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 800-799-7733
National Teen Hotline 866-331-9474
Or www.LoveIsRespect.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
**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 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.
* Creating a personalized safety plan.

**What you should know...**

**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: ___________________________

www.dcadv.org