Where to Turn for Help

An abuser depends on secrecy and isolation to keep the other person in the relationship. Domestic violence can be linked to isolation of the victim. Many people who are abused feel alone and are afraid or ashamed to ask for help. Remember, abuse is not your fault and there are people who can help. Don't try to handle this alone! Some people you can turn to are:

- The police
- Your doctor or nurse
- A friend or family member
- A neighbor or someone at work
- A teacher or staff member at your children's school
- Someone from your place of worship
- Someone at your local community center
- Your local domestic violence hotline or shelter (see Resources on back panel for phone numbers)

More Information

For additional domestic violence information, please contact the Domestic Violence Unit:

Domestic Violence Unit
Police Headqurters
300 Indiana Avenue, NW, Room 3016
Washington, DC 20001
Phone: **(202) 727-7137**
Fax: **(202) 727-4382**
mpdc.dc.gov/about/units/dvu/dvu.shtm

Domestic Violence Intake Centers
SE Domestic Violence Intake Center
Greater SE Hospital Medical Building
1328 Southern Avenue, SE, Suite 311
(202) 561-3000

DC Superior Court
500 Indiana Avenue, NW, Room 4235
(202) 879-0152

National DV Resources
National DV Hotline ..... **(800) 799-SAFE**

Local DV Resources
House of Ruth ..... **(202) 667-7001**
My Sister's Place ..... **(202) 529-5991**
WEAVE ..... **(202) 452-9550**
SAFE ..... **(202) 879-7857**

Get Involved!

No one individual or agency working alone can prevent crime. It takes police and citizens working in partnership. The District of Columbia's community policing strategy provides many ways for police and communities to work together to prevent crime and build safer neighborhoods. These include regular Police Service Area meetings in your community, citizen patrols and more. To learn more about community policing activities in your neighborhood, call your local police district:

1st District	*Main:*	**(202) 698-0555**	TTY: **727-8506**
	Substation:	**(202) 698-0068**	TTY: **543-2352**
2nd District	*Main:*	**(202) 715-7300**	TTY: **364-3961**
3rd District	*Main:*	**(202) 673-6815**	TTY: **518-0008**
	Substation:	**(202) 576-8222**	TTY: **576-9640**
4th District	*Main:*	**(202) 715-7400**	TTY: **722-1791**
5th District	*Main:*	**(202) 698-0150**	TTY: **727-5437**
6th District	*Main:*	**(202) 698-0880**	TTY: **398-5397**
	Substation:	**(202) 698-2088**	TTY: **281-3945**
7th District	*Main:*	**(202) 698-1500**	TTY: **889-3574**

Know Something About a Crime? Don't Keep It a Secret

If you have important information to share with the police, the Anonymous Crime Tip Line and Text Tip Line enables you to give MPD vital information anonymously. Just dial **(888) 919-2746** (CRIME) or text to **50411** 24 hours a day, seven days a week. Your name will not be used, only the information you provide. Your information could lead to a cash reward. For more details, see **www.mpdc.dc.gov/tipline**.

GIVE 5-0 THE 4-1-1
Have information for police?
CALL **(888) 919-CRIME**
TEXT TO **50-411**

GOVERNMENT OF THE DISTRICT OF COLUMBIA
Metropolitan Police Department
300 Indiana Avenue, NW
Washington, DC 20001

January 2011

FOR YOUR SAFETY

Coping with and Preventing Domestic Violence

Tips for protecting yourself and your family in situations of domestic violence and abuse

You're not alone.

Don't face the pain and frustration of abuse on your own.

There are people ready to help you.

The Domestic Violence Unit serves as a liaison between the Metropolitan Police Department, the US Attorney's Office, other law enforcement agencies, victim service agencies, victim advocates, and the community in the Washington, DC area. The unit conducts ongoing community outreach and education, provides supervision of the District Domestic Violence Investigators and Domestic Violence Intake Center Officers, and provides ongoing training for the members of MPD and investigators. The Domestic Violence Unit is a unit within the MPDC's Special Services Command.

Domestic Violence

Domestic violence is a pattern of behavior used by someone to establish power and control over another person through fear and intimidation. It happens between people who are, or have been, in an intimate relationship. Domestic violence often includes the threat or actual use of violence. It happens when one person believes they are entitled to control another.

Domestic violence can take many forms. In many cases the behavior amounts to a criminal act. It is also a unique crime because there is usually a pattern of abuse over time, unlike, for example, when a robbery occurs one evening. Domestic violence tends to be repeated with more frequency and more severity.

Domestic violence can include emotional abuse, such as name-calling and put-downs, and economic abuse, when one person uses money and finances to control the other. Often an abusive partner may be sexually abusive, use or control the children, or threaten, isolate, or intimidate the other. All of these behaviors are used to maintain fear, intimidation and power.

Although not all of these behaviors are against the law (such as in cases of emotional abuse without physical harm), none of them are acceptable; Nobody deserves abuse. In all cultures, the perpetrators are most commonly men, and women are usually the victims of violence.

Acts of domestic violence generally fall into one or more of the following categories. These categories represents a particular tactic, or kind of abuse. The main intent behind the behaviors is always the same: to establish power and control.

- Intimidation
- Verbal attacks
- Isolation
- Minimizing, denying, and blaming
- Using loved ones
- Abusing authority
- Economic control
- Coercion and threats

Victims

If you are being hurt physically or emotionally by someone you love, it is common to feel like you're all alone. But domestic violence happens to lots of people. Studies have shown that most survivors of domestic violence do not share common characteristics although most victims are women and girls. One out of every four women will experience abuse during her life. However, increasing reports are being received from men and boys who have been victims of domestic violence.

Domestic violence happens to:

- teenagers and elderly people
- married and unmarried people
- gay and straight people
- people of all different classes
- people of all different races and backgrounds
- people from throughout the country and all over the world

Help a Friend Who Is Being Abused

Knowing that someone you care about is being abused is upsetting and frustrating. While supporting your friend, you may want to find someone that you can talk to about your own emotions at this time.

- Believe your friend. Don't question what they are telling you based on your experiences with the abuser or with domestic violence. Everyone's experience is different!
- Don't blame your friend for their decisions whether they leave or stay. Leaving an abusive relationship is really difficult. Please be patient!
- Assure your friend that they do not deserve to be abused and that they are not in any way responsible for the abuse. Communicate to your friend that what is happening is not their fault and the abuse is not OK.
- Be aware of, and responsive to, any suicidal thoughts or feelings your friend may have.
- Find out if they have a support system. Are there other people they could talk to about this?
- Help your friend plan for safety.
- Find out the name and number of your local domestic violence hotline/shelter, and give it to them.
- Educate yourself about relationship violence as well.

If your friend is in a same-sex relationship, it can be even more difficult for them to talk about what is happening, especially if they're not "out." Learn more about same-sex abuse, and encourage them to do the same. Find resources in your community that have expertise in this area.

A Healthy Relationship

No matter what kind of relationship you are in now or have been in before, you deserve one where both people are treated equally. In an equal relationship, both people share the power and control. Healthy relationships center on equality, fairness, and respect, and non-violence. The following characteristics of a non-violent relationship may be helpful in setting goals and boundaries in personal relationships.

- Non-threatening behavior
- Respect
- Trust and support
- Honesty
- Responsible parenting
- Shared responsibility
- Economic partnership
- Fairness