

LGBTQ+ Lesbian Gay Bi Trans Queer PLUS

Are you in an unhealthy relationship?

**Have you thought about asking
for help for you and your family,
but were afraid of the consequences?**

YOU ARE NOT ALONE!

**There is a strong community
that can help you and your
LGBTQ+ family.**

24-hour Hotlines: 415-924-6616 (English) 415-924-3456 (Spanish)

ManKind, WomanKind, Mujer Jentil 24-hour Hotline: 415-924-1070

Marin Youth Services Text Line, M-F, 9am-5pm: 415-526-2557

**CENTER FOR DOMESTIC
PEACE®**
Working Together to End Domestic Violence

**In this pamphlet,
there is information
about:**

- **LGBTQ+ Personal
and Legal Rights**
- **Domestic violence laws**
- **Resources to help you protect
yourself and your family**

For more information or to volunteer: 415-457-2464



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LGBTQ+ PARTNER ABUSE

Partner abuse is a systematic pattern of behaviors where one person tries to control the thoughts, beliefs, and/or actions of their partner, someone they are dating or had an intimate relationship with. Partner abuse is also called domestic violence, battering, and/or intimate partner abuse.

➤ **Abuse crosses all social, ethnic, racial, and economic lines.**

You can't tell if someone is abused or abusive by their size, strength, politics, gender expression, race, economic level or personality

➤ **Abuse is not about violence, it's about control.**

Physical violence is often unnecessary to maintain control. Verbal, emotional, and economic abuses are powerful weapons.

➤ **Abuse is never mutual.**

Although both partners may use violence, abusers do so to control their partners; a survivor may use violence in self-defense or to try to stop the abuse.

➤ **Abuse can happen regardless of the length of relationship or living situation.**

➤ **Abuse does not lessen; it tends to get worse over time.**

Couples counseling, anger management, and communication workshops do not help abusers stop abusing and can be dangerous for the partner who is being abused.

➤ **Abuse is NOT about size, strength, or who is more masculine.**

Abuse is about using control to gain power and control regardless of a person's gender or sexual identity.

➤ **Abuse is NOT about both partners just "fighting it out" all the time.**

Partner abuse is not mutual. Although the abused partner may fight back, there is a difference between self-defense and abuse.

➤ **Abuse is NOT just happening in heterosexual relationships.**

1 in 4 people in the LGBTQ community are abused by a partner during their lifetime.



HOW DOES SOMEONE ABUSE THEIR PARTNER?

Those who abuse may use a number of tactics. Oppressions such as homophobia, transphobia, racism, classism, sexism, ableism, anti-Semitism, support the abuser in feeling entitled to have power and control over their partner and give the abuser tools with which to exert that control.

Factors Increasing Vulnerability of LGBTQ+ Domestic Violence Victims

- LGBTQ+ community may not fully identify partner abuse as a community issue
- Victims may have the same support systems as the abuser
- Internalized homo/bi/transphobia affects victims too
- Abuser may blame the survivor's LGBTQ+ identity for the abuse
- Less social and family validation of the (LGBTQ)+ relationship and self
- Lack of LGBTQ+ inclusion in domestic violence emergency programs
- Lack of screening by providers who can help with resources
- Relationship might be the only one that feels supportive because of family and social rejection



Warning Signs of Unhealthy and Unequal Relationships

Characteristics of an Abuser

SUPERIORITY:

Believe they have the right to dominate.

- Do they tell you what to do?
- Make most of the decisions?
- Do all the talking?
- Blame you?
- Are critical of you?
- Tell you what to wear?
- Give you an 'allowance'?
- Slap, hit, or shove you?
- Threaten to hurt you or kill you if you don't follow their orders?
- Pressure or force you to have sex when you don't want to?
- Isolate by controlling what you do, who you see, talk to, or where you go?
- Threaten to "out" you to family, friends, or work?
- Use your children to make you feel guilty or visitation as a way to harass you?
- Threaten to call immigration and have you deported?
- Try to keep you from getting/keeping a job?

POSSESSIVENESS:

Believe they own their victim, even after separation.

