

STEP FOUR: Get Immediate Help

These hotlines are free, confidential, and you can talk to someone without giving your name:

- 1) Center for Domestic Peace 24-hour:
English Hotline: 1-415-924-6616
Spanish Hotline: 1-415-924-3456
- 2) National Domestic Violence Hotline: 1-800-799-SAFE
- 3) Community Violence Solutions Hotline: 1-800-670-7273
- 4) Rape, Abuse, Incest, National Network: 1-800-656-HOPE
- 5) Suicide Prevention Hotline: 1-800-273-8255

STEP FIVE: Consider Therapy

Center for Domestic Peace Therapy Programs *Offered in English and Spanish*

- 1) "In This Together" is a multi-family group therapy program for survivors of domestic violence and/or their children.
 - 2) Individual therapy is also available for you or your family.
- Call 1-415-526-2553 to schedule an intake.

STEP SIX: Safety Planning

- 1) Prepare an emergency kit, in case you have to leave suddenly, with: money, checkbook, keys, medications, change of clothes, and important documents.
- 2) If you have children, teach them to get help if you or they are in danger by talking to teachers, neighbors, relatives, calling 911, etc. and create a safety plan with your children: "Don't ever try and stop the fighting. Go to your room or neighbor's house, like we planned."

Information based upon the following outreach and education cards created by
Futures Without Violence: "Is Your Relationship Affecting Your Health?"
"Loving Parents, Loving Kids: Creating Futures Without Violence"

Is Your Relationship Affecting You or Your Children?

STEP ONE: Ask Yourself...

Is my relationship healthy?

- 1) Do I feel respected, cared for, and nurtured by my partner?
- 2) Does my partner support my parenting?
- 3) Does my partner openly communicate with me when there are problems?

Is my relationship unhealthy?

- 1) Does my partner shame or humiliate me in public or in private?
- 2) Has my partner threatened me or the children?
- 3) Has my partner threatened to call the “authorities” to keep control of me and the children?
- 4) Has my partner ever used or threatened to use a weapon against me?
- 5) Has my partner forced me to have sex when I didn’t want to?

STEP TWO: If I am a Parent, Are My Children Affected?

Children who witness one parent hurting another:

- 1) Are more likely to have learning and behavior problems.
- 2) Are at greater risk for child abuse.
- 3) May develop Post Traumatic Stress Disorder (PTSD), leading to chronic physical and mental health challenges.

STEP THREE: Help Your Children

- 1) Let them know that one parent hurting the other is not their fault and keep an open door for when children want to talk.
- 2) Stay connected to your children and listen to them. Your relationship with them is the most important thing to keep them on track.
- 3) Consult your care providers such as teachers, doctors, school counselors if your children’s behavior concerns you and ask for a referral to programs that help victims of domestic violence.

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Working Together to End Domestic Violence

24 hour Hotlines: English 1-415-924-6616 Spanish 1-415-924-3456
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