

# HOUSTON SAFETY NET

WORKING TOGETHER TO END

# DOMESTIC VIOLENCE

IN OUR COMMUNITY



**The Houston Police is working to educate the community to prevent domestic violence, sexual assault, and dating violence. We work to provide resources for survivors and increase sexual and domestic violence reporting to law enforcement through education.**

## WHAT IS DOMESTIC VIOLENCE?

Domestic violence is the use of physical force or threatening behavior by one household member towards another. **IT IS AGAINST THE LAW!**



## DOMESTIC VIOLENCE INCLUDES:

**PHYSICAL ABUSE:** hitting, kicking, choking, punching, slapping, burning, and shoving

**EMOTIONAL ABUSE:** constant criticism and insults, isolation from family, friends, and coworkers, threats against the victim and the victim's family

**ECONOMIC ABUSE:** not allowing the victim to work or study, not allowing the victim to have access to checking and savings accounts, controlling finances

**SEXUAL ABUSE:** rape, forcing the victim to participate in sexual activities that they find degrading

## WARNING SIGNS OF A BATTERER:

- Excessive jealousy/possessiveness
- Unrealistic expectations of self and others
- Anger is typical response when limits are set
- Doesn't want you to go out with friends/family
- Controlling behavior
- Calls you all the time or spies on you
- Isolates or restrains you
- Tells you what to wear
- Sudden mood swings
- Threats of violence or suicide
- Cruelty to animals, children, or the elderly
- Humiliates or belittles you
- Does not let you work
- Does not let you have access to bank accounts
- History of past battering
- Intentionally damages your personal property
- Playful use of force during sex
- Pushing or hitting with a fist or palm
- Threatens you with weapon or physical violence
- Makes false promises to change abusive behavior
- Blames others for problems or actions
- Abuses drugs/alcohol & pressures you to do them
- Forces you to work and turn over your paycheck



OFFICE OF  
**COMMUNITY  
AFFAIRS**

For more information, visit [www.houstonpolice.org](http://www.houstonpolice.org) or  
[www.houstontx.gov/police/victim\\_services/index.htm](http://www.houstontx.gov/police/victim_services/index.htm)



## BREAK THROUGH THE LIES! IT IS NOT YOUR FAULT!

### LIE # 1

**“I’M THE ONLY ONE.”**

**TRUTH:** According to the FBI, every nine seconds a woman is beaten in her home.



### LIE # 2

**“I ASKED FOR IT.”**

**TRUTH:** It is not your fault! Domestic Violence and sexual assault are crimes punishable by law.

### LIE # 3

**“BATTERERS DON’T RAPE.”**

**TRUTH:** Most often, a woman is raped in her home by someone she knows.

### LIE # 4

**“THIS IS NORMAL.”**

**TRUTH:** Battering is a serious problem that affects our families, our friends, and our community.

### LIE # 5

**“NO ONE CAN HELP ME.”**

**TRUTH:** The Houston Area Women’s Center and the Houston Police Department are here to help.

## WHAT TO DO IF DOMESTIC VIOLENCE HAS BEEN A PROBLEM:

**CALL THE HOUSTON POLICE DEPARTMENT FOR HELP!**

**FIRST - BE PREPARED TO LEAVE.**

**GATHER ALL IMPORTANT DOCUMENTS:**

birth certificates, social security cards, immigration documents, driver’s license, bank account information, and a list of important phone numbers.

**MAKE COPIES OF YOUR HOUSE AND CAR KEYS.**

**PACK CLOTHES AND MEDICATIONS FOR YOURSELF AND YOUR CHILDREN.** Leave them with a friend or in a safe place.

**WHEN YOU SENSE YOU ARE IN DANGER, GET OUT!**

You can always go back later if you change your mind.

**FIND SAFE SHELTER** with family or friends.

**SEE YOUR DOCTOR** or go to the emergency room for medical treatment.

**SEEK COUNSELING** to discuss your options.

**YOU HAVE THE RIGHT TO FILE CHARGES.**

Get a protective order or seek other legal assistance.

## HOUSTON POLICE DEPARTMENT IMPORTANT NUMBERS:

Emergency and Police/Ambulance **911**

Police Non-Emergency **(713) 884-3131**

### **THE HOUSTON AREA WOMEN’S CENTER**

- Sexual Assault Hotline **(713) 528-RAPE (7273)**
- Domestic Violence Hotline **(713) 528-2121**
- Community Education **(713) 528-6798**

### **HOUSTON POLICE DEPARTMENT**

- Victim Services Division **(713) 308-0080**
- Adult Sex Crimes Unit **(713) 308-1180**
- Family Violence Unit **(713) 308-1100**

Hours: 8:00 am to 4:00 pm

### **HOUSTON INDEPENDENT SCHOOL DISTRICT**

- Police Department **(713) 892-7777**

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