

Domestic Violence

Domestic violence is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse or financial abuse (using money and financial tools to exert control).

- One in every four women will experience domestic violence in her lifetime
- Every 44 minutes in Arizona, one or more children witness domestic violence
- Witnessing violence as a child is the strongest risk factor in transmitting violent behavior from one generation to the next



Safety Planning

It is important that you be aware of Safety Preparedness if you feel you are in a domestic violence situation.

You can call Arizona South Asians For Safe Families (ASAFSF) at the toll-free Helpline 1-877-723-3711, <http://www.asafsf.org/>. One of the DV family advocates will return your call within 24 hours. Please leave a safe phone number and safe time at which we can call you back. Your call and any conversation will remain completely CONFIDENTIAL.

For details please visit: City of Phoenix Domestic Violence Safety Plan (www.phoenix.gov/citzasst/domestic.html)

Arizona Coalition Against Domestic Violence Safety Plan at www.AzCADV.org

National Coalition Against Domestic Violence (www.ncdv.org/protectyourself/SafetyPlan.php)

The above are the options you have. Please choose the ones that you feel are the best for you.

Human Trafficking

Common Work and Living Conditions:

- Is not free to leave or come and go as he/she wishes
- Is in the commercial sex industry and has a pimp/manager
- Is unpaid, paid very little, or paid only through tips
- Works excessively long and/or unusual hours
- Is not allowed breaks or suffers under unusual restrictions at work
- Owes a large debt and is unable to pay it off
- Was recruited through false promises concerning the nature and conditions of his/her work
- High security measures exist in the work and/or living locations (e.g. opaque windows, boarded up windows, bars on windows, barbed wire, security cameras, etc.)

If you believe you are a victim of human trafficking or may have information about a potential trafficking situation, please contact 24-HR National Human Trafficking Hotline Call (888) 373-7888 or text BeFree (233733)

If you or someone you know is in immediate danger, please call 911.



602-265-4598

www.apcaaz.org

Strong Women, Healthy Families



Signs you may be in an abusive relationship

Your Inner Thoughts and Feelings

Do you:

- feel afraid of your partner much of the time?
- avoid certain topics out of fear of angering your partner?
- feel that you can't do anything right for your partner?
- believe that you deserve to be hurt or mistreated?
- wonder if you're the one who is crazy?
- feel emotionally numb or helpless?

Your Partner's Belittling Behavior

Does your partner:

- humiliate or yell at you?
- criticize you and put you down?
- treat you so badly that you're embarrassed for your friends or family to see?
- ignore or put down your opinions or accomplishments?
- blame you for their own abusive behavior?
- see you as property or a sex object, rather than as a person?

Your Partner's Violent Behavior or Threats

Does your partner:

- have a bad and unpredictable temper?
- hurt you, or threaten to hurt or kill you?
- threaten to take your children away or harm them?
- threaten to commit suicide if you leave?
- force you to have sex?
- destroy your belongings?

Your Partner's Controlling Behavior

Does your partner:

- act excessively jealous and possessive?
- control where you go or what you do?
- keep you from seeing your friends or family?
- limit your access to money, the phone, or the car?
- limit your access to money, the phone, or the car?
- constantly check up on you?

Listen. Be supportive. Letting your friend know you care and are willing to listen may be the best help you can offer. Remind him/her that everyone deserves to be in a healthy and safe relationship and you're concerned about her/his well-being. Don't bad-mouth the abuser; they may want the abusive behavior to stop but they may want to stay in the relationship. Never blame her/him for what's happening and never assume you know what's best for him/her to do.



How to Help Someone in a Domestic Violence Situation

Be discreet: Sharing resources is so important, but remember that your friend may be in serious danger. Before you do anything, talk to a local domestic violence program about the best way to handle the situation.

Promote safety. Encourage your friend to call the Domestic Violence Resource Center crisis line (toll free 1.866.469.8600 or local 503.469.8620). Advocates there can help your friend plan for her/his safety and help identify her/his options.

Hotlines (Call for immediate assistance):

24-hr National Domestic Violence Hotline:
(800) 799-SAFE (7233) TTY (800) 787-3224 24-HR
Arizona Coalition Against Domestic Violence Hotline:
602-279-2900 or 1-800-782-6400
Chrysalis 24-hr hotline: 602-944-4999
Arizona South Asians for Safe Families:
1-877-723-3711

Local Shelters (if you need a place to go):

Centralized Shelter Screening (480) 890-3039,



Shelters accessible to women, children, men, transgender community.

Other agencies in Phoenix:

Phoenix Family Advocacy Center Tel: 602-534-2120

Legal Assistance:

If you are the H1 Visa holder and have started your Green Card application process, please understand that being in a domestic violence victim-situation and seeking help will not jeopardize your immigration status or your job. Any domestic violence service agency that you call will maintain strict Confidentiality as is the law.

Community Legal Service: 602-258-3434

Sources:

<http://www.dvrc-or.org/understanding-dv/>

<http://www.traffickingresourcecenter.org/>

<http://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm>