

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

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 toward solving it.

This is a product of the Delaware Coalition Against Domestic Violence.

Funding provided by the U.S. Department of Health and Human Services.

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.

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: _____

