

What Can You Do?

Without help, domestic violence often continues to get more severe over time. It can sometimes become deadly. Please know that you have options.

Domestic violence programs. These organizations offer free and confidential help to individuals in abusive relationships, including crisis intervention, safety planning, emergency shelter, advocacy and other supportive services. The national domestic violence programs listed in this brochure can direct you to appropriate services in your immediate area.

Community support. Friends, family, women's and community groups, places of worship, and service providers (such as legal, health, counseling centers) can also provide a variety of resources, support, and assistance.

Criminal charges. If you or a loved one has been physically injured, threatened, raped, harassed or stalked, you can report these crimes to the police. Criminal charges may lead to the person who is abusing you being arrested and possibly imprisoned.

Restraining/protective orders. Even if you don't want to file a police report, you can file for a civil court order that directs your partner to stay away from you. In many states, restraining/protective orders can also evict your partner from your home, grant support or child custody, or ban him or her from having weapons.

Always Remember –

Abuse is never the victim's fault.

National Resources:

National Domestic Violence Hotline:

1-800-799-7233 (SAFE) or

1-800-787-3224 (TTY)

National Coalition Against Domestic Violence

<http://ncadv.org/>

National Resource Center on Domestic Violence

<http://www.nrcdv.org/>

**If you feel you are in
immediate danger,
dial 911.**

ATF Victim Witness Assistance Program

Tel: 888-267-2570

Case Agent:

Regional Victim Witness Specialist

Tel:



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U.S. Department of Justice

Bureau of Alcohol, Tobacco, Firearms and Explosives

Victim/Witness Assistance Program



ATF

Domestic Violence



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PROTECTING THE PUBLIC
SERVING OUR NATION

What Is Domestic Violence?

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, or injure someone.

Know The Facts...

- ◆ Anyone can be abused, regardless of employment or education, racial or ethnic background, religion, marital status, health, disability, age, or sexual orientation.
- ◆ Abusive behavior is a choice. Abuse is not caused by drug/alcohol use, mental illness, stress, or poor anger control.
- ◆ There are many barriers for those seeking to escape abuse — ;fear of injury; lack of money, resources and support; self-blame; social pressures that dictate to staying in the relationship.
- ◆ Public services are prohibited from discriminating on the basis of race, color, national origin, religion, gender or sexual orientation.
- ◆ Leaving an abusive relationship can be a dangerous time. During separation there is increased risk for violence and homicide.
- ◆ Abusers can often be charming and well respected community members.
- ◆ Domestic violence affects not only the direct victim, but also has a substantial effect on family members, friends, coworkers, and particularly children.

Does Your Partner:

- ◆ Hit, kick, shove, choke you or use physical force against you?
- ◆ Use or threaten to use weapons/objects to harm or kill you?
- ◆ Attempt to manipulate you by threatening to commit suicide?
- ◆ Force or coerce you to engage in unwanted sexual acts?
- ◆ Tell you that you're a bad parent or threaten to take away your children?
- ◆ Threaten to hurt you, your pets or others close to you?
- ◆ Threaten to have you deported?
- ◆ Threaten to disclose your sexual orientation or other information that may be harmful?
- ◆ Control where you go, what you do and who you see in a way that interferes with your work, education or other personal activities?
- ◆ Monitor your activities, phone calls, or emails?
- ◆ Steal or destroy your belongings?
- ◆ Constantly criticize you, call you names or put you down?
- ◆ Make you feel afraid?
- ◆ Deny your basic needs such as food, housing, clothing, or medical and physical assistance?
- ◆ Control your access to money?

If you answered "Yes" to any of the above, please know there are resources to help you. You are not alone.

Victims May Feel:

- ◆ Isolated/depressed/helpless/withdrawn
- ◆ Unaware of available services
- ◆ Fear of being judged or stigmatized
- ◆ The need to defend the abuser by denying or minimizing the abuse
- ◆ Love for their abuser; they want the abuse to end, not the relationship
- ◆ Disconnected from family or friends
- ◆ Financially dependent on their abuser
- ◆ Guilt/shame if they stay or leave
- ◆ Strong religious or cultural beliefs that dictate victims to stay with their abuser
- ◆ They won't be able to get help if they leave
- ◆ The abuser will take away their children
- ◆ The abuser will call immigration services

It Is Not Your Fault.

The most difficult step for you to take is to admit that you are being or have been abused by your partner. Remember, your partner's violence is the problem, not you. You do not provoke it. You do not deserve it.

Regardless of your reactions, it is important to remember that every victim is different, as is every response to domestic violence. You are not at fault!