, and housing/utility assistance

Bonnie L. Hayes Small Animal Shelter
503.846.7041 | 1901 SE 24th Avenue, Hillsboro
www.co.washington.or.us/HHS/AnimalServices

- Care for lost/abandoned pets
- Pet adoptions and Possible short-term foster care
- Microchipping and spay/neuter services

COUNSELING AND REFERRAL

DVRC, Clinical Counseling Services
503.640.5253 | www.dvrc-or.org/professional-counseling/

- Free clinical counseling for survivors and families in Hillsboro and Beaverton
- Advocacy, support groups, safety planning
- Special services for children
- Spanish language services

Washington County Counseling and Victims' Services
160 SW Washington Street, Hillsboro
503.846.3020
www.co.washington.or.us/communitycorrections/victimservices/services/counseling.cfm

- Free counseling with crime victimization, intimate partner abuse, building healthy relationships, managing stress and anxiety, career and work goals, etc.

Sexual Assault Resource Center (SARC)
503.640.5311 | 4900 SW Griffith Dr Ste 100, Beaverton
www.sarcoregon.org

- Counseling/case management services to survivors of sexual assault and children in English and Spanish

Pacific Psychology Clinic
503.352.7333 | 222 SE 8th Ave Suite 212, Hillsboro
www.pchpacificu.org

- Counseling for survivors and children
- Sliding fee scale

A.R.M.S. (Abuse Recovery Ministry & Services)
3720 SW 141st Ave #102, Beaverton
503.846.9284 or 866.262.9284 | www.armsonline.org

- Faith-based counseling and education to domestic violence to survivors and perpetrators



Based on the case type and offender's age, the case may be referred to the Washington County District Attorney's office or the Washington County Juvenile Department for criminal charges. The court can provide specific information about how your case may proceed. It may seem overwhelming, but there are people to help walk you through each step of the process.

Oregon Law Center

503.640.4115 | 230 NE 2nd Avenue Suite F, Hillsboro

Tenant hotline: 503.648.7723

Public Benefits Hotline: 800.520.5292

Child Support Hotline: 800.383.1222

www.oregonlawhelp.org

- Free civil legal services to low-income Oregonians
- Legal education: family law, survivor's rights, housing, employment, public benefits, discrimination, consumer rights, senior issues, disability, and farmworker rights
- Help with a contested restraining order

St. Andrew's Legal Clinic

503.648.1600 | 232 NE Lincoln Suite H, Hillsboro

www.salcgroup.org

- Low-cost civil legal services: family law, domestic violence intervention, guardianship, stepparent adoption

Washington Co. Circuit Court Family Law Assistance Program

145 NE 2nd Avenue, Room 112C, Hillsboro

Not available by phone

courts.oregon.gov/Washington/Services/Family_Law/pages/family_law_main.aspx

Monday – Friday: 8 a.m. - 5 p.m.

Oregon Crime Victims Law Center

503.208.8160 | www.ocvlc.org

- Free legal assistance for crime victims, including survivors of domestic violence, sexual assault, dating violence, and stalking

Hillsboro City Municipal Court

503.681.6157 | 150 E Main Street, Hillsboro

Washington County District Attorney: 503.846.8671

Washington County Juvenile Dept.: 503.846.8861

Foreclosure hotline: 503.227.0198

NON-CRIMINAL (CIVIL)

Oregon State Bar Lawyer Referral Line

800.452.7636 | www.osbar.org/public/ris/

- Help finding an attorney
- Oregon State Bar Modest Means Referral Program: helps moderate-income Oregonians find affordable legal assistance. See website above for details.

Immigrant and Refugee Community Organization (IRCO)

10301 NE Glisan Street, Portland

503.234.1541 | www.ircoco.org

- Culturally and linguistically-specific services for immigrants and refugees

Bradley Angle

5432 N Albina Avenue, Portland

503.232.1528 | www.bradleyangle.org

- Helps survivors escape violence and build safe, prosperous lives
- Youth and family support
- LGBTQ program
- Support for African American survivors and families
- Housing assistance and economic empowerment program

Raphael House

4110 SE Hawthorne Boulevard #503, Portland

503.222.6507 | www.raaphaelhouse.com

- Emergency shelter
- 24-hour housing access line
- Transitional housing and advocacy
- LBGTQI services

Native American Youth and Family Center (NAYA)

5135 NE Columbia Boulevard, Portland

503.288.8177 x219 | www.nayapdx.org

- Safety planning, housing stabilization, crisis intervention, advocacy, ongoing support groups, and educational services

El Programa Hispano - Project UNICA

270 SE Powell Boulevard #9 (third floor), Portland

503.221.4866 | www.catholiccharitiesoregon.org

- 24/7 Spanish language crisis line
- Case management and advocacy
- Parenting support
- Community education
- Assistance for petitioners of protective orders

Russian Oregon Social Services (ROSS)

4033 SE Woodstock Boulevard, Portland

503.777.3437 or 503.939.4041 (24/7 line)

emoregon.org/ross/

- Crisis intervention
- DV and sexual assault prevention
- Support groups and mentorship program
- Assistance with temporary and transitional housing
- Free mental health counseling



PROTECTIVE ORDERS

There are court orders to prevent your abuser from contacting you. In-depth information is available here:

- www.oregonlawhelp.org
- www.ocadsv.com
- courts.oregon.gov
- Civil Unit at Washington County: 503.846.2537

The FJC has advocates trained to help you decide which order fits your situation and to help you obtain the order. All orders do not have filing, service, or hearing fees.

NO CONTACT ORDER

- When someone is arrested for DV, a mandatory no contact order is in effect between the person arrested and the alleged victim.
- A judge can order it any time during a criminal case
- May be a probation or parole requirement
- If defendant violates or attempts to violate the order, they may be rearrested and held in contempt of court
- Differs from all other protective orders
- For more information, call the Victim Assistance Program at the District Attorney's office at 503.846.8671
- Remains in effect until the case is resolved, dismissed, pled, or goes to trial.

FAMILY ABUSE PROTECTION ACT RESTRAINING ORDER (FAPA) §107.700 - 735

- A relationship must exist between petitioner (person requesting order) and respondent (person the order is issued against)
- Relationship must be a family member (blood or marriage) or a current or former intimate partner
- Must be at least one incident of abuse within the last six months
- Petitioner must be in imminent danger of further abuse
- Order issued by a judge
- May provide temporary custody/parenting time for children, order respondents to vacate a residence, order respondents not to possess guns, and order financial help for petitioners in some cases - might include animals
- Respondent can request a hearing to contest the order
- Orders are entered into statewide and national law enforcement systems
- Penalties to respondent if order is violated
- In effect for one year; can be renewed annually

ELDERLY ABUSE AND PERSONS WITH DISABILITIES PREVENTION ACT RESTRAINING ORDER (EPPDAPA)

§124.005 - 040

- Similar to FAPA orders
- Protect elderly persons (age 65+) or those with a disability
- Must be at least one abuse incident in the last six months
- Can require respondent to vacate a residence
- Cannot order custody, parenting time, financial assistance, or the respondent not to possess guns
- Orders issued after judge reviews the petitioner's request
- In effect for one year; can be renewed annually

SEXUAL ABUSE PROTECTIVE ORDER (SAPO)

§163.760 - 777

- Adults and minors can file
- Only available if you are not eligible for the other protective orders
- Abuse must have occurred within the past six months
- If you have questions, please call the Sexual Assault Resource Center at 503.640.5311
- In effect for one year; can be renewed annually

EXTREME RISK PROTECTION ORDER (ERPO)

