

Checklist of things to take if you leave...

- Identification
- Birth certificates: yours, your children's
- Social security cards
- School and medical records
- Money, bank books, credit/debit cards, food stamps
- Keys: house, car, office
- Driver's license/registration
- Medications
- Medicare cards
- Passports
- Green cards
- Work permits
- Address book
- Lease/rental agreement
- House deed
- Mortgage payment book
- Insurance papers
- Current unpaid bills
- Personal hygiene products
- Pictures
- Jewelry
- Items of sentimental value
- Children's diapers, formula

If you know someone who is being abused...

- * Do not ignore it.
- * Talk to them, let them know that you are aware of the situation.
- * Be a good listener, let them express the hurt, anger and fear.
- * Do not judge them.
- * If possible, offer them a safe place to stay, transportation or childcare.
- * Encourage them to make their own decisions, even if you do not agree with them.
- * Hold the abuser accountable for his/her actions

For more information, contact...

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

DE Coalition Against DV (DCADV)	302-658-2958	(DE only)	800-701-0456
DV Coordinating Council (DVCC)	302-255-0405		

Other Resources

National DV Hotline	800-799-7233
National Teen Hotline	866-331-9474

Or www.LovelsRespect.org

DE Child Abuse Hotline	800-292-9582
DE Victim Center 24-hour Hotline	800-VICTIM-1 (800-842-8461)

Rape Crisis Hotlines

New Castle/Sussex	800-773-8570
Kent/Sussex	800-262-9800

DOMESTIC VIOLENCE

Understanding
the problem is
the first step
towards
solving it.



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What you should know...

What is Domestic Violence?

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, and 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.

Abuse may include...

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

If you are being abused...

- * Call **911** if you are in danger.
- * Talk with a friend, relative, or anyone you trust and think will be supportive.
- * Call a domestic violence hotline for information, support, and safety planning.
- * Talk to a health care provider about your injuries.
- * Call a shelter and find out about options available to you.
- * Create a personalized safety plan.
- * Pack an emergency bag containing an extra set of clothing, extra cash, identification (such as birth certificates, social security cards, immunization records), financial records, keys (house/car), address book, etc. **Keep the bag in a safe place, where the abuser will not find it.**
- * Keep a cell phone and charger with you at all times.
- * Fill out the form on the next page & tear it off the brochure. **Keep it in a place where the abuser will not find it.**

Remember, you are not alone.

No one deserves to be abused.

Increase your safety by...

- * Talking to a DV Advocate about your situation.
- * Obtaining a Protection From Abuse Order (PFA) and keeping it with you at all times. Give copies to friends, neighbors, and your work.
- * Doing whatever it takes to form your own support network (attend support groups, get counseling).
- * Changing the locks at your home.
- * Installing as many security features as possible in your home (alarm system, smoke detectors, motion detector lights).
- * Making sure that childcare providers are clear about who has permission to pick up your children.
- * Using voicemail or an answering machine at home to screen your calls and having calls at work screened.
- * Avoiding places that the abuser knows you will be (grocery stores, banks, businesses, etc.) or changing your routine.
- * Letting your neighbors, friends, family, and co-workers know about the situation, and ask them to warn you if they observe that the abuser is around.

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: _____
