

**Have you or someone you know been hit, kicked, punched or been intimidated and made to feel useless by someone within the past year?**

**Do you or someone you know feel safe in a current relationship?**

**Is there a partner from a previous relationship who is making you or someone you know feel unsafe now?**

**You can help.  
We ALL can.**

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**How to approach someone you suspect is being abused.**

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1. Respect confidentiality. All discussions must occur in private, without other family members present. This is essential to building trust and ensuring their safety.
2. Believe and validate their experiences. Listen to them and believe them. Acknowledge their feelings and let them know they are not alone. Many people have similar experiences.
3. Acknowledge the injustice...The violence perpetrated against them is not their fault. No one deserves to be abused.
4. Respect their autonomy. Respect their right to make decisions in their life, when they are ready. They are the experts on their own life. Let them know you will be there for them when they are ready.
5. Help them plan for future safety. What have they tried in the past to keep safe? Is it working? Do they have a place to go if they need to escape?
6. Promote access to community services. Know the resources in your community.

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***“I don’t think people realize how hard it is to leave an abusive relationship because your self-esteem and everything else that you used to love about yourself is completely stripped away.”***

# Why Do they Stay? Why Do they Go Back?

**FEAR:** Resistance or complaints often provoke worse violence. Victims also fear being found and beaten again if they leave. They are afraid of their children being hurt and of losing custody. They believe that there is a lack of protection from authorities and legal process. There are also very few safe places that they can go.

**EMOTIONAL DEPENDENCY:** Some victims become emotionally dependent upon the abuser because of their childhood experiences. They believe that they are weak, inferior, and don't deserve better treatment. They have feelings of insecurity over potential independence and lack of emotional support. They are afraid of making major life changes. Only about 15% stay because they still love the abuser and a few stay because of the social stigma of divorce.

**FINANCIAL DEPENDENCE:** Many times the abuser is the sole wage earner in the family. If he is arrested, he may lose his job and not be able to pay child support. Because of lack of education and job skills, the victim fears that she will not be able to support her family on her own. Victims also have to fight their belief that they are to be submissive in exchange for financial support.

**GUILT:** The abused victims often feel guilty because they think they may have provoked the abuse. They also feel guilt over the failure of their marriage. Family, cultural, and religious beliefs that disapprove of divorce or separation under any circumstances may also pile guilt upon the victim.



**ISOLATION:** Very often victims have few if any friends, very little support from relatives, little or no money, no car, and no phone. This imposed isolation causes lost social skills and a lack of knowledge about alternatives they might have.

**EMBARRASSMENT & SHAME:** Most victims feel degraded and worthless as well as ashamed about remaining in an abusive relationship. Many female victims are embarrassed and ashamed about their perceived failure in their wife/mother roles. Society promotes these feelings by generally blaming the victim for causing or accepting the abuse.

**CHILDREN:** The victim might believe that the children need both a mother and a father in the home. They believe that a better life financially is more important than leaving. They fear that the children will be emotionally damaged if there is a divorce.

**HOPE:** They may hope that if they change into the person the abuser wants them to be, or if the abuser keeps his promises and stops, then everything will work out. Unfortunately, these hopes rarely come true.



***“For years I wondered what I had done so wrong to deserve all this.”***



## Emotional Abuse

Many women assume that if they're not being physically abused by their partner, then they're not being abused..

That's not necessarily true. You may be in a relationship which is draining something from you — you might not have recognized that your partner has eroded your self-esteem and happiness.

**Like other forms of violence in relationships, emotional abuse is based on power and control.**

The following are widely recognized as forms of emotional abuse:

- **Rejecting** - refusing to acknowledge a person's presence, value or worth; communicating to a person that she or he is useless or inferior; devaluing her/his thoughts and feelings.
- **Degrading** - insulting, ridiculing, name calling, imitating and treated like an infant; behavior which diminishes the identity, dignity and self-worth of the person.
- **Terrorizing** - inducing terror or extreme fear in a person; coercing by intimidation; placing or threatening to place a person in an unfit or dangerous environment. They threaten to take the children.
- **Isolating** - physical confinement; restricting normal contact with others; limiting freedom within a person's own environment.
- **Corrupting/Exploiting** - socializing a person into accepting ideas or behavior which oppose legal standards; using a person for advantage or profit; training a child to serve the interests of the abuser and not of the child.
- **Denying Emotional Responsiveness** - failing to provide care in a sensitive and responsive manner; being detached and uninvolved; interacting only when necessary; ignoring a person's mental health needs.