§163.732 or 163.750

- Can be filed by a law enforcement officer or family or household member of the respondent
- Requires respondent to surrender all deadly weapons in their custody, control, or possession, as well as surrender any concealed handgun license to local law enforcement
- Prohibits respondent from purchasing, possessing, receiving, and attempting to purchase or receive any deadly weapons while order is in effect
- Can be in conjunction with other orders
- Order can be contested by respondent
- Valid for one year from date of issue

STALKING PROTECTIVE ORDER (SPO)

CRIMINAL: §163.730 - 755, CIVIL: §30.866

- Does not require a relationship between the petitioner and respondent
- Can be filed by a police officer (citation) or petitioner
- Must have at least two stalking contacts by respondent within past two years that alarm or coerce the petitioner and cause the petitioner to fear for their personal safety or safety of a family member
- A show cause hearing is automatically set by the court in which the petitioner must appear
- Does not provide for temporary custody/parenting time and cannot order a respondent to vacate a residence
- Order entered in statewide and national law enforcement systems
- Criminal penalties to respondent if they violate the order
- Can be unlimited duration if judge signs a permanent order

With all orders, the person you are filing against must have:

- Caused or attempted to cause bodily injury
- Caused fear of imminent bodily injury
- Caused you to engage in involuntary sexual relations by force or threat of force

If you have questions, please call the Family Justice Center at 503.430.8300 or contact:

Washington Co. Circuit Court Family Law Assistance Program
145 NE 2nd Avenue, Room 112C, Hillsboro
www.courts.oregon.gov/Washington/Services/Family_Law/pages/restraining_orders.aspx

- Monday – Friday: 8 a.m. - 5 p.m.

HELPFUL INFORMATION

- Bring photo ID
- All protective order petitions are free of charge
- There are two places to obtain an order: the Family Justice Center or the Washington County Circuit Court
- Assistance is available at each location to help you complete the petition paperwork and answer questions
- **At the Washington Co. Circuit Court:**
 - Children are not allowed inside the courtroom. Bring someone to care for your children or arrange childcare for the day.
 - Free parking is available in the parking garage on 1st and Washington
 - Allow extra time for security
- **At the FJC:**
 - Children are allowed
 - Remote court is available
 - Free parking
- To petition for an order and see a judge on the same day, you must arrive no later than 9 a.m. to complete the paperwork
- At 1 p.m., you will go before a judge for your petition
- For stalking protective orders with law enforcement involvement/stalking citations, a court date and time may be set and you must be present at the hearing
- If your petition for a protective order is granted by a judge, all paperwork needs to go to the Washington County Sheriff's Office to be served to the other person

HEARING DATES

- Stalking order petition hearings are held Mondays, Wednesdays, and Fridays.
- All other protective orders are heard Monday through Friday.

OTHER LEGAL INFORMATION

- If you are a sexual assault victim, a hospital must give you accurate info. and access to emergency contraception
- If you are a domestic violence victim, you may be able to receive financial help from the Oregon Department of Human Services through Temporary Assistance to Domestic Violence Survivors (TA-DVS)

Victims of domestic violence, sexual assault, or stalking may:

- Take leave from work to attend court proceedings, medical appointments, or counseling
- Receive unemployment benefits
- End a rental agreement early, move, etc.
- Have your locks changed
- Get special arrangements for public housing
- Set up a payment plan with your phone company
- For more information, contact the District Attorney's office at 503.846.8671 or the Oregon Law Center at 503.640.4115

Your immigration status will not affect crime victim rights; immigrant victims may have additional legal options. If your rights are not honored, you can assert a claim of violation of crime victims' rights. There are time limits for this right.

Oregon DOJ Crime Victim and Survivor Services Division CVSSD:
503.378.5348

MANDATORY ARREST

In Oregon, mandatory arrests must take place for domestic violence situations. As stated in the Oregon Revised Statutes (§133.055), *"The officer shall arrest and take into custody the assailant or alleged assailant if they find probable cause of a crime occurring between family members or intimate partners (current or former)."*

To find out if someone is currently in the Washington Co. jail:
www.co.washington.or.us/sheriff/jail/who-is-in-custody.cfm
24-hour line: 503.846.6826

RELEASE AGREEMENTS

- When someone is released from jail, they sign a release agreement.
- States what a person is and is not allowed to do.
- Having "no contact" with certain people or places may be part of the release agreement; including third party contact
- Differs from a restraining order, elder/disabled person protective order, stalking protective order, sexual abuse protective order, or emergency protective order.
- Remains in effect until the case is resolved, dismissed, pled, or goes to trial.

If you have questions, contact:

Washington County Sheriff's Office Civil Unit
215 N Adams Avenue, Second Floor, Hillsboro
503.846.2537 | www.co.washington.or.us



GENERAL VICTIM RIGHTS

You have the right to a meaningful role in the criminal or juvenile justice process, to be treated with dignity and respect, to fair and impartial treatment, and to reasonable protection from the offender.

Though many rights are automatic, you may need to “tell” someone you want to receive them. Some rights must be specifically requested.

One way to request your rights is to contact the District Attorney’s office (503.846.8671) or juvenile department. Upon your request, these entities may assert your rights in court.

The Hillsboro Police Department operates its program, services and activities in compliance with federal nondiscrimination laws. No person shall, on the basis of race, color, national origin (including limited English proficiency), disability, religion, sex, gender identity, sexual orientation, or age, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any of our programs.

AUTOMATIC RIGHTS

- To have a support person with you at all times, including during police questioning
- If your case involves physical harm or death, you may be able to get financial help for counseling, medical, or death-related costs
- To attend open court proceedings
- To get a copy of a transcript or recording of open court proceedings if one is already made. You may be charged for the transcript or recording
- Most “personal identifiers” can usually be protected from an alleged offender (phone number, address, social security number, birthdate, bank account and credit card numbers)
- If the convicted person in your case tests positive for HIV, you can get confidential HIV testing, referrals for health care, and counseling
- You or the district attorney can ask the court to limit distribution of information and recordings in cases involving sexual or invasion of personal privacy offenses

RIGHTS THAT MUST BE REQUESTED

- To be notified of certain open court proceedings
- To get criminal history information about the defendant, convicted criminal, or youth offender
- For the person charged/convicted in your case to be tested for HIV or other communicable diseases if the crime involved transmission of bodily fluids
- For the judge to consider your safety at a pre-trial release hearing

For detailed information, contact Oregon Crime Victim and Survivor Services at 503.378.5348. For general info and post-conviction advocacy program, call 1.800.503.7983.

FOLLOWING AN ARREST

AUTOMATIC RIGHTS

- You can refuse to speak to an attorney or private investigator for the defendant or alleged youth offender
- You will be notified about early disposition programs that may apply to your case; the prosecutor will consider any recommendations about defendant diversion programs

RIGHTS THAT MUST BE REQUESTED

- To be notified in advance about the release hearing
- To be consulted about the plea negotiations or final plea offer in a violent felony case

IF YOUR CASE GOES TO TRIAL

AUTOMATIC RIGHTS

- If a pre-sentence investigation report is ordered in your case, you can include a statement in it
- The right to express your views at sentencing, in person or in writing
- Rape shield laws may apply in your case

RIGHTS THAT MUST BE REQUESTED

- Court to exclude media, photography, or recording equipment during sex offense proceedings. The court may deny this request

AFTER SENTENCING

AUTOMATIC RIGHTS

- Prompt restitution for your crime-related costs
- To be heard at a hearing on a motion to set aside a conviction

RIGHTS THAT MUST BE REQUESTED

- To be notified of the release of a juvenile offender from an OYA Youth Correctional Facility, you must provide OYA with your contact information
- To receive a 30-day notice about parole hearings in adult cases, you must register with the parole board
- To be notified when the convicted person is released from prison
- To be notified of hearings where probation may be revoked
- If the offender is under the Psychiatric Security Review Board (PSRB), to receive information you must register with the PSRB
- Not to be contacted by the sex offender convicted in your case

MYTHS AND FACTS

MYTHS

FACTS

Some survivors go from abuser to abuser - it must be something about them. Why doesn't the victim just leave?

