

## **Domestic Violence**

What can I do to be safe?:

### Call the police

If you feel you are in danger from your abuser at any time, you can call 911 or your local police.

Consider the following:

- If you are in danger when the police come, they can protect you.
- They can help you and your children leave your home safely.
- They can arrest your abuser when they have enough proof that you have been abused.
- They can arrest your abuser if a Protection Order has been violated.
- When the police come, tell them everything the abuser did that made you call.
- If you have been hit, tell the police where. Tell them how many times it happened. Show them any marks left on your body. Marks may take time to show up. If you see a mark after the police leave, call the police to take pictures of the marks. They may be used in court.
- If your abuser has broken any property, show the police.
- The police can give you information on domestic violence programs and shelters.
- The police must make a report saying what happened to you. Police reports can be used in court if your abuser is charged with a crime.
- Get the officers' names, badge numbers, and the report number in case you need a copy of the report.
- A police report can be used to help you get a Protective Order.

### Get support from friends and family

Tell your supportive family, friends and co-workers what has happened.

### Find a safe place

It is not fair. You should not have to leave your home because of what your abuser has done. But sometimes it is the only way you will be safe. There are shelters that can help you move to a different city or state.

### Get medical help

If you have been hurt, go to the hospital or your doctor. Domestic violence advocates at Family Violence & Rape Crisis Services (people to help you) may be called to the hospital. They are there to give you support. You may ask medical staff to call one for you.

Family Violence & Rape Crisis Services 919-542-5445 24-hour Crisis Line: 919-545-0224 Walk-in hours: 9 a.m. – 5 p.m. 200 East St., Pittsboro 144 N. Chatham St., Siler City
--

Adapted from North Carolina Coalition Against Domestic Violence “What Can I Do To Be Safe” handout.