

Escaping Domestic Violence

Does your partner call you names or put you down? Do you always have to explain what you are doing and who you are with? Does he or she push, shove, grab or hit you? Does this behavior scare you or your children? Are you or your children in danger of being seriously hurt?

If you answered "yes" to any of these questions, it is important to call the Domestic Violence Hotline at 1-800-562-6025. They can give you free, confidential information about where to go and what to do. Or you can talk to your doctor, nurse, pastor or a friend. But talk to somebody. Doing nothing can be dangerous.

Why you need to act if you think something is wrong:

Because domestic violence does not go away by itself.

Because you or your children might be attacked or even killed.

Because children who grow up with violence are more prone to be violent as adults.

Because seeing violence in the home can make your child feel anxious, angry or depressed.

- It can affect their emotions and how they perform in school.
- It can affect their physical health.
- Even if you think it is not affecting your child, it probably is.

What can I do right now?

Identify people you can talk to.

- If someone is not supportive and makes you feel YOU are the problem, talk to someone else.

Teach your children to dial 911.

Hide the number for the domestic violence hotline inside your shoes.

Pack and hide an overnight bag. Include copies of important papers.

Put aside money and spare keys.

During arguments, avoid the kitchen, bathroom or garage.

Avoid rooms with only one exit.



Crib Sheets

Health information about pregnancy, parenting and infant care from the University of Washington School of Nursing.

For additional information, email stepup@u.washington.edu