- Are they jealous & possessive?
- Do they check up on you?
- Accuse you of cheating?
- Want you all to themselves?
- Put down your friends and family?
- Scare you?
- Make you afraid of their reactions?
- Pressure you to have sex whether you want to or not?

UNEQUAL:

Believe in rigid and unequal gender role expectation.

- Expects feminine/female-identified to do the shopping, cooking and cleaning.
- Expects masculine/male-identified to be tough and strong.
- Expects feminine/female-identified to be weak and submissive.
- Expects feminine/female-identified to obey.
- Expects masculine/male-identified to be the king of the household.

Some of these behaviors are illegal. If you want it to stop, you can get help. You don't need to struggle or suffer alone.

YOU MAY BE EXPERIENCING ABUSE IF YOUR PARTNER...

➤ Emotional Abuse

- ▶ Tries to control where you go and what you do.
- ▶ Ridicules, humiliates, or belittles you.
- ▶ Coerces you into making decisions through guilt, anger, or by saying “if you loved me you would do this.”
- ▶ Excuses outbursts or hurtful behavior claiming stress, financial issues, work, anger issues, alcohol, or drug use.
- ▶ Threatens suicide or to hurt someone else if you leave.

➤ Economic Abuse

- ▶ Wants you to need them for money or expects you to support them.
- ▶ Steals money and/or identity.

➤ Sexual Abuse

- ▶ Disrespects your safe words or boundaries.
- ▶ Rapes you.
- ▶ Using threats, guilt, or anger to coerce sex.
- ▶ Tells you “this is how queer relationships are.”

➤ Physical Abuse

- ▶ Puts you in situations that jeopardize your health and safety.
- ▶ Pushes, hits, chokes, withholds medications or hormones, and/or sleep deprivation.

➤ Cultural/Identity Abuse

- ▶ Threatens to out your sexual orientation, gender identity, S/M, polyamory, HIV status, or any other personal information.
- ▶ Calls you derogatory names or slurs related to your identity.
- ▶ Uses your race, class, age, immigration status, religion, size, physical ability, language, and/or ethnicity against you.

➤ You feel like...

- ▶ Your life is smaller.
- ▶ You can't see family or friends because of your partner's jealousy or anger.
- ▶ You have to change your behavior to avoid a crisis.
- ▶ You're unsure where an S/M scene begins or ends.
- ▶ You're confined to only doing things your partner wants.
- ▶ Your partner makes all the decisions in the relationship.

Have You Thought about Calling the Police but...

- You still love your partner?
- You don't want to get your partner in trouble?
- You don't want your partner to go to court or to jail; you just want your partner to get counseling?
- You're afraid you will get in trouble with the police or be labelled mentally ill?
- Your partner threatens to withhold hormones and other medications?
- Your partner threatens to out you to friends, family, and/or coworkers?
- Your children need both parents?
- Your partner says they will call Immigration and have you deported if you ask for help?
- Your partner says they will call Children's Family Services (CFS, formerly CPS), and they'll take your children away from you?
- Your partner says that they will kill, kidnap, or hurt you or the children?

If you answered yes to any of these questions, this pamphlet is for you.



*"You can get help
without having
to call the police.
That's what I did."*

LGBTQ+ Victims Deserve Help! You Can Get Help!

Many people living with domestic violence feel ashamed and unworthy of asking for help. Your partner's behavior is unacceptable, and maybe even criminal. You deserve to be free of the violence and start a peaceful life. Few people leave domestic violence without help because abusive people establish control over so many parts of their partners' lives.

LGBTQ+ Personal Bill of Rights

YOU HAVE THE RIGHT TO:

- Be treated with respect by your partner
- Not take responsibility for your partner's abusive behavior
- Get angry or say "NO!" without threatening or using force (except in self-defense) against your partner
- Make mistakes, change your mind
- Have your feelings, opinions, and convictions, and express them freely
- Live according to your gender identity, gender expression or sexual orientation
- Have your needs be as important as your partner's needs
- Protest unfair treatment or criticism
- Negotiate for change in relationship
- Ask for help or emotional support
- Spend time with your family and friends without being accused or pressured by your partner
- Call the Police and other support agencies
- Hide yourself and your children for protection from your violent partner; even if your partner is their parent
- Refuse sexual activity at any time
- Make decisions about reproductive health without your Partner's permission
- Live free of violence and threats
- Equal protection of the laws against domestic violence, even if in some way you have broken a law, such as using drugs, driving without a license, or entering the country illegally.