→ **No one deserves to be abused.** Everyone has the right to live free from violence. No one wants their partner to be abusive. People who find their second or third partner are abusers are often be blamed by others for the violence. In reality, the abuser uses charm early in the relationship to find out about previous abuse. The abuser blames the survivor for the violence - "it must be something that you are doing wrong, or there would not have been two of us" or to silence the survivor - "you are not going to tell anyone, because if you do they will never believe you because you said that before."

Boys who witness violence grow up to be abusers.

→ Studies find 30 percent of male child witnesses choose to become abusers as adults, leaving 70 percent who do not. Many boys and girls who witness domestic violence become advocates for children when they grow up.

Domestic violence only happens in low income families.

→ Domestic violence happens in all families: rich and poor, urban, suburban and rural, in every part of the country, in every racial, religious, and age group.

Alcohol and drugs cause domestic violence.

→ Alcohol and drugs do not cause domestic violence. Domestic violence is a choice. Many abusers may have alcohol or drugs on hand to use as an excuse for their actions, claiming their actions resulted because of the alcohol or drugs.

Domestic violence is an anger control issue.

→ Domestic violence has nothing to do with anger. Abusers use anger to get what they want. They are in control because they can stop when they choose: when someone knocks on the door or the phone rings, for example. Abusers direct violence to hidden parts of the body. They do not abuse everyone who makes them "angry," but only their partner.

Abusers and/or victims have low self-esteem.

→ Abusers do not have low self-esteem. They believe they are entitled to have power and control over their partner. Abusers may pretend to have low self-esteem if it will make others believe the violence is not their fault.

Domestic violence happens only once or twice in a relationship.

→ Abusers usually escalate violent behaviors in frequency and intensity over time.

Children aren't aware of the violence in their home.

→ Studies show most children are aware of the violence in their homes.

MORE FACTS

- We send a dangerous message to young men and boys when we imply they are fated to become violent and we give abusers an excuse for their behavior.
- Domestic violence is a crime. It is against the law to physically harm or harass another person.
- Domestic violence may lead to murder; 3/4 of all women homicide victims are murdered by their husbands, ex-husbands, or domestic partners.
- Domestic violence costs the U.S. economy an estimated \$3-5 billion annually in job absenteeism and another \$100 million annually in medical expenses.
- Abusers call names, use put downs, tell victims it is all their fault to destroy their self-esteem.
- Domestic violence is the leading cause of homelessness for women.
- Psychological and emotional abuse is abuse: name calling, put downs, etc. Just because a victim isn't physically abused does not mean they don't experience domestic violence.

Adapted from Center for Hope and Safety, Myths and Facts About Domestic Violence: hopeandsafety.org



CYCLE OF VIOLENCE

The cycle usually occurs in the order below, repeating until the conflict stops, usually by the survivor abandoning the relationship or some form of intervention.

The cycle can occur countless times in an abusive relationship. The total cycle can take anywhere from a few hours to a year or longer to complete. The length may shorten over time so the “reconciliation” and “calm” stages may disappear. Violence can intensify and the cycles can progress more quickly.

1: TENSION BUILDING

Stress builds from pressures of daily life, such as conflict over children, marital issues, misunderstandings, or other family matters. It also builds as the result of illness, legal or financial problems, unemployment, or catastrophic events.

During this time, the abuser can feel ignored, threatened, annoyed, or wronged. The feeling may last several minutes, hours, or months.

To prevent violence, the victim may try to reduce tension by becoming compliant and nurturing. The victim may provoke the abuser to lessen or accelerate the violence.

At no time is the abuser justified in using violence.

The abuser is responsible for their actions.

It is not the victim's fault.

2: ACUTE VIOLENCE

It is characterized by outbursts of violent, abusive incidents which may be preceded by verbal or psychological abuse. During this stage, the abuser attempts to dominate their partner with violence.

Children are negatively affected by witnessing this violence and seeing an unhealthy relationship.

The release of energy reduces the tension, and the abuser may feel or express the victim “had it coming.”

3: RECONCILIATION/HONEYMOON

The abuser may feel remorse, guilt, or fear their partner will leave or call the police. The victim may feel pain, fear, humiliation, disrespect, confusion, and may feel responsible.

Characterized by affection, apology, or ignoring the incident, this phase marks an apparent end of violence. There may be assurances it won't happen again, or the abuser will do their best to change. The abuser may feel or claim to feel overwhelming remorse and sadness.

Most abusers will eventually shower their partner with love and affection after the violence. The abuser may use threats of self-harm or suicide to gain sympathy and prevent their partner from leaving.

Abusers are convincing and their partners are eager for the relationship to improve, so the partner stays in the relationship.

4: CALM

During this phase, the relationship is relatively calm and peaceable.

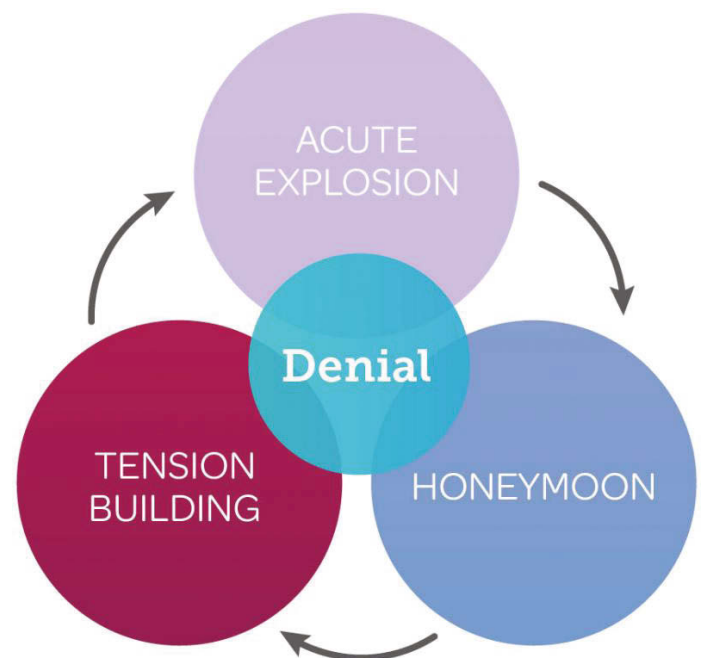
The abuser may agree to attend counseling, ask for forgiveness, and create a normal atmosphere. They may buy gifts, clean the house, or engage in passionate sex.

