

- Be ready to leave at a moment's notice. Keep the car fueled up and facing the driveway exit with the driver's door unlocked. Hide a spare car key where you can get to it quickly. Have emergency cash, clothing, and important telephone numbers and documents stashed in a safe place.
- Practice escaping quickly and safely. Rehearse your escape plan so you know exactly what to do if under attack from your abuser
- Make and memorize a list of emergency contacts. Ask several trusted individuals if you can contact them if you need a ride, a place to stay, or help contacting the police.

Resources:

National Coalition Against Domestic Violence

303-839-1852
www.ncadv.org

National Domestic Violence Hotline

1-800-799-SAFE
www.ndvh.org

Metropolitan Center for Women and Children

24 hour crisis hotline:
Jefferson Parish 504-837-5400
Toll free: 888-411-1333
St. Tammany Parish: 985-646-0083
www.mcwcgno.org

Southeast Louisiana Legal Services

(Domestic Abuse Protective Orders)
(504) 529-1000

Family Justice Center

701 Loyola Avenue, 2nd Floor
New Orleans, LA 70113
24 hour crisis line (504) 866-9554
(504) 592-4005

Legal assistance for domestic abuse

- Report physical abuse or threats of physical abuse to your local law enforcement agency via 911
- Temporary domestic abuse prevention orders can be obtained through the court. These orders usually last until a permanent protective order can be issued
- Protective order requires the abuser to stay away from you. An abuser can be arrested for violating a protective order
- **Southeast Louisiana Legal Services**
(Domestic Abuse Protective Orders)
(504) 529-1000

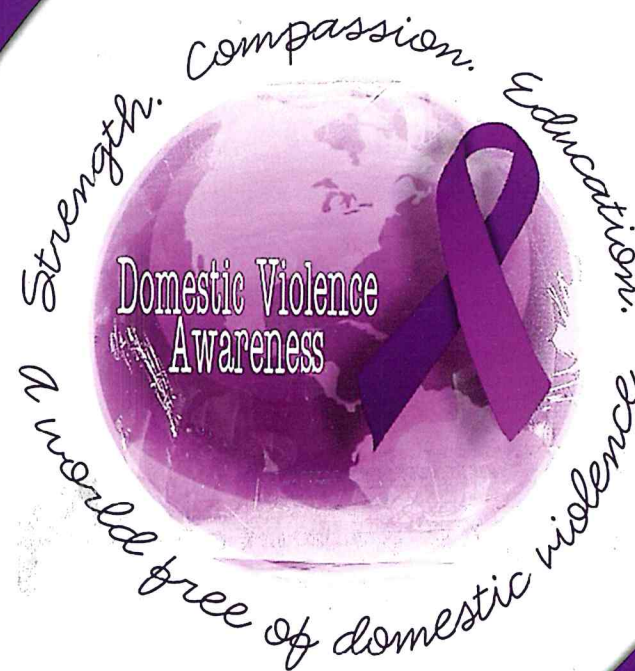


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Victim-Witness Assistance Program
Family Violence Prosecution Unit
200 Derbigny Street • Gretna, LA 70053 • (504) 368-1020

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Assistance for Domestic Abuse Victims



Paul D. Connick, Jr.
District Attorney, Jefferson Parish

UNDERSTANDING DOMESTIC VIOLENCE

Any abusive, violent, coercive, forceful or threatening act or word inflicted by one member of a family or household on another can constitute domestic violence. It has many forms, including physical aggression, sexual abuse, stalking, or financial abuse.

Who are the victims?

Victims of domestic violence can include women and men of any age, race, religion, socioeconomic status, education, or sexual orientation.

Who are the abusers?

Abusers are often difficult to spot. They may appear friendly and loving to their families in public and often only abuse behind closed doors. The abusers typically have low self-esteem and do not take responsibility for their actions.

FORMS OF DOMESTIC VIOLENCE

Fear is often the most powerful way a perpetrator controls his victim. It is created by giving looks, making gestures, possessing weapons, destroying property, cruelty to pets, or any behavior which can be used to intimidate and render the victim powerless.

Intimidation includes smashing things, putting a fist through the wall, handling of guns or other weapons, intimidating body language (angry looks, raised voice), reckless driving of a vehicle with victim in the car. Also, harassing the victim through unwanted phone calls, text messages, emails, and following the victim.

Verbal Abuse includes screaming, putdowns, name-calling, sarcasm, ridiculing for religious beliefs or ethnic background.

Physical Abuse includes pushing, shoving, hitting, slapping, choking, hair-pulling, punching, etc.

Sexual Abuse is unwanted sexual behavior including forced sexual contact, rape, being forced to perform sexual acts that cause pain or humiliation, being forced to have sex with others.

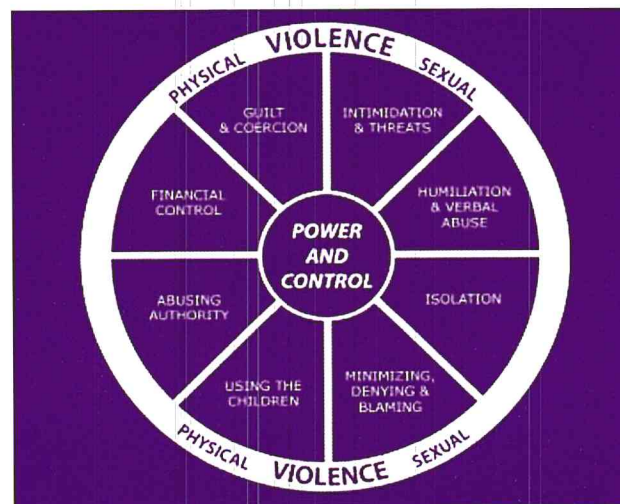
Emotional Abuse deliberately undermines the victim's confidence, example: a "bad mother" or crazy.

Social Abuse includes isolating the victim from social networks, contact with family or friends. Being verbally or physically abusive in front of others or in public.

Economic Abuse includes being financially dependent on their partner, denied access to money (including their own), victim and children forced to live on inadequate resources.

Controlling Behaviors dictates what you do, who you see and talk to, where you go and keeping you from making any friends or from talking to family and friends.

Stalking is when the victim is being followed or harassed by the perpetrator. This includes loitering around places where the victim is known to frequent, watching victim, following, making persistent telephone calls, sending mail, unwanted love letters, cards or gifts although the relationship had ended.



Signs that you may be in an abusive relationship

- You fear your abuser
- You believe that you deserve to be hurt
- The abuser uses belittling behavior to humiliate you
- The abuser engages in violent behavior such as threats, hitting, and forced sex
- The abuser displays controlling behavior, such as excessive jealousy and possessiveness

How to help a family member or friend in an abusive relationship

- Let the person know you are available whenever he or she needs to talk
- Reassure the person that the abuse is not his or her fault
- Remind the victim that domestic violence is against the law and that help is available
- Encourage the victim to get advice from an advocacy agency with experience in the area of domestic violence

What can you do to stay safe in an abusive relationship:

- Call the police if you ever feel in danger
- Get support from your family and friends
- Find a safe place to stay if you plan on leaving
- Seek medical help
- Get a Domestic Abuse Prevention Order from the court

Prepare for emergencies:

- Be alert for signs and clues that your abuser is getting upset and may explode in anger or violence. Come up with several emergency plans in case you need to leave in a hurry.