



The National Domestic Violence Hotline explains domestic violence in this way;

“Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.” (thehotline.org)

The National Coalition Against Domestic Violence (NCADV) report that “10 Million people a year are physically abused by an intimate partner” (<https://ncadv.org>).

The NCADV also provides details on the number of victims of domestic violence in Pennsylvania and you can find that information and their contact information here;

<https://www.speakcdn.com/assets/2497/pennsylvania.pdf>

There are many things you can do to keep yourself safe, but if you are in immediate danger call 911.

Signs of an Abusive Relationship:

Your spouse, partner, family member or friend may be abusive if they act in any of the following ways:

Controlling Controls what you do such as where you work or go to school
 Controls what you wear or how you spend money
 Controls who you spend time with

Threatening Threatens to hurt you, or your children, or does hurt you (by shoving, punching, kicking, biting, beating, pushing, or hitting)
 Threatens to use a weapon against you, or does use a weapon against you

Critical Criticizes the way you look
 Criticizes you for little things
 Criticizes or humiliates you in front of others
 Blames you for their violent behavior or angry outbursts

Forceful Forces you to have sex against your will
 Forces you to do things you do not want to do

There are many resources and programs to assist you. All you have to do is call or research online. If it is not safe to do an online search at home (in fear of the search being found later on by the perpetrator) you can go to the library for some confidential research.

Here are some local resources that may be of assistance to you as well. These are our local counties however if you live outside these areas feel free to call any of the agencies on this list. They will attempt to assist you in finding resources in your area. Also consider calling the hotlines listed here as they can be incredibly helpful, especially in a crisis.

Lackawanna County; Women's Resource Center, Scranton, PA.
800.257.5765

Susquehanna County; Women's Resource Center, Scranton, PA
570.278.1800 or 800. 257.5765

Luzerne County; Domestic Violence Service Center, Wilkes Barre, PA
800.424.5600

Wayne County; Victims Intervention Program, Honesdale, PA 800.698.4847

Pike County; Safe Haven of Pike County, Milford, PA 570.296.4357

Call the National Domestic Violence Hotline 24/7 at 1-800-799-SAFE (7233) for assistance and answers to questions, or visit their website for links to state and local programs at www.ndvh.org/.

Visit The National Coalition Against Domestic Violence for more information, assistance (<https://ncadv.org>)

ADDITIONAL RESOURCES FOR VICTIMS AND SURVIVORS OF DOMESTIC VIOLENCE /NATIONAL CRISIS ORGANIZATIONS AND ASSISTANCE:

National Dating Abuse Helpline

1-866-331-9474

www.loveisrespect.org

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

www.suicidepreventionlifeline.org

National Human Trafficking Resource Center/Polaris Project

Call: 1-888-373-7888 | Text: HELP to BeFree (233733)

www.polarisproject.org

Planning to Leave

If you leave or are planning to leave, take these items with you. You may need to pack them ahead of time, or keep them at the home of a friend or relative. Consider getting some professional help (through a local agency who is skilled in working with these situations) prior to your exit to help ensure your safety and the safety of your family.

- Passports, green cards, work permits, and school records
- Money, checkbooks, bankbooks and credit cards
- Lease agreements or house deed
- Keys (house, car, office)
- Clothes for you and your children
- Address book (phone, on paper)
- ID card/drivers license and birth certificates
- Health insurance papers and medical records
- Car registration, title and insurance information
- A month supply of all medications you and your children are taking
- Technology (computers, phones) and passwords (for bank accounts, personal accounts that you will need)

Make an Emergency Plan

If you leave or are planning to leave, take these items with you. You may need to pack them ahead of time, or keep them at the home of a friend or relative. Consider getting some professional help (through a local agency who is skilled in working with these situations) prior to your exit to help ensure your safety and the safety of your family.

- Create a code word or sign to give to your friends, family, teachers, or co-workers. When you use the code word or sign they can call for help.
- Know the abuser's red flags. Red flags are signs of a violent outburst. Knowing these can help you predict when a violent outburst will occur so that you can leave or take measures to protect yourself.



Call 911 if you are in danger.

Make an Emergency Plan: (cont.)

- Come up with believable reasons for leaving the house. You can use these reasons to leave when you notice the red flag behavior.
- Identify a safe place in your house. Make a plan to go to this room if there is a violent outburst. Tell your children this plan. This place should:
 - Have access to a telephone
 - Have a window or door to the outside
 - Be away from potential weapons
 - Lock from the inside
 - Not be a small space such as a closet

If the Abuser Has Moved Out:

- Change the locks on your doors and get locks on the windows.
- Screen your calls and/or get Caller ID. Get an unlisted phone number.
- Ask your neighbors to call the police if they see your abuser at your house.
- Change your travel habits like shopping at different stores and getting rides with other people.
- Get some legal advice on how to best protect yourself.

Keep Your Children Safe:

- Talk to your children and tell them it is their job to keep themselves safe, not to protect you.
- Teach your children how to call 911 and give your address and telephone number.
- Give your children's school or daycare a copy of your restraining order (if you have one) and make it clear that they are not to release your children to anyone without your permission. Establish a code word so that they know it is you on the phone and give them a picture of your abuser.

Call The National Domestic Violence Hotline for information at
1-800-799-SAFE (7233)

Additional resources are available on their website at
<http://www.ndvh.org/>