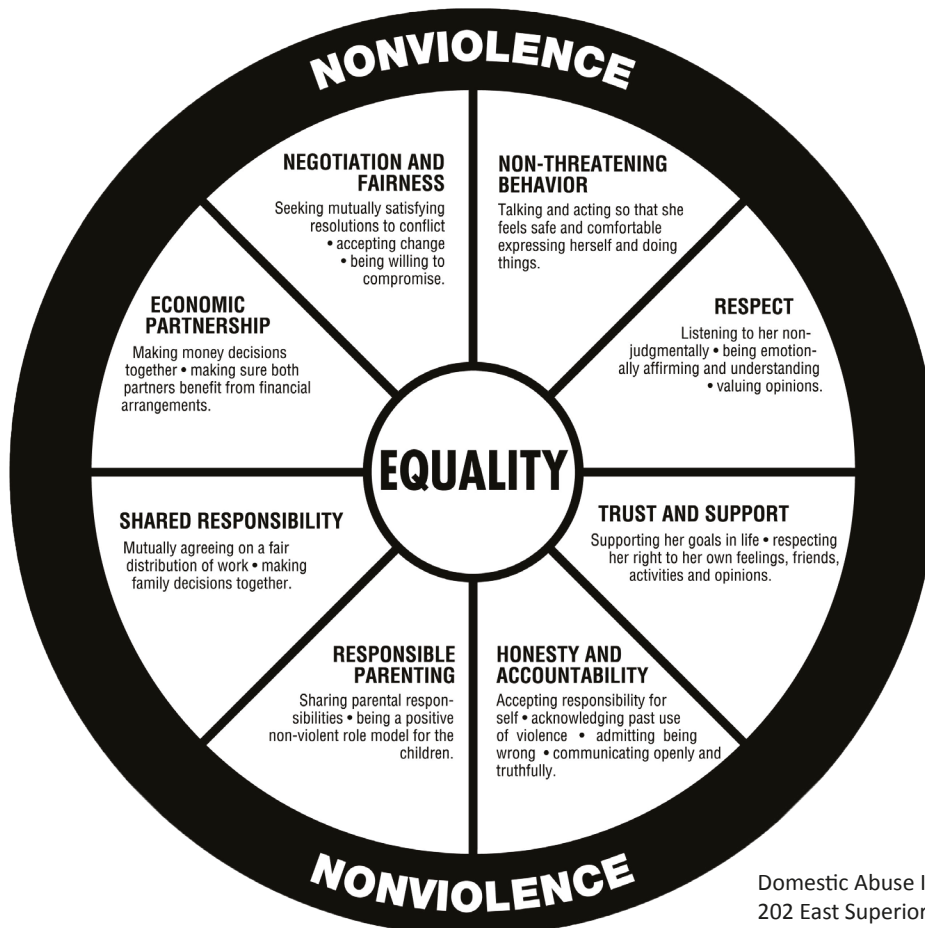
Over time, the abuser's apologies and requests for forgiveness become less sincere. Interpersonal difficulties inevitably arise, leading back to the tension building phase. **The victim may feel they are walking on eggshells.**

The effect of the continual cycle may include loss of love, contempt, distress, or physical disability. The relationship may end in separation, divorce, or the victim may be killed.

Wikipedia, Cycle of Abuse

https://en.wikipedia.org/wiki/Cycle_of_abuse





UNHEALTHY RELATIONSHIP SIGNS

If your partner shows signs of three or more of these behaviors, you may be in an abusive relationship.

Quick Involvement

Abusers often start relationships very quickly. Many victims dated or knew their abuser less than six weeks before they were engaged or living together.

Jealousy

Jealousy is not a sign of love; it is a sign of insecurity and possessiveness. An abuser may monitor their partner's time closely, check mileage on their car, drop by unexpectedly, or even refuse to allow the victim to work. The victim is accused of nonexistent affairs and flirting.

Control and Isolation

Abusers gradually take control of their partner's actions. The abuser often controls the money, what their partner does, who their partner sees, and may refuse to let their partner leave home. Abusers cut their partner off from friends, family, and supportive people, making them dependent on the abuser.

Unrealistic Expectations

Abusers expect their partner to be perfect and use "mistakes" as an excuse to exert control and violence.

Emotional Abuse

Abusers degrade their partner by telling them they are stupid, ugly, and incompetent. Insecure people are easier to control.

Blames Others for Problems and Feelings

Abusers blame their partner for almost everything that goes wrong. Abusers are easily insulted and take normal parts of life as personal attacks (being asked to help, getting a ticket, a change in the economy, etc).

Sudden Mood Changes

Moods change quickly for no apparent reason. Abusers often blame the victim.

Collateral Damage

Throwing objects, putting holes in walls, breaking victim's property to establish dominance.

Threats of Violence

Abusers use threats of force to control their partner. They may threaten violence against children, pets, extended family, etc.

Past Violence

Abusers may tell their partner they have abused past partners to intimidate and control. This indicates an abusive pattern of behavior.

It's not always easy to tell at the beginning of a relationship if your partner will become abusive.

Abusive behaviors grow and intensify over time.

Cruelty to Animals or Children

Abusers may attack animals and children to terrorize their partner. Abusers tend to be insensitive to the needs, feelings, suffering, and pain of children and animals. Abusers expect children and animals to do things beyond their abilities and may punish them if they do not.

Rigid Sex Roles

Abusers may rely on traditional sex roles, making their partner responsible for meeting all needs. Abusers may express superiority to their partner, force sex, and demand servitude

"Playful" Use of Force in Sex

Abusers show little concern about their partner and whether or not they want to have sex. Abuser may use violence during sexual acts to make violence seem normal and playful.

Use of Force During an Argument

Includes holding someone down, restraining from leaving, pulling hair, dragging, throwing, pushing/shoving, slapping, punching, strangling, stabbing, etc.

POSSIBLE WARNING SIGNS

- Keeping you or discouraging you from seeing friends or family members
- Insulting, demeaning or shaming you with put-downs
- Controlling every penny spent in the household
- Taking your money or refusing to give you money for expenses
- Looking at you or acting in ways that scare you
- Controlling who you see, where you go, or what you do
- Preventing you from making your own decisions
- Telling you that you are a bad parent or threatening to harm or take away your children
- Preventing you from working or attending school
- Destroying your property
- Threatening to hurt or kill your pets
- Intimidating you with guns, knives or other weapons
- Pressuring you to have sex or do things sexually you're not comfortable with
- Pressuring you to use drugs or alcohol

For more information, visit The National Domestic Violence Hotline at www.thehotline.org/is-this-abuse/abuse-defined/.

TYPES OF ABUSE

EMOTIONAL ABUSE

- Always accompanies, and in most cases precedes, physical abuse
- Can severely affect the victim's sense of self and reality
- Hurtful behaviors, words, and actions designed to degrade, intimidate, manipulate, isolate, or humiliate
- Name calling
- Yelling
- Frightening or intimidating
- Threats of suicide or homicide
- Constantly attacking self-esteem
- Destroying property or sentimental items
- Threatening to take or hurt children or pets
- Isolation from friends and/or family
- Threatening to tell friends or family lies
- Insulting characteristics of victim – age, race, values, culture, abilities, etc.
- Cleaning guns or knives in front of the victim
- Blaming victim for all the abuser's troubles and failures
- Not permitting victim to do certain things
- Questioning the victim's logic, sanity, or ability to make decisions
- Repeated statements to convince the victim that no one else will love him/her
- In same gender relationships, threatening to "out" someone
- With undocumented individuals, threatening to call ICE or threats of deportation
- With people with different abilities, withholding or destroying assistance devices

SOCIAL ABUSE

- Isolates partner from others, including extended family; the fewer social connections the partner has, the more control the abuser has
- Insisting the couple spend all time together

- Discouraging or forbidding the victim from seeing friends or family
- Monitoring the victim's mail, phone calls, or social media
- Checking the odometer
- Restricting access to the car or car keys
- Telling others the victim is crazy or abusive