LGBTQ+ Legal Rights for Protection

If you live in the United States (married or single, LGBTQ++ or not, immigrant or not, in the U.S. documented or not) you have many legal rights. One of your rights is the right to be protected by U.S. laws if you are a victim of domestic violence. Many abusers will lie to you about your rights, especially if you are LGBTQ++ or an immigrant in the United States. They want you to believe that you don't have rights, and that you can get in trouble for reporting their violence. You are protected against domestic violence by U.S. and state laws.



"C4DP's advocate helped me understand my rights."



*"Don't be afraid, of asking for help.
We've only got one life to live and no one has a right to kill you."*

THE RIGHTS OF LGBTQ+ WHO ARE VICTIMS OF DOMESTIC VIOLENCE



“It takes a long time to make decisions for yourself and know they are the right ones. There’s a light at the end of the tunnel. In the end, you’ll get there.”

LGBTQ+ people in the United States have the right to live life free of domestic violence and abuse. Center for Domestic Peace rejects all discrimination based on race, ethnicity, religion, gender, gender identity and expression, sexual orientation, immigration status, socioeconomic status, and disability. We are committed to protecting the rights of every survivor, regardless of their sex, gender identity, gender expression or sexual orientation. All our services are 100% voluntary and 100% confidential/anonymous. Your legal documents don’t have to match how you identify. If the name or gender markers on your documents (like your driver’s license) don’t match with how you identify, that’s ok. Rest assured that any information you wish to disclose to us will be kept in the utmost confidentiality.

If you have experienced domestic violence, sexual assault, dating violence, or stalking, you are entitled to many free services from an extensive set of federally-funded programs (emergency shelters, rape crisis centers, support groups, legal advocacy, etc.) under the Violence Against Women Act (VAWA). VAWA now explicitly protects transgender and lesbian, gay, and bisexual (LGB) survivors and provides ways to get help if you are discriminated against. Any agency (police, prosecutors, rape crisis centers, domestic violence shelters, legal aid, hotlines, support groups, etc.) that receives VAWA money has to treat transgender people respectfully and provide equal or similar services by law. Trans, gender non-conforming, and gender non-binary people CANNOT be turned away from or be discriminated against by these agencies because of their sex, gender identity, gender expression or sexual orientation.

Remember, you are not alone.
Call our Legal Systems Advocacy Department for help.

THE RIGHTS OF LGBTQ+ IMMIGRANTS WHO ARE VICTIMS OF DOMESTIC VIOLENCE

LGBTQ+ immigrants in the United States have the right to live life free of domestic violence and abuse. Center for Domestic Peace rejects all discrimination based on race, ethnicity, religion, gender, gender identity and expression, sexual orientation, immigration status, socioeconomic status, and disability. We are committed to protecting the rights of every survivor, regardless of their immigration status. All our services are 100% voluntary and 100% confidential/anonymus. We will not ask you for your immigration status, or for a social security number. Rest assured that any information you wish to disclose to us will be kept in the utmost confidentiality.

Everything in this pamphlet can be useful and relevant to you even if you are an undocumented immigrant in the U.S. In this country, domestic violence or child abuse is a crime, even if it's not a crime in your country of origin. If you are an undocumented immigrant and are a victim of crime in this country, you have the same rights as a U.S. citizen to access services for crime victims.

This means that if you are confronting domestic violence and you want help, you will not be deported just because you called the authorities or made a police report. You cannot be deported for trying to get a restraining order or testifying in court.

You cannot be deported for asking for help from shelters or crisis line.

Also, if your spouse is a United States resident or citizen and you are a victim of abuse, you may be eligible for U.S. residency without your abusive partner through VAWA (Violent Against Women Act). Even if you are not married to a United States resident or citizen, but you have worked with the police or the District Attorney, you might be eligible for a U-Visa. Speak with an immigration attorney or explore your options. Remember, you are not alone. If you are asserting your rights and face discrimination, call our Legal Systems Advocacy Department.





