What Can I Do?

- **Develop a Safety Plan** for escape in case of emergency and store it in a safe and secret place. Include: important phone numbers, a packed bag at a friend's house, code words to use to cue friends and family to call the police, etc. (See "Making a Personal Safety Plan" brochure.)
- Alert **friends and family** to the problem.
- Find a **place to stay** outside of the home **that the abuser does not know about.**
- Get an **Order of Protection** if necessary. A Civil Protection Order (CPO) is a court order by a judge, lasting up to one year, designed to protect victims from contact with the abuser. The CPO is delivered by an officer and orders the abuser, by law, to completely cease contact with you. If the abuser breaks this order, they can be put in jail. You can get a CPO at the Domestic Violence Intake Center (DVIC), located in two separate locations in DC.

  DC Superior Court
  Room 4235
  500 Indiana Ave, N.W.
  (202) 879-0152

  Greater Southeast Community Hospital Center Suite 311
  1328 Southern Ave, S.E.
  (202) 561-3000

WHERE TO TURN FOR HELP

Police

In an emergency, dial 911

Metropolitan Police Department:

1st District: **(202) 299-2037**
1DSubstation: **(202) 698-0068**

2nd District: **(202) 715-7300**

3rd District: **(202) 673-6815**
3DSubstation: **(202) 576-8222**

4th District: **(202) 715-1506**

5th District: **(202) 698-0150**

6th District: **(202) 698-0880**
6DSubstation: **(202) 698-2088**

7th District: **(202) 698-1500**

National

National Domestic Violence Hotline
(800) 799-SAFE (7233)

Local

Domestic Violence Intake Center

NW: **(202) 879-0152** SE: **(202) 561-3000**

24-hour shelters, Hotlines and Counseling:

House of Ruth: **(202) 667-7001**
My Sister's Place: **(202) 529-5991**

Financial Assistance

Crime Victims Compensation Program:
(202) 879-4216

Legal Assistance

American University: **(202) 274-4140**

AYUDA: **(202) 387-0434**

Bread for the City: **(202) 265-2400**

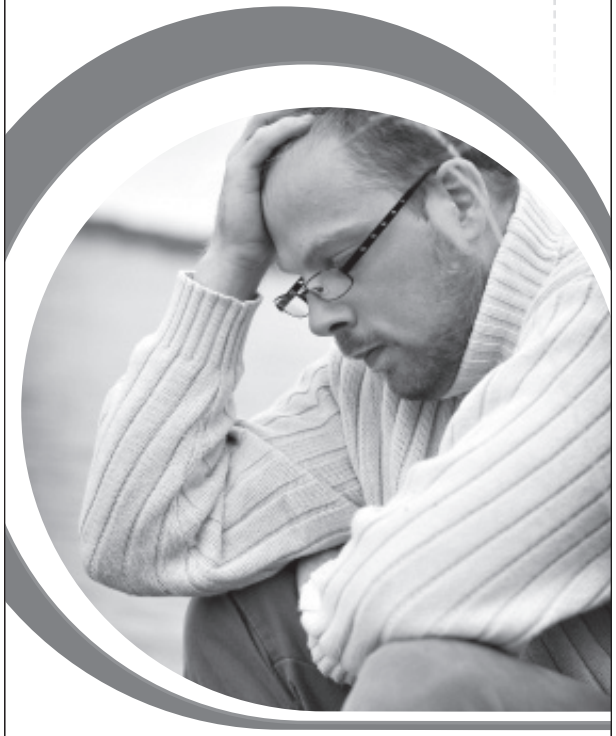
WEAVE: **(202) 452-9550** ext. 103

SAFE: **(202) 879-7857**

Domestic Violence Unit
300 Indiana Ave, N.W., Room 3156
Washington, D.C. 20001
Office: 202-727-7137 | Fax: 202-727-6491
http://www.mpdc.dc.gov/DVU

Domestic Violence & Men

Do you think men can't be the victims of domestic violence? Think again.



