

## DOMESTIC VIOLENCE IS:

A crime and choice made by one person. A pattern of controlling behaviors that may include physical, sexual or emotional abuse. It can be found in heterosexual and homosexual relationships.

*\* Even if your partner does not physically hurt you, threats of violence may be reinforced by intimidating, blame, denial, threats, isolation and force.*

## THE VIOLENCE CAN CAUSE SEVERE PHYSICAL AND EMOTIONAL HARM IN ADULTS AND CHILDREN



## YOU MAY BE A VICTIM IF YOUR PARTNER:

- Kicks, pushes, hits or slaps you
- Makes negative remarks or calls you names
- Threatens to kill you or someone you love
- Harms or threatens to kill animals
- Forces you to have sex
- Controls all or most of the money
- Is possessive or extremely jealous
- Threatens to take your children
- Doesn't allow you to see your friends or family
- Tells you what to wear

## EXPERIENCING DOMESTIC VIOLENCE? YOU SHOULD....

- Talk to a counselor, minister or friend
- Notify someone about the abuse
- Get help from the local Domestic Violence Center
- Practice an escape plan
- Teach your children how to escape and get help
- Make a safety plan

PLANNING FOR SAFETY IS IMPORTANT REGARDLESS OF IF THE RELATIONSHIP CONTINUES OR ENDS. LEAVING CAN INCREASE YOUR SAFETY



## SAFETY TIPS

- Take threats seriously
- Calls for assistance should be made from phones in a safe location
- Use a baby-sitter who will keep your plans confidential
- Identify transportation options through friends, family agencies and hotlines
- Request confidentiality when working with agencies or other organizations
- Ask a victim advocate to help with trusted friends and neighbors
- Identify someone on the job who can help you if you are in danger
- Make a list of people you can count on in case of an emergency

## BE READY IF YOU DECIDE TO LEAVE

YOUR SAFETY BAG SHOULD BE LEFT WITH SOMEONE YOU TRUST AND SHOULD CONTAIN IMPORTANT ITEMS AND INFORMATION SUCH AS:

- Identification
- Keys (spare set)
- Checkbook
- Bank Statements
- Birth certificates for you and your children
- Medicine, prescriptions and medical equipment
- Pictures of the family that include the abuser
- Proof of income: pay stubs, financial statements, EBT cards, etc..
- The abuser's personal information, date of birth, social security number and place of employment
- Health care information, Medicare, Medicaid or Wic card
- Money (if possible)
- Address books
- School records

DOMESTIC VIOLENCE  
TENDS TO GET  
WORSE OVER TIME.  
IT DOES NOT  
GO AWAY ON ITS OWN.



## VICTIM ADVOCATES

Are trained in domestic violence issues  
Are available 24 hours a day  
(All services are confidential and free)

### TO REACH AN ADVOCATE, CALL:

Ocala Police Department:  
(352) 369-7000

Marion County Sheriff's Office:  
(352) 368-3535

Domestic Violence Center:  
(352) 622-8495

Florida Coalition Against Domestic Violence  
(800) 500-1119

National Domestic Violence Hotline  
(800) 799-7233

### YOU HAVE THE RIGHT TO:

Live without violence in your home  
File a free injunction for protection

Receive free confidential safe emergency shelter  
Receive free confidential counseling and other  
support services

File for custody of your children



*lets talk about it!*

TO SCHEDULE A PRESENTATION CONTACT

Monica Bryant

Family Violence

Prevention Coordinator

Marion County Children's Alliance

Phone: (352) 438-5993

[monica.bryant@mcchildrensalliance.org](mailto:monica.bryant@mcchildrensalliance.org)

[www.mcchildrensalliance.org](http://www.mcchildrensalliance.org)

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A COMMUNITY APPROACH TO THE WELFARE OF CHILDREN  
*Building Better Lives*

Sources

Florida Coalition Against Domestic Violence

Florida Department of Children & Families

[www.HelpGuide.org](http://www.HelpGuide.org)

## DOMESTIC VIOLENCE

AFFECTS EVERYONE  
REGARDLESS OF ....

AGE

RACE

EDUCATION

OR FINANCIAL STATUS



*lets talk about it!*