THE RIGHT TO GOOD TRANSLATION SERVICES FOR LGBTQ+ (and all) VICTIMS WHO DON'T SPEAK ENGLISH

"I told (the police officer) that I felt very nervous... he gave me a restraining order and... the number for a C4DP advocate."

"Looking back, I wish I'd told the police all the things that (my partner) did that were illegal instead of focusing on how they were a liar and a cheater."

The courts have decided that public agencies must provide adequate translation for people who don't speak English. When you request services from public agencies like the police and courts, you can request an interpreter. Good translation services are especially important for people reporting domestic violence. If the police officer can't understand you, it is harder for the officer to protect you and your family. Also, your statements to the police are the central evidence in a criminal case. **For this reason, the police should not use your children, family members, or neighbors to translate the conversation between you and the police.** If you call 911, operators have immediate telephone access to multi-lingual interpreters.

Although you have the right to good translation service through the police, not all police officers will offer this to you. The police have access to the same telephone interpreter service as the 911 operators. If the officer does not get you a professional interpreter, you can write a statement in your own language to add to the police report. You can also call 911 again and ask that your conversation with the police be interpreted.

Have You Thought about Calling the Police but...

...You still love your partner?

Many people love the partners who abuse them. It's possible to love the abuser and, at the same time, fear them and insist that the violence stop. Your partner is not likely to stop on their own. You've tried hard to make your relationship work, and your partner has promised to do the same. But you've seen that your partner hasn't followed through with their promise. Even if you don't love your abuser anymore, this is nothing to be ashamed of either.

...You don't want to get your partner in trouble?

You may be trying to keep your abusive partner from getting into trouble. This can put you and your children in more danger. Perhaps you haven't gone to the police or told the police everything if you did. Maybe you tried to leave without any protection. These approaches can increase your danger. An abusive person is usually willing to use even more violence to re-establish their control. It is important for you to take every step possible to protect yourself.

Consider a different strategy to protect yourself: call our hotline to make a safety plan, or to seek a confidential refuge. We can help you make a police report. We can help you get a restraining order without having to make a police report. We can also help you understand your legal options, including how to get your partner leave the home. Call the police again if your partner calls you to say he or she is sorry. Don't drop or modify the restraining order. Let us help you follow through with the criminal process, even if you have hopes of getting back together with your partner in the future.

Many members of communities that have been targeted for violence based on their ethnicity, immigrant or LGBTQ+ status are eager for legal protection, and find that getting a restraining order without having to make a police report is one of the safest strategies. Please consider this option and let us assist you in understanding the process.

There are no guarantees about which approach will work best for you. Even if you hope to get back together, it's important for your partner to recognize that domestic violence is an unacceptable crime.

...You don't want your partner to go to court or jail, you just want them to get counseling?

In general, the courts can only order someone to get counseling if they have been found guilty of domestic violence. If it's your abusive partner's first offense, it's possible that the court will order them into counseling and to jail.

Have You Thought about Calling the Police but...? (Continued)

...Your children need both parents?

You may be concerned about your children's relationship with their abusive parent. You may think that when you call the police or get a restraining order, your children will have to be cut off from their abusive parent. However, the courts rarely cut off a parent from their children completely.

Remember, you too are the children's parent and they depend on you for their security. When children see their parent living in fear and humiliation, they tend to feel the same emotions. Even when the abuser doesn't directly abuse the children, domestic violence seriously harms them. Research shows that children of all ages are aware of the violence. The younger the child is, the more serious the effect. Children who live in a home with domestic violence frequently have learning, emotional, and behavioral problems, which can continue throughout their adult lives.

On the other hand, when children see their parent receiving help and being rescued from the immediate danger by getting to safety, they learn that they have a right to stop abuse in their own lives.

As you start to break free of domestic violence, tell the children that separation doesn't mean that the abuser doesn't love them. Tell them directly that no one should tolerate abuse. Some of the abusive parent's behavior was harmful and criminal, so the abusive parent needs some time away. Tell the children it wasn't their fault, it's okay to be sad, and it's okay to miss, love, or be angry at their abusive parent.

