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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