PHYSICAL ABUSE

- Often begins with less violent actions and escalates
- Less visible areas of the body may be targeted, such as abdomen, buttocks, breasts, scalp, etc.
- Pinching and/or squeezing in a painful way
- Trapping, blocking, restraining
- Biting, spitting, pinching, pulling/grabbing hair
- Slapping, kicking, tripping, pushing, or punching
- Throwing objects
- Hitting the victim's head against door, wall, or floor
- Strangling, smothering
- Denying the victim medical treatment
- Not allowing food or access to bathroom, medicine, disrupting sleep
- Use of weapons
- Homicide
- Marriage or pregnancy can increase abuse

SPIRITUAL ABUSE

- Using teachings and traditions to encourage, excuse, and justify power
- Convince the victim they are to blame for the crimes or sins of the abuser
- Forcing conversion to a different religion
- Not allowing a victim to practice their religion or attend religious services
- Forcing attendance at religious services
- Degrading what is sacred to a victim
- Humiliation in front of people affiliated with the victim's religion or spirituality





SEXUAL ABUSE

- Degrading comments about the victim's body or sexual performance
- Objectification of the victim's body
- Sexual jokes
- Criticizing the victim's sexuality or sexual preferences
- Withholding sex
- Forcing, coercing, or intimidating the victim into having sexual contact or intercourse
- Forcing sexual contact with other individuals
- Refusal to share information about past sexual history or STDs
- Knowingly not using protection to infect someone with STDs, including HIV and hepatitis
- Forcing a person to look at, engage in, or pose for pornography
- Coercing prostitution
- Forcing sex after physical assault
- Forcing children to witness sexual contact
- Rape, sodomy
- Forcing the use of or prohibiting the use of contraception
- Forcing or forbidding an abortion
- Using weapons in sexual acts
- Affairs and infidelity

TECHNOLOGY ABUSE

- Controls social media contacts
- Uses social media sites to monitor your locations
- Looks through phone or tablet frequently

- Monitors texts, emails, and looks at your pictures
- Sends negative, insulting, or threatening messages or emails
- Insults you in posts or status updates
- Insists on having your passwords
- Pressures you to send explicit photos or videos
- Sends you unwanted explicit photos or videos

FINANCIAL ABUSE

- Keeping financial secrets
- Not permitting work, forcing multiple jobs
- Controlling all household income; forcing victim to turn over paychecks to abuser
- Harassing or stalking at a workplace
- Withholding or taking debit or credit cards
- Taking money from savings or retirement
- Engaging in behaviors that may lead to eviction
- Monitoring the victim's spending
- Forcing the household to live beyond their means
- Having only the abuser's or only the victim's name on all property and accounts
- Controlling all financial decisions for the household

***Domestic violence can happen to anyone:
all ages, races, religions, educational backgrounds,
income levels, and in every part of the county.
You are not alone and it is not your fault.***

STRANGULATION

Strangulation is one of the most lethal forms of violence. It is often incorrectly referred to as “choking.”

Strangulation can cause unconsciousness within seconds and death within minutes, days, or weeks. Abusers use hands, arms, legs, cords, belts, or other objects to strangle the victim. This stops blood flow to the brain and keeps the victim from being able to breathe.

- **When an abuser strangles you, they are showing intent and ability to kill.**
- Strangulation is extremely dangerous and considered the best predictor of future homicide.
- Almost 70% of victims will experience near-fatal strangulation repeatedly
- Strangulation causes 10% of violent deaths per year in the U.S.



Potential symptoms include:

- sore throat
- difficulty swallowing
- neck pain
- hoarseness
- bruising on the neck or behind your ears
- discoloration on your tongue
- ringing in your ears
- bloodshot eyes
- dizziness
- memory loss
- drooling
- nausea or vomiting
- difficulty breathing
- incontinence
- a seizure
- a miscarriage
- changes in mood or personality: agitation, aggression, etc.
- changes in sleep patterns
- changes in vision such as blurriness or seeing double
- fainted or lost consciousness

*If your partner has strangled you,
you are 10 times more likely to be killed by them.*

Effects of strangulation—including brain damage, difficulty breathing, and dizziness, miscarriage, and death—can set in hours or days after the incident. Many victims show zero visible signs after strangulation.

We strongly encourage anyone who has been a victim of strangulation to seek medical treatment immediately. Crime Victim’s Compensation may be available to help assist you. Even if you feel okay, your life could depend on it.

Oregon Department of Justice Crime Victims’ Compensation
503.378.5348 | www.doj.state.or.us/victims/compensation.shtml

MONITOR AND LOG YOUR SIGNS OF STRANGULATION

Keep a record of any injuries you experience from being strangled, including changes of the injuries over time after the assault.

Date and time	Visible signs	Did you take a photo? (Y/N)	What else did you feel or experience?

SIGNS AND SYMPTOMS OF STRANGULATION

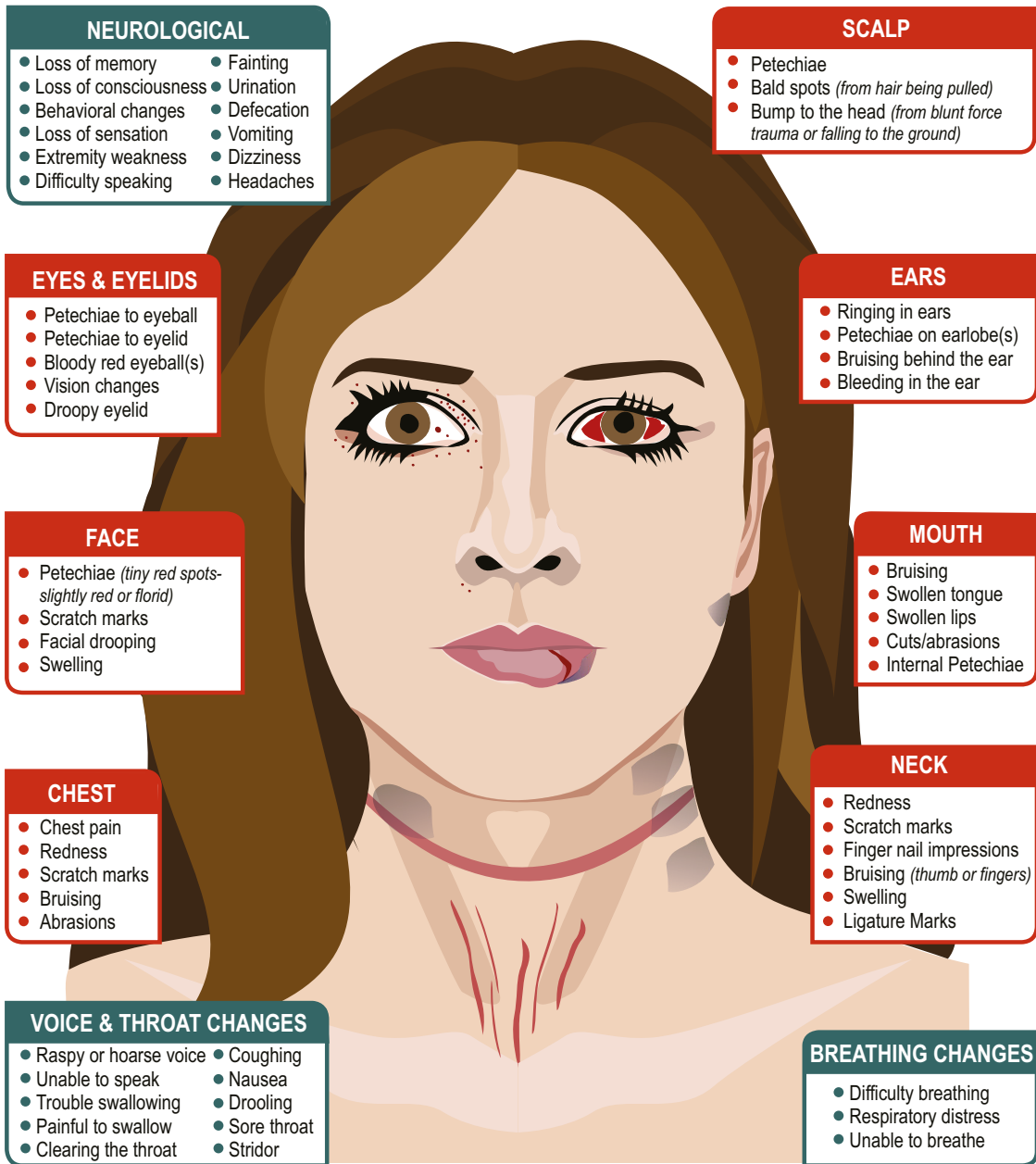


Image from the Training Institute on Strangulation Prevention
www.strangulationtraininginstitute.com