...Your partner says they will out you as LGBTQ+ and will make sure you lose your job, housing, and credibility.

Even without such a threat, it's very common for LGBTQ+ victims to suffer alone because of the reality of homophobia amongst those who are called upon to help, including authorities. LGBTQ+ victims know there's a good chance the responders could have stereotypes that might seriously affect them as considerations are made about the safety and well-being of themselves and their children. When the abuser adds their own threat to the situation, victim's fears increase. **That's why many LGBTQ+ victims prefer getting restraining orders without having to call the police.** It's important to know there are ways to get help that minimize the exposure that threatens the LGBTQ+ community. Laws have been written that remove ancient barriers and seek to reduce homo and transphobia. We can help you access these resources in the safest way possible, so you do not suffer alone. Together we can increase your safety and reduce the domestic violence in your life.

Have You Thought about Calling the Police but...? (Continued)

...Your partner says they will call Immigration and have you deported if you try to get help?

It's very common for violent partners to make this kind of threat if you are an immigrant. However, it's almost impossible for these threats to be carried out. As mentioned earlier, you can't be deported for making a police report, requesting a restraining order, or testifying in court.

Be aware that if you are depending on your spouse to apply for your green card and your partner is abusing you, according to U.S. law, some immigrants who are victims of abuse are eligible for residency without the support of the abusive spouse. (See "the Rights of Immigrants Who Are Victims of Domestic Violence" on page 11.)

...Your partner says they will call Children and Family Services (CFS) and they will take your children away from you?

Anyone can call CFS at any time. CFS will open an investigation, but that doesn't mean your children will automatically be taken away from you. If you call the police and make reports when your partner abuses you or the children, you will strengthen your credibility with the authorities. Later, if your abusive partner calls CFS, the investigation will reflect your previous calls to the police. CFS will know that your partner may be using them as part of their abuse against you.

...Your partner says that they will kill, kidnap, or hurt you or the children?

Take this dangerous threat seriously. Abusive people might carry out this type of threat. But also think about how dangerous it is to live with a person who seriously hurt you and your children. If you don't get help, you will be the only barrier between your violent partner and your children. To better protect your children, consider combining your defense with the protection you can get from Center for Domestic Peace, the police, the District Attorney (DA), and others. **You don't have to protect your family by yourself.**

Resources to Help You Protect LGBTQ+ Victims and Their Families

CENTER FOR DOMESTIC PEACE (C4DP)

24-hour Hotlines: 415-924-6616 (English)
415-924-3456 (Spanish)

ManKind 24-hour Hotline: 415-924-1070

Center for Domestic Peace (C4DP) offers support to LGBTQ+ and all people confronting domestic violence or who are at risk for domestic violence. If you call the C4DP hotline, you can access emergency shelter, legal system advocates, trauma therapy, support groups, and transitional housing for survivors and their children.

The C4DP hotline is available in English and Spanish, 24 hours a day. The hotline staff offers practical support to help you make decisions about personal security, healthcare, shelters, legal issues, and other concerns.

C4DP advocates can accompany you if you need to appear in court.

Call our C4DP Legal Systems' Advocacy Department for more assistance at 415-457-2464.

District Attorney's Office (DA) and Victim/Witness Assistance: 415-473-6450

After the police write the report, the District Attorney's office decides whether to file formal charges against your partner. If the District Attorney decides not to file charges against the abuser, this is usually the end of the criminal case. If the District Attorney does file charges, you can find out more details about the case by calling the DA's office or asking a C4DP advocate to call for you. In addition, the State of California has funds to help crime victims by paying for counseling, medical expenses, emergency needs related to the crime, and for wages you may have lost as a result of the crime. Ask your police department or domestic violence hotline counselor for more details.