A guide to getting educated and getting help.

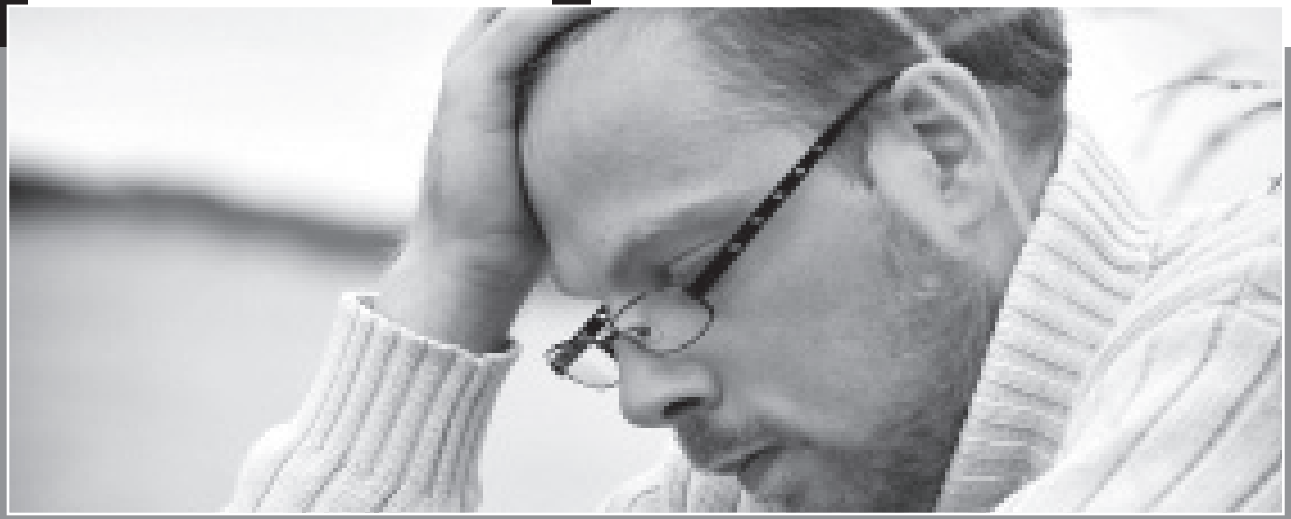
WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a pattern of behavior by someone to establish power and control over another person through fear and intimidation. It is not uncommon for men to be abused by their domestic partners. It happens between people who are, or have been, in an intimate relationship or are related to you.

YOU ARE NOT ALONE

How to help a friend who is being abused

- Listen to him and believe what he is saying.
- Assure him that he does not deserve abuse.
- Encourage him to get help immediately!
- Let him know you support him, gather information for him, take him to clinics and shelters and offer to help out in any way possible.



Signs of Abuse

Does Your Partner…

- Break furniture, belongings, personal effects?
- Throw objects at you?
- Hit, slap, punch, push, shove, strangle, or kick you?
- Prevent you from leaving the house, working, or seeing close friends and family?
- Criticize, threaten to hurt you, or call you names?
- Blame you for his/her abuse of you?
- Blame you for family, marital and financial problems?
- Force you to have sex or perform sexual acts that are undesirable to you?
- Withhold finances, keep you from spending money or constantly question your spending?
- Make you have sex with someone when you don't want to?
- Use threats to you and your family/friends as leverage to keep you quiet about the abuse?

If you answered yes to any of these, you may be the victim of domestic violence and you should seek help immediately!

You Are Not Alone

Thousands of men experience domestic violence every year. Here are some reasons abused men do not seek help or leave their situations:

- He may think that no one would believe him.
- He may be embarrassed or ashamed that he is being abused.
- He may not consider the abuse as abuse.
- He may think his abuser is the best partner he will attract.
- He may believe her when she says it won't happen again.
- He may think others will see him as less of a man if he is being abused at home.