

- Leave, or have someone come and stay with you. Go to a battered woman's shelter— call a crisis hotline or a health center to locate a shelter. If you believe that you or your children are in danger, leave immediately.
- Get medical attention from your doctor or a hospital emergency room. Ask someone to photograph your injuries and keep detailed records in case you decide to take legal action.
- Contact your family court for information about a civil protection order that does not involve criminal charges or penalties.



ONLINE RESOURCES

www.domesticviolence.org
www.ndvh.org
www.ocadvsa.org

HAVE YOU HURT SOMEONE IN YOUR FAMILY?

- Accept the fact that your violent behavior will destroy your family. Be aware that you break the law when you physically hurt someone.
- Take responsibility for your actions and get help.
- When you feel tension building, get away. Work off the angry energy through a walk, a project, or a sport.
- Call a domestic violence hotline or health center and ask about counseling and support groups for people who batter.

THE HIGH COSTS OF DOMESTIC VIOLENCE

- Men and women who follow their parents' example and use violence to solve conflicts are teaching the same destructive behavior to their children.
- Jobs can be lost or careers stalled because of injuries, arrests, or harassment.
- Violence may even result in death.

GET HELP NOW. RESOURCES ARE OUT THERE.

Oklahoma Safeline
1-800-522-SAFE

Family Shelter of Southern Oklahoma
Crisis Hotline 580-226-6424

National Domestic Violence Hotline
1-800-799-SAFE

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ARDMORE POLICE DEPARTMENT

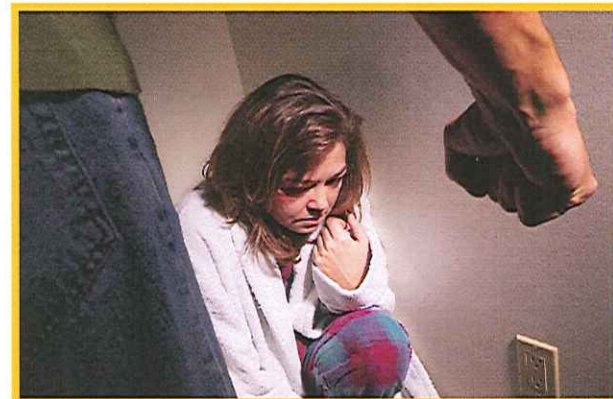
Second Floor
Ardmore City Hall
23 South Washington
Ardmore, Oklahoma 73401

non-emergency 223-1212
Ardmore CrimeStoppers 580-504-4LAW

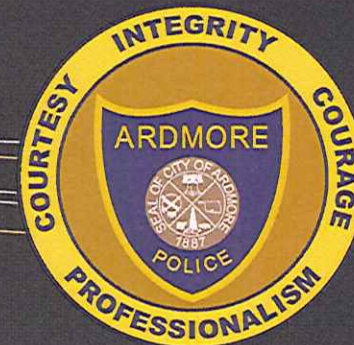
IN AN EMERGENCY, DIAL 911

Identifying

Domestic Violence



The Hidden Crime



ARDMORE POLICE DEPARTMENT
ARDMORE, OKLAHOMA



Who Are The Abusers?

Abusers are not easy to spot. There is no 'typical' abuser. In public, they may appear friendly and loving to their partner and family. They often only abuse behind closed doors. They also try to hide the abuse by causing injuries that can be hidden and do not need a doctor.

Abuse is not an accident. It does not happen because someone was stressed-out, drinking, or using drugs. Abuse is an intentional act that one person uses in a relationship to control the other. Abusers have learned to abuse so that they can get what they want. The abuse may be physical, sexual, emotional, and psychological.

Abusers often have low self-esteem. They do not take responsibility for their actions. They may even blame the victim for causing the violence. In most cases, men abuse female victims. It is important to remember that women can also be abusers and men can be victims.



ARE YOU ABUSED?

Does the person you love...

- "Track" all of your time?
- Constantly accuse you of being unfaithful?
- Discourage your relationships with family and friends?
- Prevent you from working or attending school?
- Criticize you for little things?
- Anger easily when drinking or using other drugs?
- Control all finances and force you to account in detail for what you spend?
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, punch, slap, kick, or bite you or the children?
- Use or threaten to use a weapon against you?
- Threaten to hurt you or the children?
- Force you to have sex against your will?



DON'T IGNORE THE PROBLEM

- Talk to someone. Part of the abuser's power comes from secrecy. Victims are often ashamed to let anyone know about intimate family problems. Go to a friend or neighbor, or call a domestic violence hotline to talk to a counselor.
- Plan ahead and know what you will do if you are attacked again. If you decide to leave, choose a place to go; set aside some money. Put important papers together — marriage license, birth certificates, checkbooks — in a place where you can get them quickly.
- Learn to think independently. Try to plan for the future and set goals for yourself.



IF YOU ARE HURT, WHAT CAN YOU DO?

There are no easy answers, but there are things you can do to protect yourself.

- Call the police by dialing 911. Assault — even by family members — is a crime. The police can provide you information about shelters and other agencies that help victims of domestic violence.