

HELPLINES

Emergencies: 911

Arizona Center Against Domestic Violence

Domestic Violence Shelters (24 hours)

Legal Advocacy Hotline

602-279-2900

Older Adults

602-264-HELP (4357)

A New Leaf/Glendale	623-939-6798
Autumn House/Mesa	480-835-5555
Chrysalis/Phoenix	602-944-4999
Chrysalis/Scottsdale	480-481-0402
DeColores/Phoenix	602-269-1515
My Sister's Place/Chandler	480-821-1024
National Domestic Violence Hotline	1-800-799-7233
National Domestic Violence TTY for Deaf	1-800-787-3224
New Life Shelter/Litchfield	623-932-4404
Sojourner Center/Phoenix	602-244-0089

Order of Protection (Courts)

Maricopa County Attorney Victim/Witness	602-506-8522
Maricopa County Justice Court	602-506-1337
Phoenix City Prosecutor's Victim/Witness Program (602-534-2159/TTY)	602-261-8192
Phoenix Municipal Court	602-262-7120

24 Hour Information and Referral

24-Hour Hotline

Local Shelter

1-800-799-7739

CASA - Center for the Prevention of the Abuse and Violence	602-254-6400
Child Protective Services	1-888-767-2445
Community Information and Referral	602-263-8856
Crisis Nursery	602-273-7363
East Valley Addiction Recovery Center	480-962-7711
MADD	602-240-6500
Salvation Army (shelter)	602-267-4130
Value Options	602-914-5800

Other Services

Alanon (Families of Alcoholics)	620-249-1257
Arizona Coalition Against Domestic Violence	1-800-782-6400
Chrysalis - Outpatient (Counseling)	602-955-9059
Community Legal Services	
• Central (Phoenix)	602-258-3434
• East (Mesa)	480-833-1442
Community NeTwork for ACcessing Shelter (CONTACTS)	602-263-8900 1-800-799-7739
County Attorney, Victim Compensation Bureau	602-506-4955
Family Advocacy Center	602-534-2120
Guiding Star Lodge	602-254-5805
Lawyer Referral Services	602-257-4434
Maricopa County Bar Association	602-257-4200
Native American Connections	602-254-3247
O.N.E./Organization for Non-Violence Education	623-934-0696
Parenting Arizona	602-248-0428
Scottsdale Prevention Institute	
• Counseling/Family Support	480-443-3100
Sojourner Center	602-244-0997

DOMESTIC VIOLENCE

DOMESTIC VIOLENCE WILL ROB CHILDREN OF THEIR CHILDHOOD

IT WILL DEPRIVE WOMEN OF THEIR SPIRIT

IT WILL STRIP MEN OF THEIR PLACE IN A PEACEFUL WORLD



Prepared by
the City of Phoenix
Equal Opportunity Department
in cooperation with
The Phoenix Women's Commission
602-261-8242
602-495-1557/TTY

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is defined in the law as certain criminal acts committed between persons who live together in the same household, (or who have lived together in the same household, (or who have lived together in the past); or persons who have a child in common or are expecting a child (regardless of whether they have resided in the same household); or persons related to one another in the following ways: *spouse, child, grandparent, former spouse, brother, grandchild, parent, sister.*

The criminal acts specifically defined in the law are: assault, criminal damage, custodial interference, endangerment, imprisonment, intimidation, kidnapping, trespass, disorderly conduct (by fighting, unreasonable noise, abusive language), or reckless display or discharge of a deadly weapon or dangerous instrument.

Have you ever been afraid that your partner might hurt you?

Have you ever been pushed or hit by your partner?

Does your partner tell you it's because you deserve it?

Does your partner try to control:

How you live?

How you look?

How you act?

How you think?

How you spend money?

- Does your partner always put you down?
- Does your partner always blame you when something goes wrong?
- Does your partner often accuse you of "coming on" to other people?
- Does your partner demand sex, even when you say "no?"
- Do you feel as if you walk on eggshells so your partner won't get upset?
- Does your partner try to cut you off from your family and friends?

IF YOU CAN ANSWER YES TO ANY OF THESE QUESTIONS, YOU COULD BE A VICTIM OF DOMESTIC VIOLENCE.

IT IS A CRIME ... EVEN WHEN COMMITTED BY SOMEONE YOU LOVE.

DOMESTIC VIOLENCE IS A CRIME

Domestic violence is not a "family problem." It is a crime. You have the right to be safe. No one has the right to hit or threaten you. Children are also hurt emotionally by seeing domestic violence.

The abuser often apologizes and tries to make up. The abuser may even be sincere in wanting to change. Don't fool yourself. Statistics show that the violence will only get worse, and happen more often, without court involvement and counselling.

WHAT IS ABUSIVE BEHAVIOR?

It is a pattern of behavior which establishes power and control over another person through fear and intimidation, often including the threat of violence.

Not all domestic violence is physical.

It can be emotional abuse, economic abuse, sexual abuse, threats, using male privilege, intimidation, isolation

and a variety of other behaviors used to maintain fear, intimidation, and power.*

* *What's a Nice Girl Like You Doing in a Relationship Like This?* Women in Abusive Relationships. Edited by Kay Marie Poterfield.

