

If you are still in the relationship:

- Think of a safe place to go if an argument occurs - avoid rooms with no exits (bathroom) or rooms with weapons (kitchen).
- Think about and make a list of safe people to contact.
- Keep change with you at all times.
- Memorize all important numbers.
- Establish a "code word" or "sign" so that family, friends, teachers or co-workers know when to call for help.
- Think about what you will say to your partner if he/she becomes violent.

Remember, you have the right to live without fear and violence.

If you have left the relationship:

- Change your phone number.
- Screen calls.
- Save and document all contacts, messages, injuries or other incidents involving the batterer.
- Change locks, if the batterer has a key.
- Avoid staying alone.
- Plan how to get away if confronted by an abusive partner.
- If you have to meet your partner, do it in a public place.
- Vary your routine.
- Notify school and work contacts.
- Call a shelter for battered women.

If you leave the relationship be sure to take important papers & documents such as:

• social security cards • marriage license • birth certificates for you and your children • leases or deeds • checkbook • charge cards and account statements • bank statements • insurance policies • proof of income for you and your spouse (pay stubs or W-2's) • any documentation of past incidents of abuse (photos, police reports, medical records, etc.)

Resource and Referral Information

National Domestic Violence Hotline

1-800-799-7233 <http://www.thehotline.org>

AZ Coalition to End Sexual Assault & DV

602-279-2900 www.acesdv.org

Shelter Screening

480-890-3039

A New Leaf

623-934-1991

Shelter Without Walls

602-452-4640 English 602-534-3087 Spanish

Eve's Place

623-547-6175

Arizona Department of Child Safety (CPS)

888-767-2445 www.azdes.org

Adult Protective Services

1-877-767-2385 www.azdes.org

Crisis Line

602-222-9444

Community Information & Referral

2-1-1

Maricopa County Attorney's Office

Victim Compensation Bureau

(602) 506-4955

Maricopa County Sheriff Office/Victim Notification Unit

(For Victims Only: Offender Booking & Release Information)

602-876-8276

El Mirage Police Department

Victim Assistance Unit

12401 W Cinnabar Ave

El Mirage, AZ 85335

623-500-3090

vau@cityofelmirage.org

Domestic Violence

City of El Mirage Police Department

Victim Assistance Unit



What is Domestic Violence?

When the relationship between the individuals is:

- One of marriage or former marriage, or persons residing or having resided in the same household
- The victim and defendant have a child in common
- The victim or defendant is pregnant by the other party
- The victim is related to the defendant or the defendant's spouse by blood or court order as a parent, grandparent, child, grandchild, brother or sister, or by marriage as a parent-in-law, grandparent-in-law, step-parent, step-grandparent, step-child, step-grandchild, brother-in-law or sister-in-law
- The victim is a child who resides or has resided in the same household as the defendant and is related by blood to a former spouse of the defendant or to a person who resides or who has resided in the same household as the defendant
- The victim and defendant is currently or was previously in a romantic or sexual relationship
- Domestic violence can take many forms, but its goal is always the same: Batterers want to control you through fear. Here are some forms of domestic violence you may have experienced:

Physical Abuse: Hitting, slapping, kicking, strangling (often referred to as choking), pushing, punching, beating.

Verbal Abuse: Constant criticism, making humiliating remarks, not responding to what you are saying, name calling, yelling, swearing, interrupting.

Sexual Violence: Forcing sex, demanding sexual acts that you do not want to perform, degrading treatment.

Isolation: Creates difficulty for you to see friends & relatives, monitoring phone calls, reading mail, controlling where you go, taking your car keys.

Coercion: Makes you feel guilty, pushing you into decisions, sulking, manipulating children and other family members, insists on being right, making up impossible rules and punishing you for breaking them.

Harassment: Following or Stalking, embarrassing you in public, constantly checking up on you, refusing to leave when asked.

Economic Control: Not paying bills, refusing to give you money, not letting you work, interfering with your job, refusing to work and support the family.

Threats and Intimidation: Threatens to harm you, the children, family members and pets; using physical size to intimidate, keeping weapons and threatening to use them.

Destruction of Property: Destroying furniture, punching walls, throwing things, breaking things.

Self-Destructive Behavior: Abusing drugs or alcohol, threatens self-harm or suicide, driving recklessly, deliberately doing things that will cause fear.

Signs and symptoms of Strangulation

Evidence of strangulation may include physical, neurological and psychological signs and symptoms and these may occur concurrently with or after an attack.

Domestic violence may lead to fatal or life threatening injuries, these factors may include:

- Escalation in violence
- Previous severe or life threatening attacks or threats
- Past attempts to “choke” or strangle you

“When an abuser decides to put their hands around the victim’s neck and squeeze, they have indicated intent to cause great physical harm, if not death”

Orders of Protection & Injunctions Against Harassment

If you have been or may become a victim of domestic violence, you can seek an Order of Protection or Injunction Against Harassment at any Municipal Court, Justice Court or Superior Court. If there are any pending legal actions for maternity, paternity, annulment, legal separation or dissolution of marriage, the protective order must be sought through the Superior Court.

El Mirage Municipal Court

623-815-2186

Maricopa County Justice Court

602-372-2000

Maricopa County Superior Court

602-372-9400