

If You Are Threatened Or
Assaulted And Need
Emergency Help
CALL 911

For more information about Domestic Violence
Services available in your area, call

**National Domestic
Violence HOTLINE:**
1.800.799.SAFE (7233)
1.800.787.3224 (TTY)
www.ndvh.org

Injury Prevention Service
Oklahoma State Department of Health
1000 N.E. 10th Street
Oklahoma City, OK. 73117-1299
1-800-522-0204

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Commissioner of Health and State Health Officer.



Are you tired of
hiding
in the
shadow of abuse

questions

Does the person you love . . .

Threaten to hurt you or your children?

Say it's your fault if he or she hits you, then promises it won't happen again (but it does)?

Put you down in public or keep you from contacting family or friends?

Throw you down, push, hit, choke, kick, or slap you?

Force you to have sex when you don't want to?

Just one "yes" answer means you're involved in an abusive relationship. If so, you're not alone and you have choices.

No one deserves to be abused.

Family violence affects us all.

Millions of women are physically, sexually, or emotionally abused every year by someone they know and love

– **their husband or partner.**

Any woman may be abused. It happens to women of all ages, races, religions, all income and educational levels, and all sexual orientations.

Abuse can begin – or get worse – when you're pregnant.

Abuse is never acceptable. Women don't "ask for it." Alcohol, drugs, financial pressure, depression, or jealousy do not cause it.

You can take the first step toward ending abuse by asking your doctor or nurse how to get help.

safety Planning for Your Safety

Making a decision to leave an abusive relationship can be very difficult. It may take time for you to feel ready. Call a women's shelter; someone there can help with a safety plan and you do not have to give anyone your name.

leaving If you are ready to leave:

Pack a bag in advance and leave it at a friend's or relative's house. Include cash or credit cards and extra clothes for you and your children. Take a favorite toy or plaything.

Hide an extra set of car keys and house keys outside of your house in case you have to leave quickly.

Take important papers, such as:

Birth certificates for you and your children,
Health insurance cards and medicine,
Deed or lease to your house or apartment,
Checkbook and extra checks,
Social security number or green card/work permit,
Court papers or order,
Driver's license or photo ID,
Pay Stubs.

explosive During an Explosive Incident incident

If there is an argument, try to be in a place that has an exit and not in a bathroom, kitchen, or room that may contain weapons.

Practice getting out of your home safely. Identify which doors, windows, elevator, or stairwell to use.

Identify one or more neighbors you can tell about the violence and ask them if they can call the police if they hear a disturbance coming from your home.

Devise a code word to use with your children, family, friends and neighbors so they will know when to call the police for you.

Decide and plan where you will go if you ever have to leave home.

Use your instincts and judgment. In a dangerous situation, placate the abuser if possible, to keep him or her calm.

If possible, keep a cell phone with you to call for help.

protective With a Protective Order order

If you or your children have been threatened or assaulted, you can request a Victim's Protective Order.

You can get assistance on how to obtain a Protective Order from your local Domestic Violence Service provider.

Always keep your Protective Order with you.

Call the police immediately if your partner violates the Protective Order.

Think of alternative ways to keep safe if the police do not respond immediately.