

What's done in the dark... Shall be brought to LIGHT

SHELTERS:

New Castle County 302-762-6110
Northern Kent County 302-678-3886
Kent & Sussex Counties 302-422-8058

Latino Population 302-745-9874
Kent & Sussex Counties

DOMESTIC VIOLENCE ADVOCACY PROGRAM:

New Castle County 302-255-0420
Kent County 302-672-1075
Sussex County 302-856-5843

INFORMATION & REFERRALS:

Delaware Coalition Against Domestic Violence (DE only) 800-701-0456
302-658-2958

Domestic Violence Coordinating Council 302-255-0405

OTHER RESOURCES:

National Domestic Violence Hotline 800-799-7233

DE Child Abuse Hotline 800-292-9582

Rape Crisis Contact Hotline
New Castle County- 302-761-9100
Kent & Sussex Counties- 800-262-9800

DE Victim Center 24 hr Hotline
800-VICTIM-1 (800-842-8461)

Time to Go!

Many women let fear of financial difficulty, opinions of friends and family, or simply the idea of being alone hinder them from leaving a dangerous relationship. Remember the safety of you and your children is **MOST IMPORTANT**. If you are being abused, the time to leave is **NOW**.



Witney's Lights



From Darkness to Light...

Domestic Violence

STOPS



HERE!

If you or someone you know is a victim of domestic violence
PLEASE contact the NATIONAL DOMESTIC VIOLENCE HOTLINE
Toll-Free: 1-800-799-SAFE (7233)

We are a 501(c)3, nonprofit organization, committed to
ending Domestic Violence through Education,
Awareness and Prevention.

Domestic Violence Is...

...a pattern of abusive behavior in a relationship. One partner may try to maintain control over the other by using physical, psychological, verbal, and sexual violence.

How do you know it's abuse?

- Hitting
- Kicking
- Punching
- Choking
- Biting
- Shoving
- Forced Sex



Abuse ISN'T JUST PHYSICAL!

- Disrespect
- Abusing Trust
- Abusing Authority
- Breaking Promises
- Economic Control
- Minimizing, Denying and Blaming
- Self-Destructing Behavior

IN AN EMERGENCY

If you are at home & you are being threatened or attacked:

- Stay away from the kitchen (the abuser can find weapons, like knives, there)
- Stay away from bathrooms, closets or small spaces where the abuser can trap you
- Get to a room with a door or window to escape
- Call 911 (or your local emergency number) right away for help; get the dispatcher's name
- Think about a neighbor or friend you can run to for help
- If a police officer comes, tell him/her what happened; get his/her name & badge number
- Get medical help if you are hurt
- Take pictures of bruises or injuries
- Call a domestic violence program or shelter; ask them to help you make a safety plan

HOW TO PROTECT YOURSELF AT HOME

- Learn where to get help; memorize emergency phone numbers
- Keep a phone in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times
- If the abuser has moved out, change the locks on your door; get locks on the windows
- Plan an escape route out of your home; teach it to your children
- Think about where you would go if you need to escape
- Ask your neighbors to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled down or a light is on
- Get an unlisted phone number
- Block caller ID
- Use an answering machine; screen the calls
- Take a good self-defense course

HOW TO MAKE YOURSELF SAFER AT WORK

- Keep a copy of your court order at work
- Give a picture of the abuser to security and friends at work
- Tell your supervisors – see if they can make it harder for the abuser to find you
- Don't go to lunch alone
- Ask a security guard to walk you to your car or to the bus
- If the abuser calls you at work, save voice mail and save e-mail

HOW TO MAKE YOUR CHILDREN SAFER

- Teach them not to get in the middle of a fight, even if they want to help
- Teach them how to get to safety, to call 911, to give your address & phone number to the police
- Teach them who to call for help
- Give the principal at school or the daycare center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser
- Make sure the children know who to tell at school if they see the abuser
- Make sure that the school knows not to give your address or phone number to ANYONE



1 out of 4 women are victims of domestic violence...