

## Resources



### Stepping Stones

928-445-4673

[steppingstonesaz.org](http://steppingstonesaz.org)

Domestic Violence Advocacy  
Emergency Shelter  
Crisis Line

### Yavapai Family Advocacy Center

928-775-0669

[vfac.org](http://vfac.org)

Family Violence Advocacy  
Domestic Violence  
Survivor Support Group

### Yavapai County Victim Services

928-771-3485

[yavapai.us/coatty/victim-services](http://yavapai.us/coatty/victim-services)

Case Status  
Court Process

### Verde Valley Sanctuary

928-634-2511

[verdevalleysanctuary.org](http://verdevalleysanctuary.org)

Emergency Shelter  
24-hour Crisis Hotline  
Legal Advocacy

## Prescott Valley Police Department Family Violence Unit

**In case of emergency call:**

# 911

When calling 911 from a cell phone give your location to the call-taker immediately.

### Non-emergency Dispatch

928-772-9267

### Prescott Valley Magistrate Court

928-772-8277

[www.pvaz.net](http://www.pvaz.net)

### Prescott Valley Police Department

7601 E. Civic Circle

Prescott Valley, AZ 86314

928-772-9261

[www.pvaz.net](http://www.pvaz.net)

This project was supported by subgrant No. ST-WSG-12-2366-11, awarded by the Governor's Office for Children, Youth and Families. The opinions, findings, conclusions, and recommendations expressed in this publication/ program/ exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice, Office on Violence Against Women or the Governor's Office.

## Domestic Violence Safety Plan



If you are leaving  
an abusive  
relationship and

have, or are getting an

Order of Protection due to

domestic violence, this pamphlet

will give some options and

suggestions to help

maintain your safety.

## Prescott Valley Police Department



## **Does your partner / family member ever...**

- Call you names, criticize you or put you down?
- Control what you do and whom you see?
- Threaten to hurt you or others?
- Make you feel afraid?
- Threaten to or use weapons or objects against you?
- Hit, kick, shove or injure you?
- Force or coerce you to engage in unwanted acts? To include sexual acts?
- If you answered yes to any of these questions, you may be in an abusive relationship. Now may be the time to consider ways to make yourself safer.
- When someone with whom you have an intimate relationship uses physical violence, threats, emotional abuse, harassment or stalking to control your behavior, they are committing domestic violence.

### **FACTS**

- Each year 1 million women suffer nonfatal violence by an intimate.
- It is estimated that within a 12-month period, 4 million adult women in America experience a serious assault by an intimate.
- Violence against women occurs in 20% dating couples.
- It is estimated that 3.3 million children are exposed to domestic violence each year.

## **If You Plan to Leave**

If you think you may want to leave, a careful plan is needed to insure your safety. Do not let your abuser know of your plans; act as if things are unchanged.

### **It is important to organize the following:**

Identification cards, money, keys and any needed legal documents so they are easily accessible should you leave in a hurry.

### **The following are suggested items to keep together in case you leave:**

- Driver License / Picture ID
- Birth Certificates
- Social Security Cards/Numbers
- Health Benefit Cards
- Welfare Identification
- Address Book
- Keys
- Money, Credit Cards, Checkbook

## **If You Leave**

Leaving an abusive relationship is a very difficult step, one of courage and strength. This step can also be dangerous if you do not plan in advance to maintain safety.

- The following are suggested actions you can take in order to maintain safety once you have left an abusive relationship.
- You can obtain a protective order for yourself personally.
- Your boss can obtain a protective order for your workplace.
- Inform friends, neighbors, daycare/babysitters and co-workers that you are no longer with your abuser, so they can screen your calls or call the police if your abuser shows up.
- Provide a list of people who have permission to pick up your child.
- Change the locks on your doors and install a security system.
- Avoid social places or stores that you frequented while with your abuser.

## **During a Violent Outburst**

The following may help you during an argument:

- Leave/stay away from the kitchen or other rooms that contain weapons.
- Stay out of rooms without exits, like the bathroom or a closet.
- If possible get to a room with an exit and/or a phone.
- Develop a code word or signal for friends, children and neighbors to call the police.
- Call 911 or the local emergency number.
- Teach your child to call 911.
- Use your instincts.

## **Need a Protective Order?**

If you have been or may become a victim of domestic violence, you may seek an Order of Protection or Injunction Against Harassment at any Municipal, Justice, or Superior Court. If there are any pending legal actions for maternity, paternity, annulment, legal separation or dissolution of marriage, the protective order may be sought through the Prescott Valley Magistrate Court or the Yavapai County Superior Court.

PV Magistrate Court: 928-772-8277

Yavapai County Superior Court 928-771-3312  
<http://courts.yavapai.us/superiorcourt>

## **Have a Protective Order?**

The following tips may help you if you have a protective order:

- Always keep at least one copy of the order with you at all times.
- If your abuser violates the order, call 911 or your local police department number.
- Give a copy of the order and a picture of your abuser to security at your job or school.
- If children are included on the order, give a copy of the order to their school, daycare or babysitter.