WHAT IS DOMESTIC VIOLENCE

RELATIONSHIP

In Arizona, domestic violence is legally defined by the relationship between the victim & the abuser & the type of crime(s) committed. The relationship between the victim & the defendant is one of marriage/former marriage; of persons residing or having resided in the same household; persons having a child in common or who are expecting a child; persons related by blood as a parent, grandparent, child, grandchild, brother, or sister or by marriage as a parent-in-law, grandparent-in-law, stepparent, stepparent, stepchild, stepgrandchild, brother-in-law or sister-in-law or a child who resides or has resided in the same household as the abuser and is related by blood to a former spouse of the abuser or to the person who resides or who has resided in the same household as the abuser, or the relationship is currently or was previously a romantic or sexual relationship.

CRIME

The criminal acts defined in the law are dangerous crimes against children, endangerment threatening or intimidating assault custodial interference unlawful imprisonment kidnapping strangulation/suffocation criminal trespassing criminal damage, disobeying a court order disobeying conduct, harassment stalking, surreptitious photographing, videotaping filming/digitally recording child(ren), or vulnerable adult abuse.

Have you ever been afraid that your partner might hurt you?
Have you ever been pushed or hurt by your partner?
Does your partner tell you 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 your money?
Does your partner put you down?
Does your partner blame you when something goes wrong?
Does your partner accuse you of flirting or ‘coming on’ to other people?
Does your partner demand sex, even if you say “no”?
Do you have to be careful what you say or do so your partner won’t get upset?
Does your partner cut you off from your family &/or friends?
If you can answer YES to any of these questions, you could be a victim of domestic violence.

Safety at Home

WHEN THE ABUSER IS THERE

• Stay out of rooms with no exit.
• Avoid rooms that may have weapons.
• Select a code word that alerts friends & children to call the police.
• Leave suitcase & check list items with a friend.

WHEN THE ABUSER HAS MOVED OUT

• Consider obtaining an Order of Protection.
• Change locks on doors and windows.
• Insert a peephole in the door.
• Change cellphone or telephone number, screen calls & block caller ID when making outgoing calls.
• Install/increase outside lighting.
• Consider getting dog (not applicable for Dorms w/o Student Accessibility Services).
• Inform RA’s, neighbors, landlords of situation & ask that police be called if abuser is seen around home.
• Always keep your Order with you at ALL times and give copies to family, friends, CAP PD, TIX, Resident Director, employees & babysitters.

WHAT YOU NEED WHEN PREPARING TO LEAVE

Identification:
⇒ Driver’s license
⇒ Student ID
⇒ Social Security Card
⇒ Birth Certificate (Yours/Children)
⇒ Medical insurance card

Money:
⇒ Money and/or credit card
⇒ Debit card
⇒ Checkbook

Technology Safety:
⇒ Use a safer computer/device if you suspect you’re being monitored
⇒ Change passwords & usernames
⇒ Check your cell phone, laptops & tablet settings, especially GPS/location settings.
⇒ For more information on Technology Safety, visit https://www.techsafety.org/resources-survivors/technology-safety-plan

Legal Documents:
⇒ Lease, rental agreement or deed to house/properties
⇒ Car registration & insurance papers
⇒ Health & life insurance plan
⇒ Medical records for you/children
⇒ School & shot records
⇒ Work permit/Green card/Visa
⇒ Passport
⇒ Divorce papers
⇒ Custody papers

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

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Have an Emergency Plan

• Plan & rehearse the steps you will take if you have to leave quickly & learn them well.
• Decide & plan for where you will go if you have to leave home in a hurry even if you don’t think you will need to.
• If the situation is very dangerous, use your own instinct and judgment to keep yourself safe. Call the police as soon as it is safe to do so.
• Hide extra clothing, house keys, money etc. At friend’s house.
• Consider getting a safety deposit box.

Things to Do

• Open a saving account in your own name.
• Get your own PO Box so that you can receive mail & checks.
• Plan who to stay with or who would be able to lend you money during a crisis.
• Contact a hotline or any shelter for help in safety planning & keep the hotline number with you at all time (back of handout)
These are the things I can do to help keep myself safe in my social life:

- I will ask my friends to keep their cell phones with them when they are with me in case we get separated & I need help.
- If possible, I will go to different malls, bars, banks, grocery stores, movies theaters, dining halls, etc. than the ones my abusive partner goes to or knows about.
- I will avoid going out alone, especially at night.
- No matter where I go I will be aware of how to leave safety in case of an emergency. I will leave if I feel uncomfortable in a situation no matter what my friends are doing.
- If I plan on drinking, I will be sure to have a sober driver who is not my abusive partner.
- I will spend time with people who make me feel safe, supported & good about myself.

These are the things I can do to stay safe online and with my cell phone:

- I will not say or do anything online that I wouldn’t do in person.
- I will set all my profiles to be as private as they can be.
- I will save and keep track of any abuse threatening or harassing comments, posts, or text. I will never give my password to anyone.
- I will not answer calls from unknown/blocked/private numbers.
- If I see my cell phone company cannot block my user name email, phone number.

These are things I can do to help keep myself safe in my social life:

- I will carry my cell phone & important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am/what I am doing.
- If possible, I will alert RA or campus security about what is happening in my relationship so that my abuser is not allowed in my building.
- I will avoid places where my abuser or his/her friends & family are likely to be.
- I will keep the doors & window locked where I live, especially if I am alone.
- I will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- I will call 911 if I feel my safety is at risk.
- I can see if there are self-defense classes available at my college or in my community.
- I will remember the abuse is not my fault & that I deserve a safe and healthy relationship.

These are the things I can do to help keep myself safe everyday:

- I will carry my cell phone & important telephone numbers with me at all times.
- I will keep in touch with someone I trust about where I am/what I am doing.
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WHAT IS ABUSIVE BEHAVIOR?
It’s a pattern of behavior which establishes power and control over person through fear and intimidation, often including the threat of violence. Not all domestic violence is physical. It can be emotional abuse &/or economic abuse, threatening, using male privilege, intimidation, isolation and a variety of other behaviors to maintain fear, intimidation and power. *

*What’s a Nice Girl Like You Doing in a Relationship Like This? Women n Abusive Relationships. Edited by Kay Maria Porterfield.

It has different names:
- Domestic violence
- Spousal abuse
- Women/men battering
- Wife/husband 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 others drugs or “stress” These may cause an increase in abuse, but the need to control is the case of the violence

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