



Are you a victim of Domestic Violence?

What you should know:

Tell your kids that, if there's violence, their job is to stay safe, not to protect you. Find a safe place for them to stay in case of violence, such as with a neighbor or in a locked room. Teach them to call 9-1-1 and what to say to the dispatcher.

Hide money, spare keys, and a small bag of clothes at work or at a friend's house. For small children, also hide a favorite toy or stuffed animal that will comfort them.

Inform your employer about the situation and develop a safety plan at work. Share a photo and description of the abuser with them and any pertinent legal documentation, such as a protection order.

Document the abuse by taking photos of bruises and injuries; telling your doctor and getting copies of your medical records; saving threatening voicemails, notes, and emails; and writing each incident in a journal.

Gather important documents or copies of documents such as passports, birth certificates, Social Security cards, insurance papers, work permits or green cards, ownership documents for car and/or house, checkbooks, and bank account numbers. Hide these papers at work or at a friend's house. Know the abuser's Social Security number, driver's license number, birth date, and place of birth.

Consider obtaining a protective order. It directs the abuser not to contact or communicate with you, your children or other family members. If you have a protective order, carry a copy of it with you at all times.



| | |
|--|---|
| <p>Safety Tips for Victims Planning on Staying – When You Are Afraid</p> | <ul style="list-style-type: none"> • Move away from the kitchen, bathroom, garage, or any place where there are dangerous sharp objects. • Plan the easiest escape route. Decide on a door or window to exit quickly and safely. Make sure your kids know the route and practice it with them. Have a code word so they know when to call police. • Don't wear necklaces or scarves – these could be used to strangle you. • Always make sure weapons are secured and that guns are not loaded. |
| <p>Safety Tips for Victims Who Have Left Their Abuser</p>  | <ul style="list-style-type: none"> • Change the locks on your doors. Install steel/metal doors, a security system, smoke detectors, and an outside lighting system. • Use Caller ID to screen your calls. • Consider getting a post office box for your mail. • Learn about your legal rights and options. If you have legal papers, keep copies with you at all times. • Tell neighbors, friends, landlords, or coworkers that your abusive partner no longer lives with you. Share your safety plan with people you trust. Explain it to your children. • Tell your employer/coworkers about your situation and ask them to screen your calls, move your desk, change your work schedule/hours or get someone to accompany you to your car. • Tell the school, day care or babysitter who can/cannot pick up your children. • Vary your routes to work, to school, day care, grocery store, and other places you frequent. • Call a friend or someone else who will be supportive, when you feel down. • Notify someone when you are ready to return to an abusive partner. |

Compiled and produced by National Center for Domestic and Sexual Violence, Austin, Texas; www.ncdsv

Officer Michael Bradley, 832.309.1161, Crime Prevention Unit
 Irene Perez, 832.595.3739, Victim Assistance Liaison
 Rosenberg Police Department



Distinction Through Exceptional Policing