

Protect Yourself

Plan Ahead

- Develop a plan with your children
- Arrange to have a place to go
- Make copies of important papers and put them in a safe place
- Have important phone numbers available
- Pack and hide an overnight bag
- Put aside money and spare keys

During an Incident

- Call for help (911)
- Get out if you can
- Take important items listed above



If you can't leave

- Avoid rooms with only one exit
- Avoid the kitchen, bathroom, garage
- Call for help (911)

In your house

- Change locks, secure doors and windows
- Arrange to have someone stay with you
- Change your phone number and have it unlisted
- Change PINs and passwords, especially for voicemail and bank accounts
- Obtain a protection order
- Notify trusted family and friends

At work, school, public places

- Inform your work, daycare and schools
- Change your daily routine
- Plan ahead for unexpected contact with the abuser

"The question is not, 'why doesn't she just leave,' the question is, 'why doesn't he just stop hitting her?'"

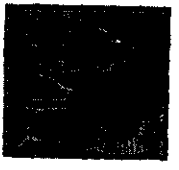
Trust Yourself

Are you a victim of Domestic Violence?
Ask yourself the following questions.

Are you currently living with
or dating someone who:

1. Is jealous and possessive toward you and doesn't want you to have other friends or interests?
2. Accuses you of flirting and checks on where you've been and who you've spoken to?
3. Tells you jealousy is a sign of love?
4. Tries to control you and makes all the decisions?
5. Insults you in public and in private?
6. Criticizes the way you dress, act, and your interests?
7. Seems to lack his/her own interests and be overly dependent on the relationship?
8. Destroys your belongings?
9. Threatens to hurt you, your family members or pets?
10. Touches you in a way that is frightening or painful?
11. Makes you have sex in ways or at times that are uncomfortable for you?
12. Blames you for the abuse?
13. Threatens you or threatens suicide when you want to break up or see other people?

If you answered YES to any of the above questions, you and your loved ones could be in danger...



Let us not look back in anger or forward in fear, but around in awareness.
-James Thurber



THERE'S NO EXCUSE FOR DOMESTIC VIOLENCE

IF YOU ARE THE VICTIM OF DOMESTIC VIOLENCE, you can ask the city or county prosecuting attorney to file a criminal complaint. You also have the right to file a petition in superior, district, or municipal court requesting an order for protection from domestic abuse which could include any of the following: (a) An order restraining your abuser from further acts of abuse; (b) an order directing your abuser to leave your household; (c) an order preventing your abuser from entering your residence, school, business, or place of employment; (d) an order awarding you or the other parent custody of or visitation with your minor child or children; and (e) an order restraining your abuser from molesting or interfering with minor children in your custody. The forms you need to obtain a protection order are available in any municipal, district, or superior court.

Date: _____

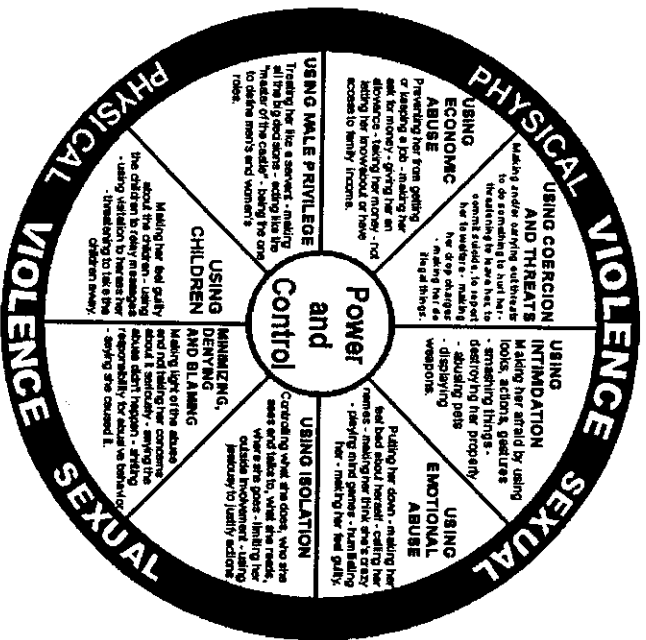
Type of Crime: _____

Officer: _____

Case #: _____

What is Domestic Violence?

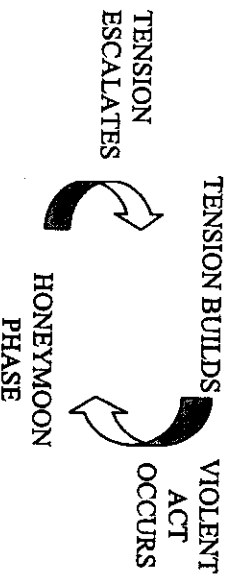
- First, abuse is never okay; second, you are not alone. Help is yours for the asking.
- Domestic violence is about control. Batters use the power they have to establish control within an intimate relationship. They use a pattern of behaviors to intimidate, manipulate and physically violate their partners.



You are not alone.
You are not to blame.
You do not deserve to be abused.

F. B. I. statistics: Every 15 seconds a woman is battered.

Domestic Violence Is A Cycle



THE CYCLE KEEPS REPEATING

THE CYCLE OF VIOLENCE IS A PATTERN IN AN ABUSIVE RELATIONSHIP. THE ABUSER SWINGS BETWEEN PERIODS OF LOVING AFFECTION IN THE "HONEYMOON PHASE" TO PERIODS OF TENSION THAT END IN VIOLENCE. THE LONGER THE CYCLE IS REPEATED THE MORE FREQUENT AND SEVERE THE VIOLENCE.

AS A VICTIM OF A CRIME, YOU HAVE A RIGHT TO BE FREE FROM INTIMIDATION TO BE TOLD ABOUT AVAILABLE COMPENSATION FOR COURT APPEARANCES TO BE TOLD ABOUT SOCIAL SERVICES AGENCIES WHICH CAN HELP YOU, AND TO BE ASSISTED BY YOUR CRIMINAL JUSTICE AGENCIES. WASHINGTON STATE CRIME VICTIMS COMPENSATION ACT: WASHINGTON STATE LAW ALLOWS FOR THE AID OF AN INNOCENT CRIME VICTIM SUFFERING BODILY INJURY TO OBTAIN MEDICAL AND WORK LOSS BENEFITS. THE DEPARTMENT OF LABOR AND INDUSTRIES WILL DETERMINE ELIGIBILITY BASED ON ESTABLISHED CRITERIA. YOU MAY CALL VICTIM/WITNESS FOR INFORMATION AT 591-7448.

Domestic Violence Resources

Police, Sheriff, or Medical Emergency
911

WA State DV Helpline
1-800-562-6025

Pierce County Domestic Violence Helpline
(253) 798-4166
800-764-2420

Office of Pierce County
(253) 792-4181

8300 N. 24th Ave
(253) 571-HELPER

Family Renewal Domestic Violence Shelter/Sanctuary
(253) 475-9010

Sexual Assault Center of Pierce County
(253) 474-7273

Good Samaritan Domestic Violence Counseling
(253) 445-8120 ext. 405

Summer City Attorney's Office
Nancy Shattuck, Victim Advocate
(253) 826-9437
1104 Maple St. Ste 210
Summer, WA 98390
nancys@ci.summer.wa.us

City of Summer Police Department
(253) 863-6384