

FAMILY AND DOMESTIC VIOLENCE



THE FACTS

- Children who have lived through domestic abuse are more likely to be abusers when they are older. Protect your children from domestic abuse by protecting yourself from it. If you are a victim, get help.
- There are many reasons why victims of domestic abuse may not try to leave; anything from low self-esteem to being financially unable. There are programs set up to help you get out of abusive family situations no matter what issues may stand in your way.
- Domestic abuse comes in many forms, not just physical. Jealous, possessive, or controlling partners may be demonstrating forms of domestic abuse.
- The longer you remain a victim of domestic abuse, the more abusive the relationship may become.

IF YOU ARE A VICTIM

- When in a violent situation, get out and get help.
- Never put up with abuse.
- If it is an emergency, call 911. If it is not an emergency, call police dispatch to file a report or one of the many victim advocacy services.
- Keep evidence of abuse, whether it is torn clothes or photos of injuries. If you are hurt get medical attention.
- Report ANY assault to the police.
- If you decide to leave, local authorities can stay with you while you pack your clothing and other necessities.
- Do not let abuse remain a secret. When a victim remains quiet, it empowers the attacker.

- If you have been a victim, plan ahead in case it happens again. Keep a spare set of keys and extra money hidden, but easily accessible in case of emergency.
- Know that you are not alone; there are many different support groups that have been developed specifically to help victims of domestic abuse. These groups will introduce you to a support group of people that are going through the same thing as you.
- Be open about what is going on with your family and friends. The more isolated you are, the more

IMPORTANT NUMBERS

Victim Advocacy Office
(801) 580-7969
24 Hour Hotline

Community Information Line
2-1-1

Salt Lake City
Domestic Violence Line
(801) 799-3756

State Domestic Violence
Information Line
1-800-897-5465

Child Protection Services
(801) 281-5151
24 Hour Hotline

Adult Protection Services
(801) 264-7669

Salt Lake City Police Dispatch
(801) 799-3000

Police General Information
(801) 799-3100

YWCA
(801) 537-8600

South Valley Sanctuary
(801) 255-1095

IF YOU SUSPECT ABUSE

- Do not ignore signs of abuse.
- Confront the victim and express concern. Let them know that you are not judging them, their situation is not their fault.
- Encourage them to get help; help them find resources.
- Remind them of all of their great qualities—no one deserves to be abused.
- Research laws and organizations that can aid them.

VICTIM ADVOCATE PROGRAM

Salt Lake City has created a victim advocate program to assist, support and inform victims of domestic abuse. Some of the information that they offer includes: information on victims rights, support groups, and counseling centers. They also can provide assistance with court documents, police procedures, protective orders, and on-scene crisis intervention. Other services offered include transportation to and from our office and the court house; a victim advocate can also accompany the victim to court if desired.