It is called by many names:

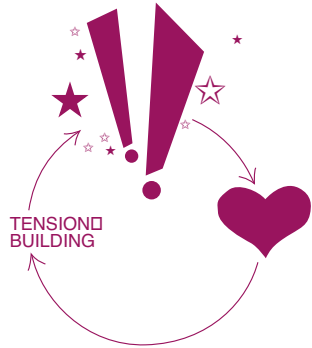
- Domestic violence
- Spousal abuse
- Woman battering
- Wife bashing

Domestic Violence is usually a part of the abuser's control over you. Control can take the form of forced sex (even if you are married), restrictions on where you go and threats to harm you or others. Domestic violence is not caused by alcohol, other drugs or "stress." These may cause an increase in the abuse, but the need to control is the cause of the violence.

NO ONE DESERVES TO BE ABUSED. LOVE DOESN'T HAVE TO HURT.

PATTERN OF ABUSE

Many battered victims can predict when their next beating will happen. This is the pattern:



THE TENSION BUILDING PHASE

Tension and anger build up in the abuser. You may find yourself doing everything you can not to upset him.

THE BATTERING INCIDENT



When the abuser can no longer handle tension and anger, he explodes. A violent incident takes place. It may include battering, sexual abuse or verbal threats. It may include all of these.

HONEYMOON PHASE



After a battering, the abuser may feel guilty and perhaps even ashamed. He may apologize and promise that it will never happen again. He may bring you or your children gifts, and life may be all that you dreamed it could be until the tension builds up again in the abuser and the cycle continues.

**TO BREAK THE CYCLE,
YOU MUST TAKE ACTION!**

STAGES A BATTERED WOMAN MAY GO THROUGH

- DENIAL**
 - Try to forget the incident(s)
 - Try to excuse/explain the abuse
 - Minimize the frequency/severity of abuse
- BLAMING SELF**
 - If I hadn't nagged, phoned a friend, gone shopping, he wouldn't have hit me
 - If I had kept the children quieter, cleaned house better, had a different meal prepared
 - If I were a better, prettier, smarter, thinner, fatter person, he wouldn't have abused me
 - If I knew what he wanted
 - I haven't tried hard enough
- DESIRE TO SALVAGE THE RELATIONSHIP**
 - Now that I understand him better, I can behave differently – better
 - Since I am making changes, he will too
 - It is safe to go home
- ANGER**
 - I don't have to take it
 - I don't deserve to be beaten
 - Why does he take it out on me?
 - I won't let him beat me again
 - Get an Order of Protection – file charges
 - File for divorce
- FEAR**
 - He will hurt my children, family, friends
 - He said he will never let me go
 - He'll follow me and beat or kill me
 - He will commit suicide
- DEPRESSION**
 - Low energy
 - Sleep / eating disorders
 - Suicidal thoughts
 - Nightmares
 - Hypersensitivity
 - Headaches
 - Bland emotional expression
- HELPLESSNESS / HOPELESSNESS**
 - Low self-esteem
 - No income, job, housing
 - I can't make it on my own
 - No one can help me

* For information on male victim or abuser counseling, see referral numbers on back page.

BEFORE THE NEXT ATTACK, here are some actions you may take: When you feel the explosion coming, **GET OUT** before it happens. You **DO NOT** have to take it. Leaving is probably the best strategy. The situation will never change as long as you are there to beat.

HAVE AN EMERGENCY PLAN

- Plan an escape route. It will save you time if you must leave immediately. It may even save your life.
- Rent a P. O. Box or safety deposit box.
- Keep the following items hidden in a safe place or with a trusted friend or relative:
 - an extra set of car keys and house keys
 - important papers, including birth certificates, marriage license, bank books, immigration papers, immunization and school records for children
 - titles to auto, house and property
 - E. B. T. card (food stamps)
 - medication needed by you or your children
 - packed suitcase for you and the children
 - medical insurance information
- Right now, start saving money that you will need when you leave, even if you only put aside a few dollars from each week's grocery money. And remember, you are entitled to draw money out of any joint checking or savings account.
- Log threats or physical confrontation. Take pictures of evidence.

This may seem overwhelming, but you can do it one step at a time. Call a Domestic Violence Shelter or the Prosecutor's Victim Witness Program to get help. It is important to know that you have the right to take your children with you when you escape from a beating or you may come back for them later. You cannot be accused of abandonment if you leave your children to escape from a beating.

Grateful acknowledgement is given to the New Mexico Commission on the Status of Women, the Phoenix Police Department and the Maricopa County Task Force Against Domestic Abuse.

7/07 1500

IF YOU ARE WORRIED ABOUT THE NEXT ATTACK, use this checklist as a guide. Tear it out and keep it with you. *Don't leave it where your batterer may find it. Do it now!*

MY PERSONAL EMERGENCY PLAN

MY ESCAPE ROUTE:

THINGS TO DO:

1. KEEP THESE ITEMS HIDDEN OR WITH A TRUSTED FRIEND:

- Extra set of car keys
- Extra set of house keys
- Birth certificates for you and children
- Marriage license
- Bank books
- Social Security card
- Spouse's Social Security number
- Immunization records for children
- School records for children
- Immigration papers
- Titles (auto, house, property)
- E. B. T. card (food stamps)
- Medication needed by you or children
- Packed suitcase for you and children
- Log of threats or physical confrontations
- Pictures of evidence
- Medical insurance information
- Other items you feel are important:

2. START SAVING MONEY

Don't forget: *you are entitled* to draw money out of any joint checking or joint savings account.