

Safety Measures... While in an abusive relationship

Safety is of utmost importance since abusers may become more dangerous when they feel they are losing control. When you feel the explosion coming, get out before it happens whenever possible. The safety of you and your children is always important to consider at any stage. It is critical to have a safety plan as domestic violence happens quickly and you won't have time to think about what to do during the incident. Please review the following information carefully and develop a safety plan that will work for your situation:

- ◆ Have an escape route in mind.
- ◆ Rent a Post Office Box or Safe Deposit Box.
- ◆ Keep the following items hidden in a safe place or with a trusted friend or relative:
 - Copies of car and house keys.
 - Identification: birth certificates, drivers license, Social Security cards, insurance cards.
 - Money: cash, credit cards, ATM cards, checking/savings books, ABT cards, EBT cards.
 - Legal Documents: car registration & insurance, medical records, work permits/visas, passport, custody & divorce papers, house deed, car titles, marriage license, immunization & school records.
 - Other: clothing for self and children, medication for self and children, keys to safe deposit boxes.
- ◆ Tell your neighbors to call police if they hear strange noises or see suspicious behavior in/around your home; create a network of support so that you might leave, or you might stay safely. Resist any temptation to cut yourself off from people, even if you feel like you just want to be left alone.
- ◆ Teach your children how to call police for help. Teach them a code word which tells them to go for help.
- ◆ Log threats and/or physical confrontations; take pictures of evidence.
- ◆ Plan and rehearse escape routes with your children.
- ◆ Avoid rooms with no escape routes during an argument.
- ◆ Avoid rooms with weapons during an argument.
- ◆ Have an escort to your car or bus.
- ◆ Inform school personnel and co-workers of your decision and the need for them to watch for your abuser. Provide them with a picture if necessary.
- ◆ Open your own bank accounts so that you have control over your finances...start saving money that you can use when you leave - even if it is only a few dollars a week. Remember, you are entitled to draw money out of any joint checking or savings accounts.

Safety Measures... after you have left the relationship

Below are some additional safety measures that can be taken, even after leaving a dangerous relationship:

- ◆ Change the locks on doors and windows. Change codes on garage door openers.
- ◆ Carry a noisemaker to alert others if your abuser approaches you.
- ◆ Screen phone calls or install a second phone line and only give new number to select individuals.
- ◆ Install as many security features as possible in your home. These might include metal doors and gates, security alarm system, peep hole in the door, smoke detectors and outside lights.
- ◆ Inform neighbors that your former partner is not welcome on the premises. Ask them to call the police if they see that person loitering about your property or watching your home.
- ◆ Make sure the people who care for your children are very clear about who does and who does not have permission to pick up your children.
- ◆ Let your co-workers know about the situation. Ask them to warn you if they observe that person around. Vary your route to and from work.
- ◆ Avoid the stores, banks, and businesses you used when you were living with the batterer.

**LOVE DOESN'T HAVE TO HURT...
No one deserves to be abused!**

Any time during or after a relationship, consider getting an order of protection which is a court order requiring your abuser to leave you alone.

Orders of Protection

The Website will guide you through the process of Preparing and getting your Order of Protection or Injunctions Against Harassment court ready.

<https://azpoint.azcourts.gov/>

For more information on Domestic Violence in Arizona:
[Arizona Coalition to End Sexual & Domestic Violence. www.azcadv.org](http://www.azcadv.org)
[Lake Havasu Haven Center; www.lhchavencenter.org](http://www.lhchavencenter.org)
[Break the Cycle: www.BreaktheCycle.org](http://www.BreaktheCycle.org)
[End Stalking in America; www.esia.net](http://www.esia.net)
National Domestic Violence Hotline 800-787-3224

DOMESTIC VIOLENCE

- Information
- Safety Tips
- Resources



**BULLHEAD CITY PROSECUTOR'S OFFICE
CRIME VICTIM SERVICES UNIT
1255 MARINA BLVD.
BULLHEAD CITY, AZ 86442
(928) 763-9400 EXT. 8163**

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This List Is Provided As A Convenience And Is Not Intended As A Recommendation.

Facts about Domestic Violence

Domestic violence is a classification under the law that pertains to individuals who are/were previously married, are/were currently living together, or have a child together.

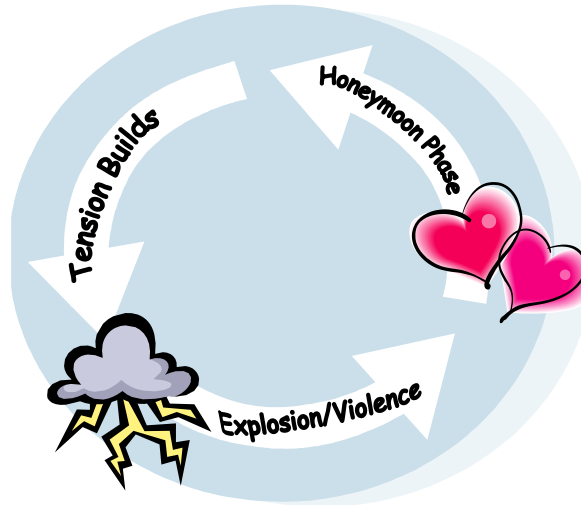
Domestic violence is not a family problem... It is a CRIME!