*If you or anyone you know is experiencing any of these symptoms,
 seek medical attention immediately.*

DV AND PREGNANCY

THE FACTS

- Pregnant and postpartum women are more likely to die by homicide than any other cause of death.
- Most female homicide victims are killed by their intimate partner.
- DV during pregnancy risks both the mom's and baby's lives.
- Abusive partners do not stop violent behavior after the baby is born.
- If you are a victim of domestic violence and are pregnant, you and your baby are at high risk of injury or murder.
- Abuse affects the emotional and physical welfare of you and your baby.
- Domestic violence is the number one predictor of child abuse.



PHYSICAL EFFECTS OF VIOLENCE DURING PREGNANCY

- Suicide
- Murder
- Miscarriage
- Hemorrhage
- Vaginal bleeding
- Uterine infection
- Physical injuries
- Low birth weight
- Abdominal trauma
- Delayed prenatal care
- Ruptured membranes
- Insufficient weight gain
- Alcohol and drug abuse
- Increase of chronic illness
- Complications during labor
- Stress, depression, anxiety
- Separation of the placenta
- Vaginal/cervical/kidney infections
- Fetal bruising, fractures, and blood clots

Domestic violence is the leading cause of injury to women (pregnant or not), more than car accidents, muggings, and rape combined.



For more information, visit the Center for Hope and Safety at hopeandsafety.org.

EFFECTS OF TRAUMA

TRAUMA AND ADULTS

IMMEDIATE EFFECTS:

- Shock, numbness
- Confusion, disorientation
- Fear or anger
- Anxiety, worry, irritability
- Grief, sadness, feelings of loss
- Heightened perceptions
- Intrusive thoughts and images
- Fatigue, muscle tension
- Self-blame, guilt
- Shame, embarrassment
- Courage, determination
- Optimism or gratitude
- Alertness, increased energy
- Increased faith or loss of faith
- Social withdrawal or greater need for connectedness

LONG-TERM EFFECTS:

- Being easily startled by noises or unexpected touch
- Nightmares and flashbacks
- Feelings of detachment
- Hyper-alertness, hyper-vigilance, jumpiness
- Emotional numbing or restricted range of feelings
- Diminished interest in everyday activities
- Feeling helpless, panicked, or out of control
- Irritability and restlessness
- Difficulty concentrating or remembering things
- Difficulty trusting, feelings of betrayal
- Outbursts of anger or rage, emotional mood swings
- Aches and pains: headaches, backaches, stomachaches
- Constipation or diarrhea
- Sudden sweating and/or heart palpitations (fluttering)
- Changes in sleep patterns
- Developing or losing interest in sex
- Panic attacks, anxiety, or depression
- Conflict with others
- Lack of motivation



TRAUMA AND CHILDREN

Children are exposed to and experience domestic violence in many ways. They may hear one parent/caregiver threaten the other, observe a parent out of control or reckless with anger, see one parent assault the other, or live with the aftermath of a violent assault.

Children are negatively affected by hearing threats to the safety of their caregiver, regardless of whether it results in physical injury. Children who live with domestic violence are at increased risk to become victims of child abuse.

Be honest with your children about what is happening. Studies show most children are aware of the violence in the home. Respecting their knowledge will increase their trust in you.

SHORT-TERM EFFECTS

- Generalized anxiety
- Sleeplessness
- Nightmares
- Difficulty concentrating
- High activity levels
- Increased aggression
- Increased anxiety about being separated from a parent
- Intense worry about their safety or the safety of a parent

LONG-TERM EFFECTS

- Physical health problems
- Behavior problems in adolescence (juvenile delinquency, alcohol, substance abuse)
- Emotional difficulties in adulthood (depression, anxiety disorders, PTSD)
- Impaired social skills

Children exposed to domestic violence often learn destructive lessons about violence and power in relationships. Children may learn that it is acceptable to exert control or relieve stress by using violence, or that violence is in some way linked to expressions of intimacy and affection. These lessons can have a powerful negative effect on children in social situations and relationships throughout childhood and in later life.

Adapted from The National Child Traumatic Stress Network:
www.nctsn.org/content/children-and-domestic-violence

CHILD TRAUMATIC STRESS (CTS)

CTS is a psychological reaction children have to a traumatic experience, such as:

- Car accidents
- Serious injuries
- Seeing or hearing acts of violence
- Terrorism
- Physical or sexual abuse
- Medical procedures
- The unexpected death of a loved one
- Life-threatening natural disasters

Children suffering from CTS have lingering reactions to trauma. This affects their daily lives long after the trauma has ended.

- Intense and ongoing emotional upset
- Depression
- Anxiety
- Behavioral changes
- Difficulties at school
- Problems maintaining relationships
- Difficulty eating and sleeping
- Aches and pains
- Withdrawal
- Substance abuse, dangerous behaviors, or unhealthy sexual activity among older children

TRAUMA AND YOUNG CHILDREN

- Feel completely helpless and passive and quiet
- Cry for help or desperately wish for someone to intervene
- Feel deeply threatened by separation from parents or caretakers
- Become upset when they hear cries of distress from a parent or caretaker
- Rely on a protective shield provided by adults and older siblings who can judge the seriousness of danger and ensure their safety and welfare
- Be the target of physical and sexual abuse by the very people they rely on for their protection and safety
- Witness violence within the family or be left helpless after a parent or caretaker is injured, as might occur in a serious automobile accident
- Become easily alarmed
- Their minds may stay on a central action, like being hit or seeing someone fall to the floor
- May have simple thoughts about protection, for example, "Daddy hit mommy, mommy call police"



- Can become more generally fearful, especially in regard to separations and new situations
- In circumstances of abuse by a parent or caretaker, the young child may act confused as to where to find protection and where there is threat
- May respond to very general reminders of a trauma, like the color red or the sounds of another child crying

TRAUMA AND SCHOOL-AGE CHILDREN

- May judge the seriousness of a threat and think about protective actions
- Usually do not see themselves as able to counter serious danger directly, but imagine actions they wish they could take, like those of their comic book heroes
- May feel like failures for not doing something helpful in traumatic situations involving violence against family members
- May feel ashamed or guilty
- Trauma can happen at home or other places, such as school, etc.
- Respond to concrete reminders about the trauma, such as someone with the same hairstyle as an abuser or the playground monkey bars where a child was hurt
- Likely to develop intense, specific new fears linking back to the original danger
- Can easily have fears of recurrence that result in avoiding things they like to do
- May go back and forth between shy or withdrawn behavior and unusually aggressive behavior
- Can have thoughts of revenge they cannot resolve
- Normal sleep patterns can be easily disturbed. They can move around restlessly in their sleep, vocalize, and wake up tired
- Lack of restful sleep can interfere with their daytime concentration and attention
- Difficult for them to study because they remain on alert for things happening around them

Domestic violence poses a serious threat to children's emotional, psychological, and physical well-being, particularly if the violence is chronic.

