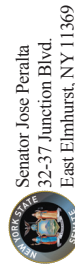


PLAN OF ACTION

If you are being abused — emotionally, psychologically, or physically — by a current or former intimate partner, I urge you to seek help from one or more of the many public and private resources available for victims of abuse. While it is my sincerest hope that you will find the courage to leave this situation quickly and permanently, you should at least have a safety plan in place that prepares you to respond immediately to dangerous situations. Below you will find some of the steps recommended by domestic violence professionals for designing your own safety plan.

- ◆ Get an order of protection.
- ◆ Keep important phone numbers readily available (including police, hotline, friends, family and shelter).
- ◆ Ask a trusted neighbor to call the police if suspicious noises are heard coming from your home.
- ◆ Choose a word or phrase that you will use to alert friends or family that you need immediate help. Share it with your children, neighbors, and other people you would contact in case of an emergency.
- ◆ Put aside money for an emergency and begin planning for your financial future.
- ◆ Make arrangements for a temporary place to stay in a crisis. Know how to contact your local domestic violence shelter.
- ◆ Keep your purse, credit cards, some cash, an extra set of keys, and your identification in a place where you can see and grab them quickly in case you need to leave your home in a hurry.
- ◆ Change your daily routine to avoid contact with your abuser if it is someone who does not live in your home.
- ◆ Take a self-defense course.

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Senator Jose Peralta
32-37 Junction Blvd.
East Elmhurst, NY 11369



Stop the Deadly Cycle of Domestic Abuse



A Message from
**Senator
Jose Peralta**
13th Senate District
October 2017

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Phone: (718) 205-3881

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YOU DON'T HAVE TO LIVE IN FEAR



A Message from Senator
Jose Peralta
13th Senate District

**Stop the Deadly Cycle
of Domestic Abuse**

PREVENTION

What is domestic/intimate partner violence?

Domestic violence occurs when one person in a relationship purposely hurts another person physically or emotionally. Domestic violence is also called intimate partner violence (IPV) because it often is caused by a husband, ex-husband, boyfriend or ex-boyfriend. Women can also be abusers.

People of all races, education levels and ages experience domestic abuse, including:

- Physical abuse: hitting, shoving, kicking, biting or throwing things;
- Emotional abuse: yelling, controlling or threatening;
- Sexual abuse: forcible sex; and
- Threats: the use of words, gestures or weapons to communicate the intent to cause death, disability, injury or physical harm.

Intimate Partner Violence: Risk and Protective Factors

Risk factors are associated with a greater likelihood of intimate partner violence (IPV) victimization or perpetration. A combination of these factors contribute to the risk of becoming a victim or perpetrator of IPV, and understanding these factors can help identify opportunities for prevention.

Individual Risk Factors

- Low self-esteem; low income; low academic achievement; young age; aggressive or delinquent behavior as a youth; prior history of being physically abusive; having few friends/being isolated from other people; perpetrating psychological aggression; experiencing physical discipline as a child.

Relationship Factors

- Marital conflict-fights, tension and other struggles; marital instability-divorces or separations; dominance and control of the relationship by one partner; economic stress; or unhealthy family interactions.

Community Factors

- Poverty; unavailability of social support systems; weak community sanctions against IPV.

Societal Factors

- Traditional gender norms (e.g., women stay home/men support the family).

Senator Jose Peralta
13th Senate District

VICTIM ASSISTANCE

VINE (Victim Information Notification Everyday) 1-888-VINE-4-NY

Victim Information Notification Everyday is a 24 hour automated hotline that provides victims with the release date of inmates who are in custody of the New York City or State Department of Corrections prison system.

NYPD website: <http://www.nyc.gov/nypd>

Brooklyn: Criminal Court (718) 250-3300
Family Court (347) 401-9600

Bronx: Criminal Court (718) 590-2858
Family Court (718) 618-2098

Manhattan: Criminal Court (212) 335-4300
Family Court (646) 386-5200

Queens: Criminal Court (718) 286-6550
Family Court (718) 298-0197

Staten Island: Criminal Court (718) 876-6300
Family Court (718) 675-8800

National Sexual Assault Hotline

800-656-HOPE (4673)

New York State Office for the Prevention of Domestic Violence

NYS Domestic and Sexual Violence Hotline: 800-942-6906

Spanish language: 800-942-6908

In NYC: 800-621-HOPE (4673) or dial 311

TTY: 866-604-5350

www.opdv.ny.gov

New York State Coalition Against Domestic Violence

Local Domestic Violence Programs and Hotlines (listed by county)

www.nyscadv.org

New York State Office of Victim Services

**Financial compensation to crime victims for certain expenses
related to their victimization**

800-247-8035

518-457-8727 (Albany)

718-923-4325 (NYC)

716-847-7992 (Buffalo)

PROTECTION

Safety Tips at Work

- Tell a co-worker/supervisor about the situation and ask that individual to call the police in an emergency.
- Have a back-up person if the primary contact is not available.
- Ask someone to screen your calls.
- Plan your entry and exit each day.
- Keep a copy of your order of protection with you at all times.
- Provide security and/or reception areas with a picture of the abuser.
- Request that your office or desk be placed in a safe location.
- Request help from an employee assistance program.
- Plan an escape route.
- Have a signal for help (whistle/alarm/cell phone).
- Find a safe room with a phone to use in an emergency.
- Notify your local Domestic Violence Prevention Officer.
- Federal, state, and/or local laws prohibit employment discrimination based on your situation as a victim of domestic violence.

