**Do You Feel Safe?**

**Is anyone hurting or controlling you?**

**If so, you may be a victim of domestic violence**

Domestic violence is when one person hurts another person in a relationship

It can cause health problems – now and in the future

It can also harm your child’s emotional and physical health

**Examples of domestic violence**

* **Physical**: Slapping, choking, or kicking you
* **Sexual**: Forcing you to have sex
* **Verbal**: Threatening to hurt you or your child
* **Psychological**: Calling you names or putting you down
* **Economic**: Not letting you work or go to school

**Victims of domestic violence may feel:**

* Many different things. It affects people in lots of ways
* Trapped or too scared to leave
* Afraid, ashamed and alone

You don’t deserve to be treated this way

Make your family a place for love, not violence

**If you’d like to talk to someone, please talk to your child’s doctor or nurse**

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**A Safety Plan**

A safety plan is what you can do to help keep you and your children safe. It includes:

* Someone to call if you sense danger, and a code or secret word. Kids know to call 911.
* Somewhere to go and a safe way to get there. Practice this, with your child.
* A hidden bag, perhaps with a friend, with items you might need in an emergency – medications, keys, credit cards, bankbooks, money, driver’s license, car registration, important papers, passports, phone, extra clothing, toys, things that mean a lot to you.

**Helpful Resources**

**The National Domestic Violence Hotline** can help you with:

* Crisis intervention, safety planning, information about domestic violence and direct connection to services in your area
* Help in over 100 languages
* Call 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY) or (206) 787-3224 (video phone - only for deaf callers)

Computer use can be monitored and is impossible to completely clear. If you’re afraid your internet and/or computer use might be monitored, please use a safe computer to visit www.thehotline.org.

**Domestic Violence Resources**

**Virginia Sexual & Domestic Violence Action Alliance**

Responding to the needs of individuals affected by Domestic Violence

800-838-8238 and 804- 377-0335

**Website:** [**www.vsdvalliance.org**](http://www.vsdvalliance.org)

Email: info@vsdvalliance.org

Areas: Statewide

**Virginia Family Violence and Sexual Assault Hotline**

Responding to the needs of victims of Sexual Assault

Hotline: 800-838-8238

Areas: Statewide

**Eastern Shore Coalition against Domestic Violence**

Responding to the needs of individuals affected by Domestic Violence

**Hotline:** (877) 787-1329

**Email:** escadvoffice@escadv.org

**Website:** [**www.escadv.org**](http://www.escadv.org)

**Areas:** Accomack County, Northampton County

**Genieve Shelter**

Responding to the needs of individuals affected by Domestic Violence

**Hotline:** (800) 969-4673

**Email:** genievemm@earthlink.net

**Website:** [www.thegenieveshelter.org](http://www.thegenieveshelter.org)

Areas: Isle of Wight County, City of Smithfield, Southampton County, City of Suffolk, Surry

**Help and Emergency Response “HER”**

Responding to the needs of individuals affected by Domestic Violence

**Hotline:** (757) 485-3384

**Email:** beth@hershelter.com

**Website:** [www.hershelter.com](http://www.hershelter.com)

**Areas:** City of Chesapeake, City of Portsmouth

**Domestic Violence Resources**

**Sexual and Domestic Violence Agency**

Responding to the needs of individuals affected by Sexual and Domestic Violence

**Hotline:** (804) 694-5552 (DV) (804) 694-5890 (SV)

**Email:** laurelshelterinc@verizon.net

**Website:** [www.laurelshelterinc.org](http://www.laurelshelterinc.org)

**Areas:** Gloucester County (DV and SV), Mathews County (DV and SV), Middlesex County (DV and SV).

**Samaritan House**

Responding to the needs of individuals affected by Domestic Violence

**Hotline:** (757) 430-2120

**Email:** robing@samaritanhouseva.org

**Website:** [www.samaritanhouseva.org](http://www.samaritanhouseva.org)

**Areas:** City of Virginia Beach

**Transitions Family Violence Services**

Responding to the needs of individuals affected by Domestic Violence

**Hotline:** (757) 723-7774

**Email:** admin@transitionsfvs.org

**Website:** [www.transitionsfvs.org](http://www.transitionsfvs.org)  **Areas:** City of Hampton, City of Newport News, City of Poquoson, and York County

**YWCA of South Hampton Roads**

Responding to the needs of individuals affected by Sexual Assault

**24 HR Hotline:** (757) 226-YWCA (9922)

**Email:** info@ywca-shr.org

**Website:** [www.ywca-shr.org](http://www.ywca-shr.org)

**Areas**: Norfolk

**Domestic Violence Resources**

**Center for Sexual Assault Survivors**

Responding to the needs of Sexual Assault Survivors in Crisis

Hotline:(757) 236-5260

Email**:** info@visitthecenter.org

Website**:** [www.visitthecenter.org](http://www.visitthecenter.org)

**Areas**: Norfolk

**The National Domestic Violence Hotline**

Responding to the needs of individuals affected by Domestic Violence

800-799 SAFE (800-799-7233)

TTY: 800-787-3224

Website: <http://www.thehotline.org>

Areas: Nationwide

**National Sexual Assault Hotline**

Responding to the needs of victims of Sexual Assault

Hotline: 800-656-HOPE (800-656-4673)

Areas: Nationwide