

are you being hurt
by someone you love?

*It doesn't have
to be that way.*





Ask yourself, does your partner...

- Threaten to hurt you, your children, family, or pets?
- Hurt you by calling you names and telling you that you are worthless?
- Intimidate you emotionally or physically?
- Isolate you from family and friends?
- Get overly jealous?
- Criticize you for daily things, such as your cooking, clothing, or appearance?
- Insist on controlling finances or discourage you from getting or keeping a job?
- Force you to have sex when you don't want to?
- Throw things, hit, pull your hair, choke you, or threaten you with weapons?

If so, you are not alone.





Some facts you should know:

- 95 percent of all partner abuse victims are women.
- Abuse increases over time. The FBI reports that at least one of three female homicide victims in the United States is killed by a boyfriend or husband.
- Batterers can be **anyone**. Battering is not related to profession, wealth, race, or religion.
- Domestic violence is **not caused** by the battered woman or by stress, alcohol, or drugs.
- Children who see violence in the home can be affected in the same way as children who are sexually or physically abused, and are more likely to grow up to be abusers or victims.

*You are not responsible
for the violence.*

People are waiting to help.



If you are being abused, there is a way out.

If you are in immediate danger...

- Tell someone that you are in danger (physician, nurse, teacher, friend, etc.).
- Get to a safe place—a police station, hospital, fire station, a friend's house, or any crowded place. **Do not leave clues where you can be found.**
- Call the police as soon as it is safe. Tell the police the facts of the case and ask for an Emergency Protective Order. Remember, no Protective Order can guarantee your safety.

If you have time, plan ahead

- Keep money, keys, driver's license, address book, car registration, passport, and other important items in a place where you can get to them safely.
- Pack a small bag for yourself and your children (include clothes, toiletries, a favorite toy, etc.) and hide it in a safe place.
- Make arrangements with a person you trust for a safe escape. You can contact friends and relatives later.
- **Do not leave clues where you can be found.** Remember, credit cards, checks, and telephone records can be traced.
- Contact a local shelter for help (phone numbers attached).

Once you are safe...

- Get a Restraining Order. You can get Domestic Violence Restraining Orders free of charge at your local Superior Court. Always carry a copy of the order with you and make sure your local police have a copy.
- Cooperate with the police and the District Attorney's office.



1736 Family Crisis Center

(South Bay)

(310) 379-3620: Hotline for referrals.

(213) 745-6434: 28-day emergency shelter.

(562) 388-7652: Shelter for women, teens, and children.

A Safe Way Out

1-800-978-3600: The Domestic Violence Safety Plan Hotline.

Voice Recording: English, Spanish, and 3 Asian languages.

Antelope Valley Domestic Violence Counsel

(661) 945-6736 &

1-800-282-4808: 24-hour hotlines. English and Spanish spoken.

The Bilingual Shelter

(323) 937-1312: 24-hour hotline.

1-800-548-2722: English and Spanish spoken. Emergency 30-day and transitional shelters.

Center for Pacific Asian Families

(Los Angeles)

(323) 653-4042: Asian languages spoken.

1-800-339-3940: 24-hour hotline. Emergency and transitional shelters.

Chicana Service Action Center

1-800-548-2722: Spanish Domestic Violence Hotline.

East L.A. Shelter

1-800-548-2722: 24-hour hotline.

(323) 268-7564: English and Spanish spoken.

Family Violence Project, Jewish Family Services of Los Angeles

(818) 505-0900: 24-hour hotline.

English, Spanish, and Farsi spoken. Emergency and 6-month transitional shelters.

Glendale YWCA

(818) 242-1106: 24-hour hotline.

English, Spanish, Farsi, Russian, and Armenian spoken. 6-week emergency shelter, long-term transitional shelter (6 months with no children, 1 year with children).

Haven Hills

(San Fernando Valley)

(818) 887-6589: 24-hour hotline.

English, Spanish, and Farsi spoken.

Haven House

(Pasadena)

(323) 681-2626: 24-hour hotline.

English and Spanish spoken. 45-day shelter.

House of Ruth

(Pomona/Claremont)

(909) 988-5559: 24-hour hotline.

English and Spanish spoken.

Jenesse Center

(South Central)

1-800-479-7328: 24-hour hotline.

Los Angeles County District Attorney's Family Violence Division

(213) 974-3785: English and Spanish spoken.

(213) 974-7410: Victim witness program.

(213) 974-7499: Restraining Orders.

Los Angeles County District Attorney's Victim Witness Assistance

1-800-773-7574: English, Spanish, Farsi, Korean, Tagalog, Armenian, and Russian spoken.

Long Beach Women's Shelter

(562) 437-4663: 24-hour hotline.

English and Spanish spoken. 30- to 45-day emergency shelter.

Rainbow Services

(San Pedro)

(310) 547-9343: 24-hour hotline.

English and Spanish spoken.

Sojourn

(Santa Monica)

(310) 264-6644: 24-hour hotline.

English and Spanish spoken.

Su Casa

(Artesia)

(562) 402-4888: 24-hour hotline.

English and Spanish spoken. Emergency and transitional shelter.

Wings-YWCA

(626) 967-0658: 24-hour hotline.

English, Spanish, Chinese, and Mandarin spoken, sign language.

A Public Service announcement provided by the Junior League of Los Angeles, the Family Violence Project of Jewish Family Services of Los Angeles, and the Los Angeles District Attorney's Office.

Un anuncio del servicio público otorgado por la Junior League (Liga Juvenil) de Los Angeles, el Proyecto en contra de la Violencia Familiar de Servicios a la Familia Judía de Los Angeles y por la Oficina Fiscal del Distrito de Los Angeles.



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