

# What is Domestic Violence?

Understanding  
the problem is the  
first step toward  
**solving** it.



[DCADV.org](https://www.dcadv.org)

**Domestic violence is a pattern of abusive behavior.** In an abusive relationship, one partner tries to maintain control over the other by using physical, psychological, verbal, financial, and/or sexual violence.

Although factors such as drug and alcohol use, stress, or a family history of abuse may contribute to the problem, domestic violence is primarily an issue of power and control.

## IS YOUR RELATIONSHIP UNSAFE OR DISRESPECTFUL?



### ABUSE MAY INCLUDE:

- Hitting, kicking, pushing, slapping, choking, punching, or biting
- Extreme jealousy and control
- Threats
- Forced sex
- Isolation from family/friends
- Stalking
- Economic control
- Destruction of personal property
- Excessive criticism
- Extreme anger
- Withholding medication
- Using race, age, sexual orientation, gender identity, immigration status, class, appearance, religion, HIV status, etc. against you

# IF YOU KNOW SOMEONE WHO IS BEING ABUSED:

- Do not ignore it. Talk to them and let them know you are aware of the situation.
- Be a good listener. Let them express the hurt, anger, or fear. Do not judge them.
- If possible, offer them a confidential place to stay, transportation, or child care.
- Encourage them to make their own decisions, even if you do not agree with them.

# IF YOU ARE BEING ABUSED:

- ♥ Call a domestic violence hotline for information, support, and safety planning.
  - New Castle County: 302-762-6110 (bilingual)
  - Kent & Sussex Counties: 302-745-9874 (bilingual)
- ♥ Your safety is most important. **Call 911** if you are in immediate danger.
- ♥ Talk to a health care provider about your physical and mental health.
- ♥ Keep a cell phone and charger with you at all times.
- ★ Fill out the form on the next page and tear it off the brochure. Keep it in a place where the abuser will not find it.



# CHECKLIST OF THINGS TO TAKE IF YOU LEAVE

- ✓ Identification
- ✓ Birth certificates for you and your children
- ✓ Social security cards
- ✓ School and medical records
- ✓ Money, credit/debit cards, food stamps
- ✓ Keys: house, car, work
- ✓ Driver's license/car registration
- ✓ Insurance/Medicare cards
- ✓ Medications
- ✓ Passports
- ✓ Immigration documents or work documents
- ✓ Address book
- ✓ Lease/rental agreement
- ✓ House deed
- ✓ Insurance papers
- ✓ Current unpaid bills
- ✓ Personal hygiene products
- ✓ Pictures
- ✓ Jewelry
- ✓ Items of sentimental value
- ✓ Children's diapers, formula
- ✓ Phone with charger/power bank
- ✓ List of passwords

## Important phone numbers:

Police: 911 or \_\_\_\_\_

Local Domestic Violence Hotline: \_\_\_\_\_

My attorney: \_\_\_\_\_

My doctor: \_\_\_\_\_

## I can call these friends or relatives in an emergency:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## I can go here if I have to leave my home in a hurry:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_



**Pack an emergency bag** containing an extra set of clothing, extra cash, identification, financial records, keys (house/car), etc. Keep the bag in a safe place where your abuser will not find it.

## 24-hour Domestic Violence Hotlines & Shelters

- New Castle County: 302-762-6110
- Kent & Sussex Counties: 302-422-8058
- En español (Kent & Sussex): 302-745-9874

## Domestic Violence Advocacy Program

- New Castle County: 302-255-0420
- Kent County: 302-672-1075
- Sussex County: 302-856-5843

## Information & Referrals

- DCADV: 302-658-2958 or 800-701-0456 (DE only)
- DV Coordinating Council: 302-255-0405

## Rape Crisis Hotlines

- YWCA Sexual Assault Response Center (statewide):  
800-773-8570
- Contact Lifeline (Kent/Sussex): 800-262-9800

## Other Resources

- National DV Hotline: 800-799-7233
- National Teen Dating Violence Hotline: 866-331-9474



[loveisrespect.org](https://loveisrespect.org)

- DE Child Abuse Hotline: 800-292-9582
- DE Victim Center 24-hour Hotline: 800-VICTIM-1  
or 800-842-8461
- National Network to End Domestic Violence, Technology  
Safety & Privacy Toolkit:



[techsafety.org/resources-survivors](https://techsafety.org/resources-survivors)

# INCREASE YOUR SAFETY BY:

- Talking to a confidential DV advocate about your situation.
- Creating a personal safety plan.
- Considering obtaining a Protection from Abuse Order (PFA).
- Finding your support network through
  - compassionate friends or relatives,
  - pastor, clergy member, or spiritual leader,
  - counseling or support groups.
- Exploring options for safety and security **at home**: changing locks, installing cameras or extra lights, letting neighbors know about the situation and your safety plan
- Exploring options for safety and security **at work**: using voicemail to screen your calls, letting coworkers or supervisor know about the situation and your safety plan.
- Making sure child care providers/schools are clear about who has permission to pick up your children.
- Changing your routine to minimize contact with your abusive partner.





100 W. 10<sup>th</sup> Street, Suite 903  
Wilmington, DE 19801

**OFFICE:** 302.658.2958

**TOLL FREE:** 800.701.0456

**FAX:** 302.658.5049



***DCADV.org***



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