

If you decide to leave:

Create a plan, which may include:

- Practice how to get out safely.
- Teach your children how to call 9-1-1. with the exception of calling for help, instruct your children to not intervene in the abuse.
- Develop a code word so friends or family can call for help.
- Have a plan of where you can go in an emergency.
- Tell friends and co-workers that you trust how they can help you.
- Don't inform the abuser about your plan.
- Be careful about social media activity and all phone usage.

In preparation for leaving, plan to:

- Contact the emergency resources for shelter, support, and safety planning.
- Keep copies of important documents together in a safe place. This might include: ID, birth certificate(s), social security card(s), driver's license, passport(s), court documents, and children's records.
- Have your own bank account and cell phone number.
- Consider changing your passwords, phone number, social media, email, etc.
- Have a plan for your pets. Gather vaccination records and proof of registration.
- Prepare a "go bag" with documents, extra cell phone, etc.

Emergency Numbers

Emergency 9-1-1

OneEighty Hotline 800-686-1122

Victim Assistance Program .. 330-262-2070

Community Legal Aid 800-998-9454

**Wayne County
Child Protection** 855-642-4453

The Counseling Center 330-264-9029

**National Domestic
Violence Hotline** 800-799-7233

InfoLink 2-1-1

**Wayne County
Child Protection** 855-642-4453

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**Wayne County
Domestic Violence Coalition
wants to help you**

**Intimate Partner
& Domestic Violence**

We care about your safety

Domestic or intimate partner violence looks different in every relationship, but usually shares one common theme: the abuser maintains power and control over the other person in the relationship. It may include: physical, sexual, emotional, psychological, or financial abuse.

Did you know?

- Every minute, 20 people in the U.S. are victims of physical violence by intimate partners.
- 1 in 2 women and 1 in 5 men are victims of sexual violence victimization other than rape at some point in their lives.

Warning Signs of Intimate Partner and Domestic Violence

Does your partner:

- ▶ Embarrass or belittle you? Make you feel unworthy?
- ▶ Isolate you from family and friends?
- ▶ Tell you that you are stupid, crazy, or that no one else will want you?
- ▶ Use intimidation to control you?
- ▶ Exhibit extreme jealousy?
- ▶ Control your finances?
- ▶ Make you feel trapped?
- ▶ Physically harm you by slapping, pushing, kicking, punching, grabbing, strangling, or choking?
- ▶ Threaten you verbally or with a weapon?
- ▶ Get angry or lose control when drunk or high?
- ▶ Force or manipulate you to engage in sexual activity?
- ▶ Stalk you or harass you at home or work?

Do you stay for reasons related to fear, money, love, shame, children, pets, housing, religion, isolation?

If you are in an abusive relationship and your partner has access to weapons, you are in greater danger.

If you answered “yes” to any of these questions, you may be in an abusive relationship. If you want help, consider the following options:

- Call 9-1-1 if you are in an emergency.
- Call OneEighty 800-686-1122 if you need shelter, counseling, or resource guidance.
- Call the Wooster Community Hospital 330-263-8445 for 24-hour services or referrals available for persons affected by domestic, intimate partner, and/or sexual violence.
- Call the Victim Assistance Program 330-262-2070 for resource guidance.
- Call your doctor or health care provider.
- Consider other phone numbers on back.