Many victims think they are not a victim of domestic violence unless they have been hit by their abuser. **This is not true.** Domestic violence can take many forms, but the goal is always the same - **control through fear.** Here are some forms of domestic violence you may have experienced:

- ◆ **Physical abuse:** Hitting; slapping; kicking; strangling (choking); pushing; punching; beating.
- ◆ **Verbal abuse:** Constant criticism/humiliating remarks; ignoring you; mocking; name calling; yelling; swearing; interrupting; changing the subject.
- ◆ **Sexual abuse:** Forcing sex on an unwilling partner; demanding sexual acts that you do not want to perform; degrading treatment.
- ◆ **Isolation:** Keeping you from seeing/talking to friends and relatives; monitoring your phone calls; reading your mail; controlling where/when you go places; taking your car keys.
- ◆ **Coercion:** Making you feel guilty; pushing you into decisions you don't want to make; sulking; manipulating children and other family members; always insisting on being right; making up impossible rules and punishing you for breaking them.
- ◆ **Harassment:** Following or stalking you; embarrassing you in public; constantly checking up on you; refusing to leave when asked.
- ◆ **Economic control:** Not paying bills; refusing to give you money; not letting you work; interfering with your job; refusing to work and support the family.
- ◆ **Threats and intimidation:** Threatening to harm you, the children, family members and pets; using physical size to intimidate; keeping and/or threatening to use weapons.
- ◆ **Destruction of property:** Destroying furniture; punching walls; throwing and/or breaking things.
- ◆ **Self-destructive behavior:** Abusing drugs/alcohol; threatening self-harm or suicide; driving recklessly; deliberately doing things that will cause trouble.

Cycle of Violence

Most domestic violence cases follow a pattern known as the "Cycle of Violence." Understanding this cycle may help you predict the next step of your abuser.



Stage 1: Tension Builds - Tension and anger build up in the abuser. Abuser threatens, insults, and controls victim. You may find yourself "walking on eggshells," trying to do whatever you can not to upset the abuser.

Stage 2: Explosion - Outbursts of violence, abuser blames victim, victim is punished for challenging authority. A violent incident occurs. This may include assault, sexual abuse, mental abuse, verbal threats, and/or damage to property.

Stage 3: Honeymoon Phase - The abuser may feel remorse, guilt and shame, asking for forgiveness and promising to never let the incident happen again - maybe even to change for the better. Abuser may bring gifts for you and the children, and life gets good...until the tension builds again.

Mohave County Resources

BULLHEAD CITY POLICE DEPARTMENT 928-763-1999

BULLHEAD CITY PROSECUTOR'S OFFICE
CRIME VICTIM SERVICES UNIT 928-763-9400, x. 163

MOHAVE COUNTY SHERIFF'S DEPT. 928-758-0700

MOHAVE COUNTY VICTIM/WITNESS 928-718-4967

Shelters and Safe Houses

SAFE HOUSE OF BULLHEAD CITY 928-763-7233
KINGMAN AID FOR ABUSED PERSONS 928-753-4242

National Domestic Violence Hotline 1-800-799-SAFE (7223)

Domestic Violence Assistance

CRIME VICTIM SERVICES UNIT 928-763-9400, x. 163

MOHAVE COUNTY VICTIM WITNESS 928-753-0719
WESTCARE ARIZONA BULLHEAD CITY 928-763-1945

Domestic Violence Counseling

KINGMAN AID FOR ABUSED PERSONS 928-753-4242

H.A.V.E.N. FAMILY RESOURCE 928-505-3153
MOHAVE MENTAL HEALTH CLINIC (BHC) 928-758-5905
(KINGMAN) 928-757-8111
(LAKE HAVASU CITY) 928-855-3432

SOUTHWEST BEHAVIORAL HEALTH 928-763-7776
WESTCARE ARIZONA BULLHEAD CITY 928-763-1945

Legal Advocacy/Assistance

COMMUNITY LEGAL SERVICE 928-681-1177
LEGAL ADVOCACY HOTLINE 800-782-6400
WESTCARE ARIZONA (BULLHEAD CITY) 928-763-1945

Orders of Protection

CITY JUSTICE COURTS (BULLHEAD) 928-758-0709
CITY MUNICIPAL COURT (BULLHEAD) 928-758-0130
MOHAVE COUNTY SUPERIOR COURT 928-753-0713
COUNTY JUSTICE COURTS

More than three million children witness acts of

At least 25% of the women who are victims of domestic violence in the United States are beaten while pregnant.*

In a 36-month study of 146 children ages 11 to 17, from homes where wife beating was a major problem, all sons over age 14 attempted to protect their mothers; 62% of them

Domestic Violence is the leading cause of injury to women causing more injuries than muggings, stranger rapes, and car accidents

On average, more than three women are murdered by their husbands or

* September/October 1994 issue of "Ms. Magazine", Volume V, No. 2.

** Bureau of Justice Statistics Special Report, 'Intimate Partner Violence and Age of Victim 1993-1999,' October 2001