

If you are in an Emergency Please Dial 911

These questions *are ideally* asked by a police officer or your Victim Advocate. Your answers help to find out the level of danger (or risk) you may be in. **If police are called to help you, give the responding officer a printed copy of this page if you have it.**

Are you in danger? (Check all that apply)

After taking this quiz, if you feel you are in danger, call 911 or your local shelter

- ☐ Has your partner ever used a weapon against you or threatened you with a weapon?
- ☐ Has your partner ever threatened to kill you, your children, or your pets?
- ☐ Do you think your partner might try to kill you?
- ☐ Does your partner have a gun or easy access to a firearm?
- ☐ Has your partner ever tried to choke/strangle you?
- ☐ Is your partner violent/jealous or do they try to control your daily activities?
- ☐ Does your partner follow, spy on you, or leave threatening messages?
- ☐ Has your partner ever been physically abusive to children or pets?
- ☐ Has your partner ever interfered with a 911 call?

*If you check any of the boxes below, your **risk may be increased***

- ☐ Have you ever left or separated from your partner after being married or living together?
- ☐ Have you ever attempted to kill yourself?
- ☐ Do you have a child who is not the child of your current partner?
- ☐ Does your partner have a substance abuse problem?
- ☐ Is your partner unemployed?

No matter the type of abuse you are facing, you can still take the following steps to secure your safety and prevent the chance of violence.





Four Steps to Feel Safe Again

<p>Step 1: Speak Your Truth</p> <ul style="list-style-type: none">• Tell a trusted family member, friend, or Victim Advocate about <i>what is really happening in your relationship</i>.• Leaving an abusive relationship is a powerful thing to do - it takes courage!• You are not alone. There are many people and organizations that can help you for FREE. <p>Step 2: Take the Risk Quiz</p> <ul style="list-style-type: none">• Discover if you are in real danger. If so, contact the police by calling 911.	<p>Step 3: Create a Safety Plan</p> <p>Store the following items in a safe place or give them to someone you trust.</p> <ul style="list-style-type: none">• Gather identification for you, your children, and pets. Driver's License, birth certificates, social security cards, work permits, passports, etc.• Financial - Money, credit cards, checks• Other items - A prepaid phone, copies of keys for your car and home, extra clothes, medication, and other valuables.• Important documents- Order of protection, medical records, divorce/custody papers, green cards, written, photographic, or electronic-based evidence of abuse <p>Step 4: Contact a Victim Advocate (see page 3 for more info)</p>
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For more advice call the National Domestic Violence Hotline at 800-799-7233. Your information will *stay private* and **they will not call the police on your behalf.**



Time for Real Talk: How to Take Action

*You do not have to file charges against your abuser
to talk to a Victim Advocate*

Where do I find a Victim Advocate?

- You can locate a Victim Advocate by either walking into a police station and asking for one, or calling the station and asking to speak directly to a Victim Advocate

What is a Victim Advocate?

- Advocates are trained professionals who support victims of crime. They can provide information, emotional support, and assist a victim in accessing resources and filling out necessary paperwork.

What will a Victim Advocate do?

- Support you through the steps you need to take to leave an abusive relationship, help you access valuable resources, and help you navigate the court process.

Ways to get protection

- Order of protection
- No-Contact Order
- Mutual order of protection
- Restraining order

Important Court Divisions

- Family Court
- Bond Court
- Magistrate Court (DV3)
- General Sessions Court (DVHAN, DV1, DV2)

Important Resources

- National Domestic Violence Hotline - **800- 799-7233**
- My Sister's House- **800-273-4673**
- SCCADAVSA (SC Coalition Against Domestic Violence and Sexual Assault)- **803-256-2900**
- Tri-County Speaks (formerly People Against Rape)- **843-745-0144**
- DVCC (Domestic Violence Coordinating Council)- www.sova.sc.gov
- Palmetto Hope Network- **843-602-7829**

Legal Guidelines to Know

- In SC, “It is unlawful to cause physical harm or injury to a person’s own household member; or offer or attempt to cause physical harm or injury to a person’s own household member”
- A ‘household member’ is a former or current spouse, male or female, who currently live together, or have lived together, or have a child in common.

If your abuser has not threatened you or used physical violence against you—
It is still possible to get help.

What is Abuse (Domestic Violence)?

- Abuse is about power and control over another person using fear, intimidation, or violence
- Domestic violence is **not your fault**- abuse in any form is not love
- Abusers often follow what is called the “cycle of abuse”-
 - In the beginning, your partner can act like Romeo, romantic and perfect.
 - At some point, they become abusive
 - Afterwards, they often apologize and promise to change but the promises are broken when they become abusive again
- Once abuse begins, it doesn't get easier- rather, it often gets worse
- An abuser may seem like a good parent who never hurts the children, **but** a good parent **does not** hurt their partner in front of the kids or behind closed doors
- It is not easy to leave an abusive relationship. In general, a woman will leave an abusive relationship **seven (7)** times before she leaves for good
- Domestic violence can affect people of all backgrounds, races, ages, education levels, finances, or religious beliefs

Examples of Abuse

One or more may apply

- Emotional Abuse: insults you, plays mind games, makes you feel guilty or crazy, and/or shifts responsibility for their behavior onto you
- Controlling: isolates you from family/friends, tells you what to do and who to talk to, uses jealousy to justify their actions, and makes you feel bad about yourself
- Economic Abuse: prevents you from getting or keeping a job, controls your finances, makes you ask for money or takes money away as punishment
- Physical Abuse: Threatens to hit, kill, or assault you, your children, and/or your pets. Displays weapons during arguments to intimidate you