TRAUMA AND ADOLESCENTS

With the help of friends, adolescents begin actively judging and addressing dangers on their own. This is a developing skill and many things can go wrong along the way. With independence, adolescents can be in more situations turning from danger to trauma. They could:

- Be drivers or passengers in car accidents
- Be victims of rape, dating violence, and criminal assault
- Be present during school or community violence
- Lose friends under traumatic circumstances
- Be a victim of bullying, in person or online

During traumatic situations, adolescents make decisions about whether and how to intervene, and about using violence to counter violence. They can feel guilty, thinking their actions made matters worse.

Adolescents are learning to handle intense physical and emotional reactions to take action in the face of danger. They are also learning more about human motivation and intent, and struggle over issues of irresponsibility, teenage angst, and human accountability.

Adolescents are particularly challenged by reactions that persist after traumatic experiences. They may:

- Easily interpret many reactions as being regressive or childlike
- Interpret their reactions as signs of “going crazy,” or being weak or different from everyone else
- Experience exaggerated physiological responses
- Believe they are unique in their pain and suffering
- Be sensitive to the failure of family, school, or community to protect them or carry out justice
- Turn even more to peers to judge risks and to take protective action
- Be especially “grossed out” or fascinated by grotesque injury or death, and remain focused on their own scars that serve as daily trauma reminders
- Respond to their experience through dangerous reenactment behavior - that is, by reacting with too much “protective” aggression for a situation at hand
- Go to two extremes: reckless behavior endangering themselves and others, or extreme avoidant behavior that can derail their adolescent years
- Try to rid post-trauma emotions and physical responses through alcohol and drugs

- Their sleep disturbance can remain hidden by late night studying, television watching, and partying
- It is a dangerous mix when adolescent thoughts of revenge are added to their usual feelings of invulnerability
- The avoidant life of an adolescent may go unnoticed

Adapted from The National Child Traumatic Stress Network: www.nctsn.org.

ADVERSE CHILDHOOD EXPERIENCES

Adverse childhood experiences (ACEs) are stressful or traumatic events that are a significant risk factor for a wide range of health problems throughout a person's lifespan, including substance abuse.

ACEs include:

- Physical abuse and neglect
- Sexual abuse
- Emotional abuse and neglect
- Intimate partner violence
- Seeing mother or parent treated violently
- Substance abuse in household
- Household mental illness
- Parental separation or divorce
- Incarcerated family member

To learn more about ACEs or take the ACE quiz, visit acestoohigh.com/got-your-ace-score.

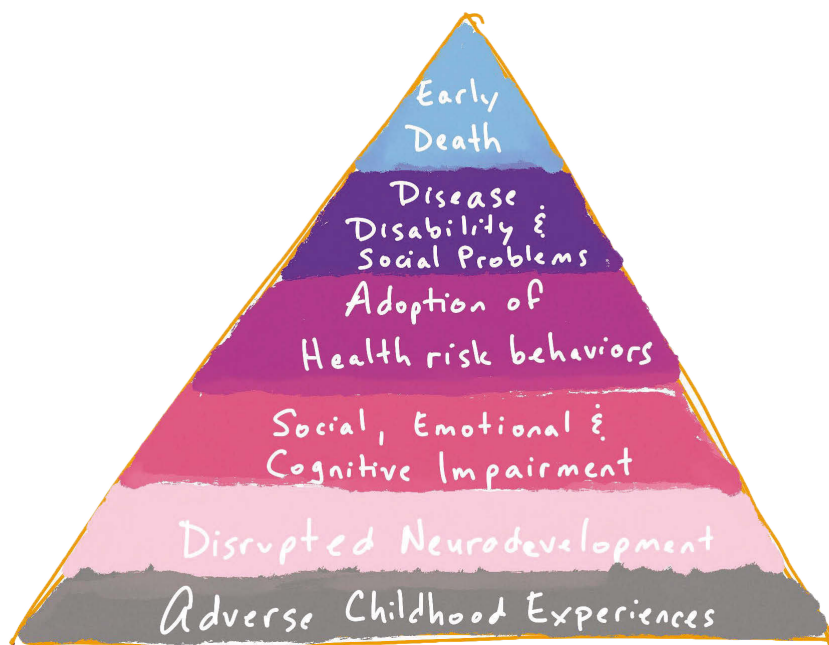


Photo credit: angelsandsuperheroes.com

SAFETY PLANNING

WHY DO I NEED A SAFETY PLAN?

Leaving is a dangerous time. A plan can help you stay safe.

You may not need your safety plan, but having one will give you confidence if your partner becomes violent. You will know who can help and how to protect yourself, children and pets. You will be prepared to be away from your home for a few days if needed.

The packing checklist on the next page may provide ideas of what to take. Trust your judgment and add items that will make this easiest for you.

WHAT IS IN A SAFETY PLAN?

Items you need to be safe at home, at work, and in your community if your partner becomes violent.

Your plan might include these things:

- A plan for staying safe in an argument
- An escape plan for your kids
- Agreement with neighbors and friends to call for help
- Knowing where you, your kids, and pets can go if you need to leave

HOW DOES A PROTECTIVE ORDER KEEP ME SAFE?

- Call police if your abuser violates the protective order
- If your abuser violates an order by contacting you, police can immediately arrest them
- Give a copy of the order to a trusted neighbor, friend or family member
- Inform family, friends, neighbors, employers, schools, and healthcare providers you have a protective order in effect
- Keep your protective order with you at all times



GETTING READY TO LEAVE

- Pack a bag and leave it with someone you trust that is not in contact with your partner
- Save some money—in your own account if possible
- Identify safe people to stay with or borrow money from
- Keep hotline numbers and a charged phone with you at all times; 911 is always free from any phone

PREPARING YOUR PLAN

- Review and rehearse your safety plan often
- Practice leaving home safely: identify doors, windows, or stairwells for the safest exit.
- Keep a packed bag at a relative's or friend's home.
- Plan where you will go if you have to leave.
- Identify and tell trustworthy neighbors; ask them to call police if they hear or see disturbances.
- Develop a code word with your children or neighbors to call police.

DURING A FIGHT

- Stay near an exit and away from the kitchen, bathrooms, bedrooms, or anywhere weapons may be available.
- Trust your instincts and judgment; if the situation is dangerous, consider appealing the abuser to calm them down.
- You have the right to protect yourself until you are out of danger.

SAFETY FOR YOUR CHILDREN

- Tell your kids the emergency plan and practice it.
- Give them a job (for example: call 911, grab the backpacks, get the pets, meet at the neighbors).
- Inform your children's school, daycare, parents etc., who has permission to pick up your children.
- **Have a code word for pick up.**
- Arrange a safe place for them to go when you cannot be with them (family, friends).

TECH AND SOCIAL MEDIA SAFETY

- Computer activity can be tracked. Find a safe computer to use at the library, work, etc.
- Consider setting up a private account for safety. Keep your monitored account active.
- Cell phones can be tracked. Call and text history can be retrieved. GPS can be placed on your car or in your purse. Consider purchasing a pay-as-you-go cell phone.
- Only post things you are comfortable with the public seeing. Once it's online, it's no longer under your control. Keep your personal information and passwords private.
- Your email can be monitored.
- Regularly change your usernames and passwords.