Resources to Help You Protect LGBTQ+ Victims and Their Families (Continued)

Community Violence Solutions (Rape Crisis Center) 1-800-670-7273

Although sexual abuse and rape are common among people facing domestic violence, many find it very difficult to talk about this aspect of abuse. You may feel more comfortable talking to an advocate who deals specifically with sexual assault. Rape crisis centers have confidential 24-hour crisis lines, support groups, advocates, and other services. Any exam or treatment you can receive because of reporting sexual assault is free of charge.

Community United Against Violence 1-415-333-4357 / www.cuav.org

Founded in 1979, CUAV works to build the power of LGBTQ+ (lesbian, gay, bisexual, transgender and queer) communities to transform violence and oppression. CUAV supports the healing and leadership of those impacted by abuse and mobilizes broader communities to replace cycles of trauma with cycles of safety and liberation. As part of the larger social justice movement, CUAV works to create truly safe communities where everyone can thrive.

FORGE 1-414-559-2123 / forge-forward.org

FORGE is a national transgender anti-violence organization, founded in 1994. Since 2009, FORGE has been federally funded to provide direct services to transgender, gender non-conforming and gender non-binary survivors of sexual assault. Since 2011, FORGE has served as the only transgender-focused organization federally funded to provide training and technical assistance to providers around the country who work with transgender survivors of sexual assault, domestic and dating violence, and stalking.

The Spahr Center 1-415-457-2487 / thespahrcenter.org

The Spahr Center is a non-profit community agency devoted to serving, supporting and empowering Marin's LGBTQ+ community and everyone in the county living with and affected by HIV. The Spahr Center offers county-wide drop-in support groups for LGBTQ+ youth, as well as individual counseling services.

The Network la Red 1-800-832-1901 / tnlr.org

The Network/La Red is a survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, BDSM, polyamorous, and queer communities. Rooted in anti-oppression principles, they work to create a world where all people are free from oppression. The Network la Red strengthens communities through organizing, education, and the provision of support services.



CLASSES FOR ALL PEOPLE WHO WANT TO STOP THEIR VIOLENCE

MANKIND 415-924-1070

WOMANKIND 415-526-2552

MUJER GENTIL 415-526-2552

"I didn't actually know the choices I had. After talking to the authorities and C4DP, I could understand. You've got to do what's best for you. Not being abused is what's best for you and your family."

We support all LGBTQ+ people in ending their violence. C4DP has 24-hour hotlines for people who want to stop their violence. ManKind, WomanKind and Mujer Gentil hotlines are provided by trained volunteer program graduates to help deter people from engaging in violence. The hotline volunteers provide consultation and make referrals to classes (and other agencies). Marin County Probation has certified these programs as part of the standard domestic violence probation requirement. Some people also self-refer to enhance their relationship with their partners, family, community, and themselves.

POLICE (911)

What are the benefits of calling the police? (Some help that only the police can provide)

The police are the only people in this society who have the authority to enter your home (or wherever you are in danger) and stop the violence immediately.

The police can also:

- Remove the abuser from the home
- Give you an Emergency Protective Order to give you time to think about your options
- Order the abuser to stay away from you and the children
- Give you temporary custody of your children
- Take weapons away from the abuser
- Make a police report, which starts a criminal case.

Why it's useful to have a police report:

The domestic violence police report is one of the most crucial documents you can have to stop the violence. It makes your story credible, and it can help you avoid having to repeat your story.



If you are facing domestic violence, you can use a copy of the police report to:

- Gain custody of your children in Family Court
- Strengthen a request for a restraining order
- Support an immigration residency application or work permit (See “The Rights of Immigrant Who Are Victims of Victims” on pg. 11)
- Provide support in housing disputes
- Explain your situation to your employer or your children’s school
- Get government compensation as a victim of crime.

Police (911) (Continued)

What you should know to get the best protection from police:

When you call 911, you have the right to an interpreter (see pg. 7). When you speak with the dispatcher, you can explain as much as possible about the situation. Usually, the operator will ask what the abuser has said and done. Try to stay on the line with 911 until the police arrive.

What to tell the police:

Tell the police about the abuser's criminal behavior towards you. Examples of criminal acts are physical and sexual violence, threats of violence, vandalism, kidnapping, holding you against your will, and violating restraining orders.

