

Resources

Florida Domestic Violence Hotline

Call or Chat 1-800-500-1119

TDD 1-800-621-4202

Florida Relay 711

National Domestic Violence Hotline

1-800-799-SAFE (7233)

(TTY) 1-800-787-3224

www.ndvh.org

OCALA DOMESTIC VIOLENCE /
SEXUAL ASSAULT CENTER

P.O. BOX 2193

OCALA, FL 34478

352-622-8495

Local Center



MYFLFAMILIES.COM

www.myflfamilies.com/service-programs/domestic-violence/

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1-800-500-1119

Domestic Violence Safety Considerations

You Don't Have To Live In Fear



MYFLFAMILIES.COM

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- ◆ Domestic violence is a pattern of controlling behaviors; including violence or threats of violence that one partner uses to establish power over another.
- ◆ Domestic violence is not a disagreement, a marital spat, or an anger management problem. It is abusive, disrespectful, and hurtful behaviors.
- ◆ Domestic violence often includes the use of physical, emotional, financial, and psychological abuse.

You may be experiencing domestic violence if your partner is doing any of these or similar behaviors:

- Physically hurting you. Slapping, hair pulling, strangling, hitting, kicking, grabbing, excessively squeezing or shaking, twisting your arms, burning you, or intentionally injuring you in any way.
- Using your children to manipulate, shame or track your location. Threatening to tell the Department of Children and Families you are a bad parent.
- Repeatedly calling you names. Telling you they think you are "worthless" or "useless" and emotionally hurting you.
- Harming or threatening to harm your pets.
- Acting with extreme jealousy and possessiveness.
- Isolating you from family and friends.
- Threatening to commit suicide.
- Threatening to kill you.
- Controlling your money or access to money.
- Denying you access to medical care or emergency responders.
- Stalking you.
- Demanding sex or forcing you to engage in unwanted sex practices.
- Hiding assistive devices, glasses, or other equipment you may need.
- Minimizing their destructive behavior. Telling you "it's not so bad."
- Threatening to "out" you if you are lesbian, gay, bisexual, transsexual or transgender.
- Controlling you with "that look" or certain gestures.

It's Not Your Fault

When someone is abusive, they often blame the person they abuse, family members, or children for their behavior. They may hit you and use an excuse like "you made me angry." They may control your finances and tell you "you spend too much money." No action justifies their violence or attempts to control you through intimidation and fear.

It's about your Safety!

Your safety is important. Making informed decisions about staying or leaving an abusive relationship may be critical to your safety. You are the expert in your relationship and the only one who knows what is right and safe for you.

Do I Need a Safety Plan?

If you are experiencing domestic violence, you may want to consider strategies that will help you stay safe. Whether you are living with an abusive partner, planning to leave, or have already left the situation, advocates at one of Florida's certified domestic violence centers or The Florida Domestic Violence Hotline can assist you with developing safety strategies.

You Are Not Alone

Florida's certified domestic violence centers have trained advocates who are dedicated to assisting you with finding options and developing your safety plan. Advocates on the Florida Domestic Violence Hotline or at a certified domestic violence center are available to talk to you 24/7. All domestic violence services at certified domestic violence centers are free and confidential.

Things to Consider



- Make calls for assistance from phones in safe locations. If you are using a cell phone, consider whether the abusive person has access to your information. *Is there a location tracking system on the phone? Will they see your call history or bill information?*
- If you use email or instant messaging, consider using a private computer at a trusted friend's house, a library or an internet cafe. Change your passwords often.
- Identify a safe location you will go to if you need to leave in an emergency. *Do you have friends or family that you are comfortable including in your plan for immediate safety?*



- If you are followed or stalked, change your shopping habits by choosing different grocery stores, retail outlets, etc. and change your travel routes to and from the stores. Change your travel routes to work, school, or places you go to on a regular basis.
- Learn about statewide resources, like the Address Confidentiality Program and relocation assistance, that may assist you in staying safe.
- Establish a code word so that family, trusted friends, teachers, or co-workers know when to call for help on your behalf.
- Contact your local certified domestic violence center for assistance with safety planning.

- Keep important items in a bag with someone you trust. *Items to consider: your identification papers/cards, keys, cell phone, bank statements, money, medicine, financial statement, insurance documents and birth certificates for you and your children.*
- If someone is threatening you or your children, take the threats seriously. Keep a log of the date and the threat that was made. Save any emails, text messages and written communication used to make the threat. This may be helpful if you need to involve law enforcement.



You have a right to a safe and healthy relationship.

SAFETY
PLANNING
HOTLINE