Does your partner ever…

* Hit, kick, push, choke or slap you?
* Intimidate you with weapons or harmful objects?
* Force you to engage in sexual acts?
* Threaten to hurt you, your children or your friends/family?
* Threaten to deport you or tell others your personal information?
* Control where you go, who you talk to or who you make friends with?
* Keep, hide or destroy your most important things?
* Blame, embarrass, or criticize you, make you feel worthless or guilty?
* Control your food, money, medicines or medical care?

You may be a victim of abuse or neglect!

Always remember…

* You have a right to be safe anywhere
* You don’t deserve to be hit or threatened
* Your children deserve to grow up without violence
* You have a right to protect you or your children until you are out of danger
* You are not alone
* You have choices

Leaving can be tough and very dangerous. Here are some tips to help you plan for safety:

* Know people you can talk to and ask them to call the police if they hear a disturbance coming from your home
* Teach your children how to contact the police or fire department
* Practice how to get you and your children out of your home quickly and safely
* Plan where you will go if you have to leave right away and know the location of local emergency shelters
* Leave copies of important papers, keys, cash, IDs, and medicine with a friend or relative you trust
* Have a small bag packed and ready at a friend or relative’s house so you can leave quick
* Stay off social media or cancel you accounts so that you can’t be found online or through your friends
* Do not talk about your plans in public areas or in mixed groups
* Open a credit card or bank account in your name only and do not use it until you are ready
* Keep a charged prepaid cell phone and a shelter hotline number ready for emergencies
* Review your plan often and only share with trusted friends or family
* Be careful: you are at most risk during the first 72 hours after leaving an abusive situation
* Seek help at a police station, firehouse or hospital if needed

Contacts

* National Domestic Violence Hotline 1-800-799-7233
* www.domesticshelters.org
* Safe House Denver: Domestic Violence Crisis Resource 303-318-9989
* Gateway Domestic Violence Resources 303-343-1851
* The Crisis Center 1-888-247-7472
* Family Tree Violence Resources 303-420-6752
* Blue Bench: Sexual Assault Victim’s Advocate 303-322-7273
* Love is Respect: Teen Dating Resource 1-866-331-9474 or text “loveis” to 22522