

REMEMBER...

- You are not alone. Anyone can be a victim of domestic violence. Help is available.
- It is against the law to physically hurt a member of your household.
- Once it begins, domestic violence often only gets worse.
- Domestic Violence often increases or begins during pregnancy.
- Children who witness domestic violence may become anxious, depressed, or aggressive. They may also have trouble in school.

Know Your Rights

- 1 I have the right to be treated with respect.
- 2 I have the right to make mistakes.
- 3 I have the right to express my feelings.
- 4 I have the right to say NO.
- 5 I have the right to protest unfair treatment or criticism.
- 6 I have the right to change my mind.
- 7 I have the right to be free of fear.
- 8 I have the right to decide whether or not to have sex.
- 9 I have the right to a life free of violence.

Emergencies call 911

Call the Domestic Violence Hotline,
1-800-621-HOPE (4673) or 311

When you call 911, 311, or the Domestic Violence Hotline, they will answer in English. If you do not speak English, say in English the name of the language you speak. It will help them find an interpreter for you.

For more information on domestic violence visit:
www.nyc.gov/domesticviolence

Are you a Victim of Domestic Violence?

- Domestic Violence is a pattern of abusive behavior that occurs between family members and/or intimate partners to gain power and control over another person.
- It occurs in every country in families of all races, cultures, religions and income levels.
- It can happen to people of all ages and sexual orientations.

Forms of abuse include:

Physical Abuse

Hitting, slapping, punching, choking, shoving, pushing, grabbing, squeezing, shaking

Emotional Abuse

Yelling, insulting, threatening, isolating you from family and friends, constantly calling or stalking

Sexual Abuse

Rape, unwanted touching, forced sex with others, threatening to "out" you or disclose sexual orientation

Financial Abuse

Controlling all the money, preventing you from going to school or working, forcing you to do work that you don't want to do

“ I didn't know that I was a victim. I always hoped the relationship would get better somehow, but it kept getting worse and worse. ”

38% of battered women will be victimized again within six months.



NYC

Mayor's Office to
Combat Domestic Violence

Michael R. Bloomberg, Mayor
Yolanda B. Jimenez, Commissioner

If you or someone you know is being abused

CALL 1-800-621-HOPE or 311.

In emergencies call 911.



Help is Available

There are many free or low cost services available in all languages.

Shelter

Find safety at emergency shelters in confidential locations for you and your children.

Financial Help

You may be eligible for public assistance and food stamps.

Professional Help

Counselors are available to help you in your own language. Professionals can help you with cultural and community pressures.

Hospitals

Hospitals can treat injuries, provide supportive services and help you decide what to do next. Hospitals also have interpreters available.

Legal Assistance

Many domestic violence service providers can help you with child custody and support, divorce, immigration, orders of protection, and other legal issues.

Law Enforcement

The police can help protect you from someone who is hurting you.

No matter what your immigration status, if someone is abusing you, help is available.

The Violence Against Women Act allows eligible battered immigrant women and their children to obtain legal status without their husband's cooperation. Talk to a domestic violence service provider for more information.

How the Police Can Help

- In the U.S., it is against the law to intentionally injure someone or put someone in fear of physical injury.
- If you are in danger, dial 911. You can be connected to someone who speaks your language. Your local police precincts have instant access to language interpreters 24 hours a day.
- The police will make a Domestic Incident Report (DIR). You will be asked to write what happened and sign the report. Make sure the report is accurate. Keep your copy of the DIR in a safe place.

What if I am not a U.S. Citizen?

It is the policy of the New York City Police Department (NYPD) not to ask about the immigration status of a crime victim, witness or others who call or approach the police seeking assistance.

“My husband used to tell me that you don't speak English, so you can't do anything. The police won't help you; you are helpless in the United States. But once I made the police report and got help; I feel empowered. I really appreciate that the police station provided a translator for me.”

Create a Safety Plan

- Call 311 and ask for the Domestic Violence Hotline. An advocate can help you create a safety plan, refer you to services, and connect you to shelter.
- Put important papers together and keep them in a safe place that you can get to quickly. Include passports, green cards, Social Security cards, marriage and birth certificates, immunization records, driver's license, bank accounts, orders of protection, and custody papers.
- Hide money, spare keys, and a bag packed with supplies for you and your children.
- Increase your independence by opening a bank account, getting credit cards in your own name, and obtaining job skills.
- Plan a place to stay in case of an emergency. Ask friends or relatives if you can stay with them.
- If you can, get proof of your abuse. Get copies of medical records and police reports and have someone take photos of the injuries or write down each incident in a journal. All hospitals and police precincts have cameras to take pictures.
- Know the location of your local police station.
- Tell someone you trust (a friend, relative, or employer) about the abuse.

I am being harassed at work by my abuser, what can I do?

Employers are required to make reasonable changes at work so that you can do your job and be safe. Tell your boss about the abuse and ask in writing for the changes you need. Your boss cannot fire you, pay you or treat you differently just because you are a domestic violence victim.

Will the abuser go to jail?

Some types of abuse are against the law and police can make arrests in those cases. The type of crime committed will determine whether or not the abuser is arrested.

Victim Information & Notification Everyday (VINE)

Tells you if the batterer is in jail, released, and other important custody information. To sign up call:

VINE Hotline (800) 464-3568 Toll-Free or visit the website: www.vinelink.com



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CALL 1-800-621-HOPE or 311.

