



Do You Feel Safe?

**Is anyone hurting or controlling you?
If so, you may be a victim of domestic violence**

Domestic violence is when one person hurts another person in a relationship
It can cause health problems – now and in the future
It can also harm your child's emotional and physical health

Examples of domestic violence

- **Physical:** Slapping, choking, or kicking you
- **Sexual:** Forcing you to have sex
- **Verbal:** Threatening to hurt you or your child
- **Psychological:** Calling you names or putting you down
- **Economic:** Not letting you work or go to school

Victims of domestic violence may feel:

- Many different things. It affects people in lots of ways
- Trapped or too scared to leave
- Afraid, ashamed and alone

You don't deserve to be treated this way
Make your family a place for love, not violence

If you'd like to talk to someone, please talk to your child's doctor or nurse



A Safety Plan

A safety plan is what you can do to help keep you and your children safe. It includes:

- Someone to call if you sense danger, and a code or secret word. Kids know to call 911.
- Somewhere to go and a safe way to get there. Practice this, with your child.
- A hidden bag, perhaps with a friend, with items you might need in an emergency – medications, keys, credit cards, bankbooks, money, driver’s license, car registration, important papers, passports, phone, extra clothing, toys, things that mean a lot to you.

Helpful Resources

The National Domestic Violence Hotline can help you with:

- Crisis intervention, safety planning, information about domestic violence and direct connection to services in your area
- Help in over 100 languages
- Call 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY) or (206) 787-3224 (video phone - only for deaf callers)

Computer use can be monitored and is impossible to completely clear. If you’re afraid your internet and/or computer use might be monitored, please use a safe computer to visit www.thehotline.org.

ADD INFO ON LOCAL RESOURCES



SEEKTM
Safe Environment for Every Kid

AND/OR ON PRACTICE SITE