

**Domestic Violence can include:**

- Physical Assault
- Sexual Assault
- Intimidation
- Isolation
- Verbal abuse or harassment, including disrespectful or demeaning comments
- Threats against you or another family member
- Creating disturbances at your place of work
- Economic Control
- Harassing telephone calls
- Spying on you
- Child abuse
- Destruction of property or pets

**How to protect yourself:**

- Learn where to get help; memorize emergency phone numbers
- Keep a phone in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times
- If the abuser has moved out, change the locks on your door; get locks on the windows
- Plan an escape route out of your home; teach it to your children
- Think about where you would go if you need to escape
- Ask your neighbors to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled down or a light is on
- Pack a bag with important things you'd need if you had to leave quickly; put it in a safe place, or give it to a friend or relative you trust
- Include cash, car keys & important information such as: court papers, passport or birth certificates, medical records & medicines, immigration papers
- Tell your friends, family and co-workers

**How to protect your children:**

- Teach them not to get in the middle of a fight, even if they want to help
- Teach them how to get to safety, to call 911, to give your address & phone number to the police
- Teach them who to call for help
- Give the principal at school or the daycare center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser
- Make sure the children know who to tell at school if they see the abuser
- Make sure that the school knows not to give your address or phone number to ANYONE