

SAFETY PLANNING

If you are still in the relationship:

- Think of a safe place to go if an argument occurs. Avoid rooms with one entrance/exit like the bathroom or rooms with weapons like the kitchen.
- Make a list of safe people to contact.
- Keep money with you at all times, at least coins for a phone call.
- If you have an old cell phone even if not activated you can call 911. Contact your local domestic violence shelter if you are in need of an emergency phone.
- Establish a code word or signal so that family, friends, teachers, or co-workers know when to call for help.
- Think about what you will say to your partner if he or she becomes violent.

If you have left the relationship:

- Change your phone number.
- Screen calls.
- Save and document all contacts, messages, injuries, or other incidents involving the abusive partner.
- Change locks, if the abusive partner has a key.
- Avoid staying alone.
- Plan how to get away if confronted by an abusive partner.
- If you have to meet with your partner, do it in a public place like the police station.
- Vary your routine.
- Notify school and work contacts.

Remember that you have the right to live without fear or violence.



One in every four women will experience domestic violence in her lifetime.



DOMESTIC HARMONY

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Proud to Partner with the HCCF



Domestic Harmony provides emergency response and supportive services to those surviving domestic violence.

UNDERSTANDING DOMESTIC VIOLENCE



**CALL ANYTIME
1-888-439-1454
517-439-1454**

What is Domestic Violence?

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.

Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

ARE YOU A VICTIM OF DOMESTIC VIOLENCE?

Does your partner:

- Embarrass you with bad names and put you down?
- Look at you and act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing or talking to friends or family?
- Take your money or Social Security, make you ask for money, or refuse to give you money?
- Make all of the decisions?
- Tell you you're a bad parent or threaten to take away or hurt your children?
- Do you fear going home?
- Act like the abuse is no big deal, it is your fault or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives, or other weapons?
- Shove you, slap you or hit you?
- Threaten to commit suicide?
- Make you think you are crazy?
- Use jealousy to justify their actions?
- Treat you like a servant?
- Make you do illegal things?
- Force you to have sex against your will?

Domestic Harmony can help!



- ◇ Domestic Harmony has an Emergency Shelter available for persons that have been physically assaulted or are in fear of physical assault from their partner. Food, clothing, and personal hygiene items are provided.
- ◇ Domestic Harmony has a 24-hour crisis line. 517-439-1454 or 1-888-439-1454.
- ◇ Domestic Harmony has Individual Counseling for residential and non-residential clients who are or have been in a physically or emotionally abusive relationship. Day and evening hours are available.
- ◇ Domestic Harmony has Children's Counseling for residential or non-residential children who have witnessed domestic violence. We also offer counseling for teenagers ages 14 and above who have been victims of dating violence or sexual assault. Parent or guardian permission is required for all supportive counseling.
- ◇ Domestic Harmony provides Group Counseling on Tuesday and Thursday evenings from 7:00 p.m. to 8:30 p.m.. Free childcare is provided.
- ◇ Domestic Harmony has a legal advocate that can help you petition the court for a Personal Protection Order, accompany you to court and answer questions about court procedures.

All survivor services are free and confidential.

Did You Know?

At least **1 in 4** women,



and **1 in 7** men, are victims of severe violence from a partner at some point in their life.



Interpersonal violence can be physical, sexual, or psychological, and also includes stalking.

YOU ARE NOT ALONE