SAFETY FOR PETS

- Arrange a safe place for them to go if you need to be away.
- During a fight, let the pet outside or have the kids take the pet.
- Pack food and medicines in the emergency bag.

IN YOUR HOME

- Change the locks on doors and windows; If renting, check with your landlord first.
- Install locks and safety devices on your windows.
- Discuss and practice a safety plan with your children.
- Inform neighbors and landlord that your partner no longer lives with you; ask them to call police if they see them near your home.
- Rehearse your plan.

AT WORK AND IN PUBLIC

- Decide who to inform of your situation - include office/building security at work.
- Provide them a photo of the offender.
- Screen your calls.
- Devise a safety plan for leaving work. Have someone escort you to your car, bus, or train. Use a variety of routes.
- Rehearse your plan if something happened while going home.
- Consider restricting access to online accounts. Change passwords for email and all forms of social media. Remove offender from your accounts. Monitor accounts regularly.

IF YOU ARE CONSIDERING RETURNING

- Discuss possible alternatives with someone you trust and/or call a crisis line.
- If you must communicate with your partner, determine the safest way - public places, third parties, etc.
- Read books, articles and poems to recharge yourself.
- Decide who you can openly talk to and who can provide support.
- Build a support network and learn more about yourself and your relationship.

PACKING IDEAS

IDENTIFICATION

- Drivers license or ID card
- Passport/green card/visa
- Birth certificates (yourself and children)
- Social security cards
- Welfare identification
- School records
- Immunization records
- Life insurance
- Medical insurance cards
- Vehicle registration/insurance

PERSONAL (SELF AND CHILDREN)

- Clothing, toothbrushes, and personal care items
- Formula, snacks for kids, diapers
- Toys
- Medications
- Phone and charger
- Keys
- Photos of self, abuser, children
- Phone numbers: friends, doctors, school, etc.
- Sentimental items

FINANCIAL

- Cash and checkbook
- Debit/credit cards
- Bank account number

LEGAL

- Restraining order/stalking order
- Marriage/divorce/separation/custody papers
- Lease, rental agreement, mortgage

PETS

- Food
- Medication
- Leash/collar
- Kennel

OTHER

SELF-CARE

Self-care is crucial for physical, emotional, and mental well-being. It is identifying your own needs and taking steps to meet them. Take the time and effort to take proper care of yourself and treat yourself as kindly as you treat others.

Practicing self-care does not have to cost much, or anything at all. A lot of activities you can do to nurture yourself are free.

Every person is unique and there is no correct way to care for yourself. **Only you know what's best for you.** Even though it may seem difficult, try to do one small thing each day for yourself.



Suggestions to consider as you move forward:

- Take it one day at a time
- Get enough sleep
- Relax using exercises like yoga, stretching, massage
- Take time to breathe and breathe deeply
- Spend time on hobbies, sports
- Pray and/or meditate
- Take a long hot shower or bath
- Keep a journal, just for yourself or to share with others
- Listen to your favorite music
- Do something creative
- Hug those you love
- Snuggle your pet
- Take a walk in nature
- Watch your favorite movie
- Pick or buy flowers for your home
- Spend time with those around you who are supportive
- Participate in a support group
- Seek counseling
- Maintain your normal schedule
- Establish regular eating and sleeping routines
- Talk with children when they initiate conversations about what happened; listen to their concerns
- Avoid toxic people
- Intentionally schedule “me time” on your calendar
- Read a book, magazine, or blog
- Clean up a small corner of your home to reduce stress
- Unplug from email and/or social media
- Develop a relaxing evening ritual
- Put a puzzle together
- Call a loved one you haven't talked to in a while
- Write encouraging affirmations



MOVING FORWARD

WILL MY ABUSER CHANGE THIS TIME?

Positive signs include:

- Violence or threats stop
- The abuser acknowledges their abusive behavior is wrong
- The abuser understands they do not have the right to control and dominate
- You are not afraid of your partner
- Sex is not coerced
- The abuser can express angry feelings without violence
- You are not made to feel responsible for abusive behavior
- Your opinion is respected
- No means no
- You can negotiate without being humiliated and belittled
- Permission is not needed for social interaction
- The abuser listens to you and respects your opinion
- Communication is honest and not manipulative
- The abuser recognizes changing behavior, attitudes, and beliefs is a lifelong process
- You are no longer isolated from your family or friends
- The abuser no longer _____ (fill in the blank with any behavior that used to precede your abuser's violence, manipulation, or emotional abuse)

I HAVE THE RIGHT TO

- Be treated as an equal
- Make decisions about my own body
- Choose my own friends
- End a relationship
- Be loved in a caring way
- Be happy
- Be treated with respect
- Express my own thoughts and opinions
- Live without fear or intimidation
- Choose what I wear
- Make decisions for myself
- Say no
- Change my mind
- Spend time with family or friends
- Be safe
- Private use of my computer or cell phone
- Spend time doing things I like
- Love without fear
- Breathe



DANGER ASSESSMENT

Jacquelyn C. Campbell, Ph.D., R.N.
Copyright, 2003; www.dangerassessment.com

Several risk factors have been associated with increased risk of homicides (murders) of women and men in violent relationships. We cannot predict what will happen in your case, but we would like you to be aware of the danger of homicide in situations of abuse and for you to see how many of the risk factors apply to your situation.

Using the calendar, please mark the approximate dates during the past year when you were abused by your partner or ex partner. Write on that date how bad the incident was according to the following scale:

1. Slapping, pushing; no injuries and/or lasting pain
2. Punching, kicking; bruises, cuts, and/or continuing pain
3. "Beating up"; severe contusions, burns, broken bones
4. Threat to use weapon; head injury, internal injury, permanent injury
5. Use of weapon; wounds from weapon

(If **any** of the descriptions for the higher number apply, use the higher number.)

Mark **Yes** or **No** for each of the following. ("He" refers to your husband, partner, ex-husband, ex-partner, or whoever is currently physically hurting you.)

1. Has the physical violence increased in severity or frequency over the past year?
2. Does he own a gun?
3. Have you left him after living together during the past year?
3a. (If have *never* lived with him, check here)
4. Is he unemployed?
5. Has he ever used a weapon against you or threatened you with a lethal weapon?
(If yes, was the weapon a gun?)
6. Does he threaten to kill you?
7. Has he avoided being arrested for domestic violence?
8. Do you have a child that is not his?
9. Has he ever forced you to have sex when you did not wish to do so?
10. Does he ever try to choke you?
11. Does he use illegal drugs? By drugs, I mean "uppers" or amphetamines, "meth", speed, angel dust, cocaine, "crack", street drugs or mixtures.
12. Is he an alcoholic or problem drinker?
13. Does he control most or all of your daily activities? For instance: does he tell you who you can be friends with, when you can see your family, how much money you can use, or when you can take the car? (If he tries, but you do not let him, check here:)
14. Is he violently and constantly jealous of you? (For instance, does he say "If I can't have you, no one can.")
15. Have you ever been beaten by him while you were pregnant? (If you have never been pregnant by him, check here:)
16. Has he ever threatened or tried to commit suicide?
17. Does he threaten to harm your children?
18. Do you believe he is capable of killing you?
19. Does he follow or spy on you, leave threatening notes or messages, destroy your property, or call you when you don't want him to?
20. Have you ever threatened or tried to commit suicide?
- Total "Yes" Answers

Thank you. Please talk to your nurse, advocate or counselor about what the Danger Assessment means in terms of your situation.

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