

# Domestic Violence...

Domestic violence happens in all communities regardless of race, class, age or sexual orientation. Many times it is difficult to tell if your relationship is abusive

Domestic Violence happens in an intimate relationship. It can be someone you're married to, living with, or dating. One person in a relationship uses physical, emotional, sexual, and economic abuse to get power and control over the other person. The abuse usually increases over time and follows a pattern.



## Examples of abusive behavior...

### Emotional abuse can include:

- being called names or insulted, being threatened;
- keeping you away from friends and family;
- telling you where you can go, who you can talk to and what you can wear;
- having your property destroyed.

### Physical abuse can include:

- shoving, hitting, grabbing, punching, holding or throwing you down;
- throwing objects at you;
- kicking or biting you;
- using a weapon to threaten or hurt you.

### Sexual abuse can include:

- forcing you to have sex through physical force or verbal pressure;
- humiliating you by calling you names or putting you down sexually;
- making you sleep with other people;
- making you have sex in order to get things;
- doing anything sexual that you do not want.

### Economic abuse can include:

- controlling all the money or not allowing you to have any money;
- getting you fired from your job by calling or showing up at your work, or causing scenes at your work.
- spending all the household money on things that abuser wants but not things needed for the family as a whole.

## If you are being abused you do have choices...

- You can call a local crisis line to get help and information.
- You can attend a domestic violence support group.
- You can go to a domestic violence shelter (in some situations).
- You can talk to friends, neighbors, a religious leader or a family member who may help.
- You can take legal action. There are restraining orders you can get to keep the abuse away from you. (You can also get child custody on the restraining orders.)
- You can take a self defense course.

## Making a safety plan if you are in an abusive relationship...

- Make copies of important documents (Immunization records, citizenship records, titles, leases, etc.) And keep them in a safe place.
- Make copies of keys.
- Plan a safety route out of the house.
- If violence starts to happen, try to be in a big open room near a door to the outside. (Try to avoid bathrooms and kitchens.)
- Make safety plans with your children.
  - Tell them not to interfere with the violence.
  - Help them find a safe place to go to.
  - Identify safe people for them to contact.
  - Teach them how to dial 911.
- Hide extra money or clothes somewhere safe, maybe a friend's house.
- Ask a friend if they can be used as a safe number or address for you to receive messages.
  - Tell neighbor to call the police if they hear violence or see your abuser around the house.
  - Plan where to go in an emergency. Hospital emergency rooms are open 24 hours and may have a phone you can use.



## COMMUNITY RESOURCES

### Ashland

Dunn House  
(541) 779-4357  
1-888-609-4357

### Astoria

Clatsop County Women's Crisis Services  
(503) 325 -5735

### Bend

Central Oregon Battering and Rape Alliance (COBRA)  
1-800-356-2369

### Burns

Harney Helping Organization: Personal Emergencies  
(541) 573-7176

### Clackamas

Clackamas Women's Services  
(503) 654-2288

### Corvallis

Center Against Rape and Domestic Violence  
(541) 754-0110  
1-800-927-0197  
Community Outreach  
(541) 758-3000

### Coos Bay

Coos County Women's Crisis Center  
(541) 756-7000  
1-888-793-5612

### Enterprise

Safe Harbors  
(541) 426-6565

### Eugene

White Bird  
(541) 687-4000  
Womenspace  
(541) 485-6513  
1-800-2812800  
Sexual Assault Support Services  
(541) 343-7277  
(541) 485-6700

### Florence

Suislaw Area Women's Center  
(541) 9974444

### Grants Pass

Women's Crisis Support Team  
(541)-479-93499  
(541)-474-1400  
1-800-750-9278

### Gold Beach

Oasis Shelter Home  
(541) 247-7600  
1-800-447-1167

### Hammerston

Domestic Violence Services  
1-800-833-1161

### Hillsboro

Domestic Violence Resource Center  
(503) 469-8620

### Hood River

Project Helping Hands Against Violence  
(541) 386-6603

### Klamath Falls

Klamath Crisis Center  
(541) 884-0390  
1-800-452-3669

### La Grande

Shelter from the Storm  
(541) 963-9261

### Lakeview

Crisis Intervention Center  
(541) 947-2449  
1-800-338-7590  
Lake District Hospital  
(541) 947-2114

### Lincoln City

Women's Violence Intervention Program  
(541) 994-5959  
(541) 574-9211  
1-800-841-8325

### McMinnville

Henderson House  
(503) 472-1503

### Mill City

Canyon Crisis Service  
(503) 897-2327

### Ontario

Project Domestic Violence Eliminated (DOVE)  
1-800-889-2000

### Pendleton

Domestic Violence Services  
1-800-833-1161

### Portland

Portland Women's Crisis Line  
(503) 235-5333  
1-888-235-5333  
La Linea de Ayuda para la Mujer  
(503) 232-4448  
SAWERA (for South Asian women)  
(503) 778-7386

## COMMUNITY RESOURCES

### Roseburg

Battered Person's Advocacy  
1-800-464-6543

### Salem

Mid-Valley Women's Crisis Service  
(503) 399-7722

### St. Helens

Columbia County Women's Resource  
(503) 397-6161

### The Dalles

Haven from Domestic Violence  
(541) 298-4789

### Tillamook

Women's Crisis Center  
(503) 842-9486  
1-800-992-1679

### Vancouver

YWCA of Clark County- Safe Choice  
(360) 695-0501

### NATIONAL HOTLINE NUMBER

**Domestic Violence Hotline**  
**1-800-799-SAFE**



**If you need this brochure in an alternate format, please call (503) 731-4018.**



**You do not deserve to be abused, no matter what anyone says! You deserve help and support.**