Your experience of domestic violence probably included much more than these criminal acts, such as the abuser's insults, foul language in front of the children, emotional betrayals, and more. But these things are not necessarily criminal acts, even though it's all painful for you. But when you are talking with the police, remember that the police are required to protect crime victims.

Things you can tell the police:

- Details of the most recent incident and any evidence or witnesses you can think of
- Specific threats the abuser has made to you verbally or in writing
- If you fear for your or the children's safety, tell the officer, and explain why you are afraid
- Show the officer all your injuries
- Weapons the abuser has used or has access to
- If the abuser has a criminal history
- If the abuser has ever forced you to have sex
- If the abuser has ever hurt the children.

If the officer has left, and you remember valuable information for the officer's report, you can write out a statement, take it to the police station. Ask for the officer that took the report. If the officer is not available, ask for the officer on duty and provide them with your supplemental report. If you need assistance, call our Legal Services Advocacy Department at 415-457-2464.

INFORMATION ABOUT HOW TO PROTECT YOURSELF AND YOUR FAMILY WITH RESTRAINING ORDERS

Emergency Protective Orders (EPO's)

You have the right to request an Emergency Protective Order (EPO) from the police. An EPO is a legal document prohibiting your abuser from contacting you in any way, whether or not your abuser was arrested. If the police don't offer you an EPO, you can visit the police station later to get one. An EPO is available 24 hours a day and is good for 5 business days, and can include temporary custody orders if you have children.

Only a police officer (with the approval of a judge) can obtain an EPO, so you will need to tell the officer what the abuser did to you and why you are afraid. The EPO is designed to provide you with immediate legal protection until you are able to obtain a Temporary Restraining Order (TRO) from the courts.



"They helped me to see that I actually am a human being who can make my own decisions. I'm not stupid, lazy, or dumb, even though my partner says I am. After he hit me, I just wanted to crawl under a rock and die. But now I see my son sleeping peacefully and I realize it was all worth it."

"The staff made me feel extremely comfortable. The last time he beat me up, I tried to kill myself. I thought I was the problem. If they hadn't been there for me, I wouldn't be here today."

How Do I Get a Restraining Order Without Calling the Police?

A Temporary Restraining Order (TRO)

can be obtained with help from:

1. FAMILY AND CHILDREN'S LAW CENTER: 415-492-9230 – for an attorney

2. LEGAL SELF-HELP CENTER OF MARIN: 415-492-1111 – for forms only

You have the right to go the Superior Court and request an order that will:

- Restrain your abuser from abusing you and other family members
- Direct your abuser to leave the household (The abuser can be ordered to move out while the police stand by.)
- Prevent your abuser from getting near you or your residence, school, or workplace
- Prohibit your abuser from communicating with you directly, in writing, or through other people
- Determine custody of the children, visitation, and child support
- Eliminate many ways for your abuser to kidnap the children
- Prevent your abuser from manipulating you by using Immigration
- Direct the abuser to make reimbursements for damages related to the abuse
- Order your abuser to attend classes to learn how to stop their violence.

The Temporary Restraining Order lasts between 2 and 3 weeks, until the day of the hearing, when a judge can turn it into a “permanent” restraining order that lasts up to 5 years.



HOW TO CONTACT CENTER FOR DOMESTIC PEACE (C4DP)



734 A Street, San Rafael, CA 94901
www.centerfordomesticpeace.org



C4DP 24-HOUR HOTLINE:

415-924-6616 (English)
415-924-3456 (Spanish)

Legal Systems Advocacy Department:

415-457-2464

MANKIND 24-HOUR HOTLINE:

415-924-1070

WOMANKIND/MUJER GENTIL:

415-526-2552

MARIN YOUTH SERVICE TEXT LINE:

415-526-2557 (M-F 9AM-5PM)

For more information or to volunteer:

415-457-2464

We gratefully acknowledge the information contained in, "Know Your Rights" by Forge, and "LGBTQ+ Partner Abuse" by The Network La Red. For more information about Forge, visit their website www.forge-forward.org or email askFORGE@forge-forward.org. For more information about The Network La Red, visit their website www.tnlr.org or call 617-695-0877.

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