# Help Plan for Future Safety

Safety planning is critical for people who have been battered or threatened by their intimate partners.

## The danger of violence, including the risk of death, escalates when a domestic violence survivor attempts to leave a batterer.

If you or someone you know is planning to leave an abuser or to take any legal or financial steps to separate, you must plan for your safety. It is also crucial to have a safety plan if you or someone you know continues to live with a batterer. Help yourself, a friend, a co-worker, a neighbor, or a client to address their safety concerns by developing a comprehensive safety plan, including survival strategies at home, at the workplace, and in court or public places.

### Contact with a Person Who is Being Abused:

- If you are trying to help someone, do not leave messages with family members or on an answering machine or voice-mail unless you know it is safe. If questioned by family members, do not indicate that you are calling about the domestic violence; rather, give an innocuous reason for the call.
- Always ask first if it is safe to talk and whether you should call the police. The batterer may be present, even if the batterer no longer lives in the same home. Develop a system of coded messages to signal danger or the batterer's presence.
- Block identification of your number when calling by dialing \*67 or the equivalent. This prevents a batterer from using "caller ID" to discover that the victim is seeking assistance.
- Keep the victim's whereabouts confidential. Do not disclose addresses, telephone numbers, or information about the children without permission. Batterers often track down their former partners through third parties.
- Send mail only when you know it is safe. If the person being abused fails to respond to calls, make extensive (but confidential) efforts to check on his or her safety. If the person being abused fails to return your calls, write a simple letter requesting a response without disclosing that you are contacting that person because of concerns about the domestic violence (do not use letterhead).
- Allow the person being abused to use your phone.
- Develop a referral list including the national domestic violence hotline, local shelters, domestic violence programs, batterers' intervention programs, pro bono or sliding scale legal services, and children's programs. Call (303)774-4534 for a list of Longmont non-emergency domestic violence resources.

### Safety at Home:

- Remove sharp objects and weapons from sight. Keep a telephone in a room that locks from the inside. If possible, purchase a cellular phone and keep it in a pocket or in an accessible hiding place; pre-program 911 or the number of a safe friend or relative into the phone.
- Plan and practice an escape route out of the home and a safety plan for the children.
- Seek a protection order in court. Make extra copies of the order and keep them in safe places.
- Show neighbors a picture of the batterer and/or the batterer's vehicle so they can screen visitors and call the police if necessary.
- Trade cars with a friend or relative so a batterer cannot locate your vehicle.
- Be aware that motor vehicle records, including addresses, may be available to the public.
- Enroll in a reliable self-defense course.

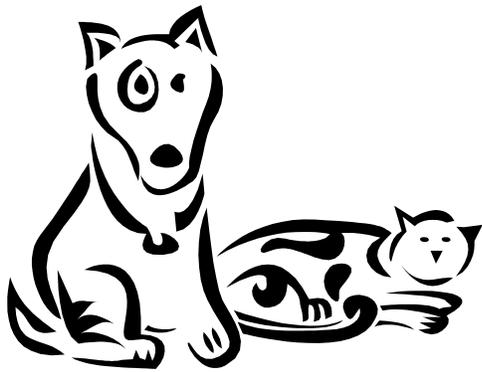
- Keep a bag packed and hidden in a safe place at home (or locked in a car trunk with only one key), or with a safe relative or friend, in case of flight. **The bag should include:** money for phone calls, transportation, and one month's expenses, clothing, diapers, court documents, passports, identification (social security, driver's license, welfare identification, family photographs), birth certificates, school and medical records, necessary medicines, credit cards, checkbooks, work permits, green cards, lease/mortgage payments, insurance papers, bank books, telephone/address books, car/house keys, and ownership documents for car/house.
- Develop signals to tell neighbors and friends to call the police, such as banging on the floor or wall. If possible, arrange to have a relative or friend call every day at an appointed time.
- Obtain a private or unlisted telephone number, and be selective about revealing a new address.
- Use a Post Office box whenever possible. Batterers have located victims' physical addresses through friends, relatives, coworkers, court or social services documents, the post office, and private investigators.
- Use the block code when making telephone calls. Use an answering machine or call trace when receiving calls to collect evidence of harassment or protection order violations.
- Alter routines — change transportation routes or timing (including picking up children from school) so that the batterer cannot locate you.

