

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

