What to do if Domestic Violence has been a problem

Call the Houston Area Women's Center and the Houston Police Department for help!

Be prepared to leave. Gather all important documents: birth certificates, social security cards, immigration documents, driver license, bank account information, list of important phone numbers.

Make copies of your house and car keys.

Pack clothes and medications for yourself and your children. Leave them with a friend or in a safe place.

When you sense you are in danger, GET OUT! You can always go back later if you change your mind.

Find safe shelter with **HAWC** or with family or friends.

See your doctor or go to the emergency room for medical treatment.

Seek counseling to discuss your options.

You have the right to file charges. Get a protective order or seek other legal assistance.

IMPORTANT NUMBERS

Emergency and Police / Ambulance **911**
Non-emergency Police **713-884-3131**

The Houston Area Women's Center
Sexual Assault Hotline
713-528-RAPE (7273)
Domestic Violence Hotline
713-528-2121
Community Education
713-528-6798

Houston Police Department
Adult Sex Crimes Unit
713-308-1180
Juvenile Unit
713-731-5335
Family Violence Unit
713-308-1100
Hours (6:00am to 4:00pm)

Houston Independent School District Police Department
713-892-7777

For more information, visit www.houstonpolice.org or www.hawc.org

Houston Police Department
Public Affairs Division
Community Services Unit
1200 Travis, Suite 2100
Houston, TX 77002
713-308-3200

Houston Safety Net

Working Together to End **DOMESTIC VIOLENCE** in Our Community

Harold L. Hurtt
Chief of Police

Keep Houston SAFE

Houston Area Women's Center
Ending Domestic and Sexual Violence

The Houston Police Department and the Houston Area Women's Center are working together to educate the community in order to prevent domestic violence, sexual assault and dating violence. Through education we work to provide resources for survivors and to increase the reporting of sexual and domestic violence to law enforcement.

What is Domestic Violence?

Domestic violence is the use of physical force or threatening behavior by one member of a household towards another. **It is against the law!**

Domestic Violence Includes:

Physical Abuse: hitting, kicking, choking, punching, slapping, burning and shoving

Emotional Abuse: constant criticism and insults, isolation from family, friends and coworkers, threats against the victim and the victim's family

Economic Abuse: not allowing the victim to work or study, not allowing the victim to have access to checking and savings accounts, controlling finances

Sexual Abuse: rape, forcing the victim to participate in sexual activities that she or he finds degrading

Warning Signs of a Batterer

- **Excessive jealousy / possessiveness**
- Unrealistic expectations of self and others
- **Anger is a typical response when limits are set**
- Doesn't want you to go out with friends or family
- **Controlling behavior**
- Calls you all the time or spies on you
- **Isolates or restrains you**
- Tells you what to wear
- **Sudden mood swings**
- Threats of violence or suicide
- **Cruelty to animals, children, or the elderly**
- Humiliates or belittles you
- **Does not let you work**
- Does not let you have access to bank accounts
- **History of past battering**
- Intentionally damages your personal property
- **Playful use of force during sex**
- Pushing or hitting with a fist or palm
- **Threatens you with a weapon or physical violence**
- Dr. Jekyll / Mr. Hyde personality — Makes false promises to change abusive behavior
- **Blames others for problems or actions**
- Abuses drugs and / or alcohol and pressures you to do them
- **Forces you to work and turn over your paycheck**

Break Through the Lies! It is NOT Your Fault!

Lie #1: "I'm the only one."

Truth: According to the FBI, every nine seconds a woman is beaten in her home.

Lie #2: "I asked for it."

Truth: It is not your fault! Domestic Violence and sexual assault are crimes punishable by law.

Lie #3: "Batterers don't rape."

Truth: Most often, a woman is raped in her home by someone she knows.

Lie #4: "This is normal."

Truth: Battering is a serious problem which affects our families, our friends and our community.

Lie #5: "No one can help me."

Truth: The Houston Area Women's Center and the Houston Police Department are here to help.