

WHAT IS DOMESTIC VIOLENCE?

Domestic violence includes a variety of abusive behaviors or threats of abuse. It can be a combination of physical, sexual, and/or verbal abuse.

WHO IS THE ABUSER?

Your partner has committed domestic violence when he/she physically harms, intimidates or causes fear in the persons he/she shares living space with.

WHO ARE THE VICTIMS?

Note that a victim is anyone the abuser lives or has lived with. For this reason victims of domestic violence can include many different people. The victim does not have to be related by blood to the abuser. Victims can include any of the following: wives, husbands, children, brothers, sisters, parents, step children, step-parents, girlfriends, boyfriends, roommates, guests, etc.

WHAT IS ABUSE?

Disagreements and arguments are often part of a normal relationship. **But physical violence or other abusive behavior is not normal!** Abuse comes in many forms. Listed below are some questions to ask yourself that will help identify the different types of abuse you have experienced.

Physical Abuse: Has your partner ever pushed, slapped, or hit you? Kept you from leaving? Kicked, choked or thrown things at you?

Emotional Abuse: Has he ever threatened or intimidated you? Isolated you socially from family and friends? Used the children to manipulate you? Monitored your phone calls? Called you names? Humiliated you in private or in public? Ignored your feelings?

Sexual Abuse: Does your partner become angry if you glance at someone of the opposite sex? Has he ever accused you of having affairs? Forced you to have sex? Committed sadistic sexual acts?

SAFETY STRATEGIES:

The following strategies are intended as guidelines not guarantees. The best action to take is to plan ahead.

Know what to do **DURING** and **AFTER** the abuse... **BEFORE** it happens.

LIVING WITH THE ABUSER:

Know how to get out. Make sure you always have a way outside.

Decide where you will go. Make arrangements with a safe friend, neighbor, or family member.

Pack a bag. Have it ready to go or keep it at the place where you will go. Include the following:

Important Items:

- Clothing
- Toiletries
- Medications
- Baby needs
- Extra money
- Car and house keys

Important Documents:

- ID
- Birth Certificates
- Bank info
- Social Security Cards
- This pamphlet
- Checks and Credit Cards

Call the police. Domestic Violence is a Crime!

Inform your neighbors. Tell them to call the police if anything is suspicious.

NOT LIVING WITH THE ABUSER:

Keep a copy of your Protective Order with you at all times.

Have your phone number unlisted. Any contact with the abuser should be through legal means. i.e. an attorney.

Notify schools and day care. This tells them that only you are authorized to pickup your children.

Inform your neighbors. Tell them to call the police if anything is suspicious. Show them a picture of your abuser.

PROTECTIVE ORDERS:

WHAT IS A PROTECTIVE ORDER?

- An order issued by the court giving victims of domestic violence protection from further abuse.
- Protective orders differ from restraining orders. To obtain a restraining order you must go through a private attorney.
- There is **No Cost** for a Protective Order.

A PROTECTIVE ORDER CAN:

- ☉ Order the abuser to physically stay away from you, your family, and your place of employment.
- ☉ Order the abuser to have no contact with you – physically, by phone, or through other people.
- ☉ Order the abuser to refrain from threatening you or your family.
- ☉ Order temporary child custody, child support, and spousal support.

ELIGIBILITY REQUIREMENTS:

To obtain a Protective Order at least **ONE** of the following must apply to you and your abuser:

- Are married or have been married.
- Have a child in common.
- Are related by blood or marriage.
- Have resided together at some time.
- Are 16 years of age or older and are not the parent, step-parent or guardian of the abuser.

ITEMS NEEDED TO OBTAIN THE ORDER:

When applying for a protective order, take the following information with you:

- Names and addresses of places that the abuser must avoid (work, home, schools, day-care, family member's homes).
- Addresses where officers can find and serve the abuser with the court papers.
- Descriptions of acts of violence against you and/or your children.
- This Process can take several hours. It is best to arrange child care if possible.

PROTECTIVE ORDERS MAY BE OBTAINED AT:

Civil: Victim's Of Crime Assistance Program located at 800 West State, Farmington, Utah. You need to fill out a "Verified Petition for Protective Order"
Criminal: Are obtained through the city or county attorney where the alleged criminal domestic offence occurred. Protective orders that are a result of Domestic violence offences that occur in Farmington are obtained at "**Safe Harbor**", 660 N Mutton hollow rd, Kaysville UT (Behind 'Tasty's doughnuts'), call 801-444-9161 to make an appointment.

RESOURCE LIST:

MEN'S FACILITIES:

SHELTERS:

Domestic Violence Shelter –	Davis Co	447-3191
	Crisis Line	444.9161
(accommodations can be made for male victims)		
YMCA	SLC	359-1807
Salvation Army	OGDEN	621-3580
Ogden Rescue Mission		621-4360
St. Anne's Mission	OGDEN	621-5036

WOMEN'S FACILITIES:

SHELTERS:

Domestic Violence Shelter –	Davis Co	447-3191
	Crisis Line	444-9161
YCC	OGDEN	447-3191
Salt Lake Women's Shelter		359-1807
Ogden Rescue Mission		621-4360

LEGAL ASSISTANCE:

Legal Aid Society	SLC	328-8849
	Davis Co	825-2202
Utah Legal Services		328-8891
Lawyer Referral Service		359-2462

CHILD ABUSE REFERRALS: 281-5151

CRISIS LINES:

Domestic Violence Hotline 1-800-897-LINK

Rape Crisis Center		467-7273
Suicide Prevention		261-1442
Salt Lake Crisis Line		355-2804

VICTIM COMPENSATION:

Crime Victim Reparation SLC 238-2360

COUNSELING SERVICES:

Davis Mental Health		541-4473
Centro De La Familia	SLC/Ogden	541-4473
Family Connection Center	Clearfield	773-0712
Family Enrichment Center	Kaysville	5467309
ISAT	Kaysville	547-9684
New Horizons	Ogden	392-6958
LDS Social Services	Farmington	457-0475
Rocky Mountain Counseling	Kaysville	547-0052
Valley Mental Health	SLC	538-2057
Weber Human Services	Ogden	625-3700

OTHER COMMUNITY RESOURCES:

ALANON		393-2311
Alcoholics Anonymous		393-4728
DATC		593-2500
Food Banks		546-2423
		544-2426
Food Stamps, Financial/daycare assistance & medical ins		776-7300
Information and referral		497-9111
WIC		546-6924
Workforce Services		468-0000
(Food Stamps, Financial Aid, Medicaid, etc.)		
Information and Referral Center		211
(Information and Direction for community resources)		