### Safety at Work:

- Give a picture of the batterer and the batterer's vehicle to security guards and colleagues at the workplace. If the batterer shows up, security or other workplace personnel can order the batterer to leave or call the police.
- Keep a copy of your protection order at work. Notify a supervisor or the Human Resources Department of the existence of the order and give them a copy.
- Screen calls with voice-mail or a machine if possible, or ask a colleague to screen calls.

### Safety in Court or in Public Places:

- Wait in a safe place if your batterer is nearby, such as next to a security guard or a bailiff in court.
- Sit at a physical distance from the batterer. Always make sure other people are in between you and the batterer.
- Do not speak to the batterer or the batterer's family members. Safeguard children if the batterer or family members insist on holding them.
- Make certain that you are safe when you leave a courthouse or a public place. Batterers often stalk victims to discover where they live, or to punish victims for taking legal action.



There is a direct connection between animal cruelty and human violence.

**Take the following steps if the batterer becomes violent or threatening:**

- Call the police at 9-1-1.
- File criminal charges if the batterer commits a crime or violates a protection order.
- Seek medical treatment if injured by the batterer. Photograph all injuries.
- Record all contact with the batterer in a diary.
- Assess the batterer's lethality. You have an increased risk of being severely assaulted or killed if your batterer possesses weapons, abuses drugs or alcohol, stalks you, or has threatened homicide or suicide.
- Stay at a shelter, or with friends or relatives, if you are afraid that the batterer will assault or try to kill you. Do not leave your children behind.
- Under certain circumstances, it may be necessary to disappear completely and to change your name and social security number.
- Screen calls with voice-mail or a machine if possible, or ask a colleague to screen calls.
- Travel to or from work with another person.



*"I am not going to be a victim anymore.*

*I deserve to be happy and someone else will love me like I want and need to be loved."*



# Important phone numbers for Longmont residents

**EMERGENCY - 911**

**Law Enforcement Agencies**

(Non-emergency phone numbers)

Boulder Police	303.441.3300
Boulder Co Sheriff	303.441.3600
University of Colorado (CU)	303.492.7311
Erie Police	303.926.2700
Lafayette Police	303.665.5571
Longmont Police	303.651.8555
Louisville Police	303.666.6531
Nederland Marshall	303.258.3250

**Battered Women's Services**

Safe Shelter of St. Vrain Valley*	303.772.4422
Boulder Safehouse*	303.444.2424
Tri-City Office	303.673.9000
A Woman's Place	970.356.4226

**Other Agencies**

Boulder Co. Court Clerks Office	
Boulder*	303.441.1000
Longmont*	303.682.6892
Community Corrections*	303.441.3690
Dept. of Social Services*	303.441.1000
Longmont*	303.678.6000
Tri-City*	303.666.5650
District Attorney's Office*	303.441.3700
Domestic Abuse Prevention Project*	303.441-4725
Intervention	303.442.0042
LEVI*	303.774.4534
Probation	303.441.3780

*\*Se Habla Espanol*



**LEVI**  
Longmont Ending DOMESTIC Violence Initiative

LEVI participants include: 20<sup>th</sup> Judicial District Crime Victims Compensation, Blue Sky Bridge, Boulder County Domestic Abuse Prevention Project (DAPP), Boulder County Legal Services, Boulder County Probation, Circles of Ten: Women for World Peace, City of Longmont Community & Neighborhood Resources, City of Longmont Senior Services, Counseling Services of Longmont, DART, Inc. (Defense Awareness Response Training), Intervention, Inc., Longmont Community Justice Partnership (LCJP), Longmont Humane Society, Longmont Municipal Probation, Longmont Police Department, Longmont United Hospital, Margaret Kerrigan, M.A., LPC, Moving to End Sexual Assault (MESA), National Resource Center on Domestic Violence (NRCDV), Outreach United Resource Center (OUR Center), Partners of Boulder County, Rocky Mountain Offender Management Systems (RMOMS), Safe Shelter of St. Vrain Valley, St. Vrain Family Center.

[www.LongmontDomesticViolence.org](http://www.LongmontDomesticViolence.org)