

## **Information for Survivors**

**Domestic Violence:** is a pattern of behavior uses to establish power and control over another person through fear and intimidation, often including the threat or use of violence. DV can include physical abuse, emotional abuse, economic abuse, and sexual abuse. Batterers use threats, intimidation, isolation and other behaviors to maintain power over their victims. Other terms for DV include: intimate partner violence, battering, relationship abuse, spousal abuse or family violence. (*Safe Horizon*.

[http://www.safehorizon.org/index/what-we-do-2/domestic-violence-53.html#domestic\\_violence\\_shelters](http://www.safehorizon.org/index/what-we-do-2/domestic-violence-53.html#domestic_violence_shelters))

**Signs of Domestic Violence-** According to the Centers for Disease Control, domestic violence and abuse may include:

- Physical violence (kicking, hitting, shoving, destruction of victims' property or other physical force) or threats
- Sexual violence and abuse (including rape and sexual assault or threats)
- Emotional abuse, including intimidation, controlling victim's contact with others and stalking
- Verbal abuse, including treats to the victims' family, friends, children, co-workers or pets

(*Safe Horizon Via Centers for Disease Control, "Understanding Intimate Partner Violence" Fact Sheet*

[http://www.cdc.gov/ViolencePrevention/pdf/IPV\\_factsheet-a.pdf](http://www.cdc.gov/ViolencePrevention/pdf/IPV_factsheet-a.pdf))

**Make a Safety Plan:** You do not have control over your partner's behavior, but you do have a choice about how to respond. It is very difficult to decide to leave a relationship and seek safety either with someone you know or in a domestic violence shelter. Once you decide leaving is the best choice, it is strongly recommended to make a safety plan. Part of being safe is understanding your situation- the pattern of abuse often begins with behaviors like name-calling and threats and can escalate to physical violence, sexual assault or even murder.

Trust your instincts about your safety and the children's safety. **You Can Receive Help** (*Safe Horizon*.

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### **Important Things to Remember:**

#### **Call 911 if you are in immediate danger**

It is important to confide in someone you trust and who can help you: a trusted friend, family, neighbor or counselor.

Decide a pathway if you have to leave quickly. Think of public places that have 24 hour access. Know the route to police stations, hospitals, fire stations and 24 hour convenience stores.

Consider making an exit plan out of each room of your apartment or home

Keep your essential belongings and keys in a safe place. Essential belongings include:

**Credit cards, ID, Order of Protection, Cash, Check Book, Passport, Children's Birth certificates, cell phone, Social security Card/Social security number of your partner, Police records, medical records for yourself and children, clothing, medications, baby things (formula, diapers, medication), insurance cards, non-perishable food, green card.**

Make sure your children know how to dial 911 and know where to go in case of an emergency

#### **To Enter Domestic Violence Shelter:**

**Safe Horizon: 800-621-HOPE (4673)/ 212-577-7777 for New York City-wide search for shelters and the national hotline at 800-799-SAFE (7233)**