

Domestic Violence Warning Signs

Are you frightened by your partner's temper and afraid to disagree?

Are you constantly apologizing for your partner's behavior?

Has your partner been cruel to an animal?

Do you not see friends or family because of your partner's jealousy?

Does your partner's behavior get blamed on you, stress, drugs, alcohol or your partner's temper?

Has your partner hit or hurt your children?

Have you ever been threatened, shoved, hit, kicked, or had things thrown at you?

Have you been forced into having sex when you didn't want to?

Are you afraid to break up because your partner has threatened to hurt you or commit suicide?

Are you afraid to disagree?

Does your partner put you down, then tell you that they love you?

**Domestic Violence
can happen to anyone.**

Family Service of the Piedmont offers free support services for victims of domestic violence to help ease trauma, provide support, and make referrals to community agencies for further assistance.

Services include:

- › Counseling and support groups
- › Accompaniment, information, and emotional support during medical, law enforcement and court proceedings
- › Assistance in applying for victim's compensation
- › Personal safety and crime prevention information
- › Emergency shelter
- › Referral and relocation information
- › Domestic Violence Intervention Program

**Crisis Line
336.273.7273**



› HOW TO REACH US ‹

CRISIS LINE

336.273.7273
TOLL FREE 800.656.HOPE (4673)

THE FAMILIES FIRST CENTER

315 E. Washington Street
Greensboro, NC 27401
336.387.6161

THE SLANE CENTER

1401 Long Street
High Point, NC 27262
336.889.6161

FAMILY JUSTICE CENTER

210 S. Greene Street
Greensboro, NC 27401
336.641.7233 (SAFE)

FAMILY JUSTICE CENTER

505 E. Green Drive
High Point, NC 27262
336.641.7233 (SAFE)

NON-EMERGENCY NUMBERS

Greensboro Police 336.574.4035
High Point Police 336.883.3224



SAFEANDHEALTHYFAMILIES.COM



SAFETY PLAN

During an explosive incident

Argue in a safe place. If a fight seems unavoidable try to have it in a room or area that has access to an exit, and not in the bathroom, kitchen or anywhere near weapons.

Practice your exit. Practice how to get out of your home safely. Identify which doors, windows, elevators, or stairwells would be best.

Prepare a bag. Have a bag packed and ready. Keep it in an undisclosed but accessible place.

Alert a neighbor. Identify a neighbor you can tell about the violence. Ask that they call law enforcement if they hear a disturbance coming from your home.

Share a code word. Devise a code word or signal to use with your children, family, friends, and neighbors when you need law enforcement.

Plan where to stay. Plan where you will go if you have to leave home, even if you think that is unlikely. Call the crisis line at 336-273-7273 if you need help.

Trust your instincts. No one knows your partner and their abusive behavior pattern better than you. Assess the situation and make the best decision for your health and safety.



Preparing to leave

Set up your own bank account. Open a checking or savings account in your own name to establish or increase your independence.

Store some necessities. Leave money, an extra set of keys, copies of important documents (photos of injuries, medical bills, and other evidence,) and extra clothes with someone you trust in case you need to leave quickly.

Ask friends to help. Determine in advance who would let you stay with them or lend you some money if you needed it.

Be ready to call. Keep the shelter phone number close at hand for emergency phone calls.

Memorize Your Plan. It may not be safe to keep a paper copy of your safety plan. Review the plan as often as possible in order to know the safest way to leave your abuser.

Checklist - Take these items with you

- Bank records/checkbooks
- Divorce papers
- Driver's license/identification
- Green card/work permit/passport
- House and car keys
- Insurance papers
- Jewelry
- Medical records/medications
- Money
- Pictures (photos of injuries)
- Toys for children

In your own home

Safety

Change your locks. Change the locks on your doors as soon as possible. Install additional locks and safety devices on your windows.

Plan with your children. Discuss a safety plan with your children. Inform their caregivers, school, and daycare about who has permission to pick them up.

Tell your neighbors. Inform your neighbors and your landlord that your former partner no longer lives with you. Tell them to call law enforcement if they see your former partner at or near your home.

At work and in public

Get Help. Decide if there is someone at work you can inform about your situation. This can include any office or building security.

Screen your calls. Do not answer calls from your abuser. Change your number if possible. Turn off all tracking devices on your phone.

Use caution when leaving work or running errands. Devise a safety plan for leaving work. Have someone walk with you to your car or to the bus stop. Use different routes to go home if possible. Plan for what you would do if something happened while you were on your way home.



With a protective order

Keep the order with you. Keep the protective order with you at all times. Call law enforcement if your partner breaks the protective order.

Abusers try to control victims' lives. When an abuser feels a loss of control especially when a victim leaves, the abuse can often get worse. Take special care when you leave. Have law enforcement or a friend with you.

Stay safe while waiting. Think of ways to be safe if law enforcement does not respond right away. Inform all family, friends, and neighbors that you have a protective order in effect.

Physical and emotional health

Seek medical help. If you are injured see a doctor. If urgent call 911 or go to the emergency room. Keep pictures of your injuries for evidence.

Going back. Before you consider returning to a potentially abusive situation discuss an alternative plan with someone you trust.

Communication with your former partner. Determine the safest way to communicate with your former partner. Have witnesses if necessary.

Read and share. Read books and articles to help you feel stronger. Have friends or family that you can call to talk freely and openly to get the support that you need.

Seek counseling. Therapists at Family Service of the Piedmont can provide support and help you understand more about what happened.