

CHECKLIST

What to take with you when you leave

IDENTIFICATION

- ____ Driver's license
- ____ Children's birth certificates
- ____ Your birth certificate
- ____ Social Security Card(s)
- ____ Welfare identification
- ____ School and medical records

FINANCIAL

- ____ Money and/or credit cards
- ____ Bank books
- ____ Checkbooks
- ____ Safety Deposit box key

LEGAL PAPERS

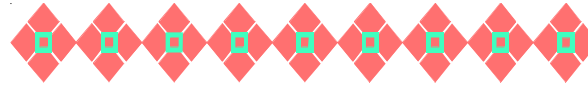
- ____ YOUR PROTECTION ORDER
- ____ Lease, rental Agreement, house deed
- ____ Car registration & insurance papers
- ____ Work permits/green card/Visa
- ____ Passport
- ____ Divorce papers
- ____ Custody papers
- ____ Immunization records

OTHER

- ____ House and car keys
- ____ Medications for you and children
- ____ Small saleable items
- ____ Jewelry
- ____ Address book
- ____ Phone card
- ____ Pictures of you, children and abuser
- ____ Children's small toys
- ____ Toiletries/diapers
- ____ Changes of clothes for you & children

ABOUT US

The YWCA of Lewiston, ID - Clarkston, WA is the region's Sexual Assault and Domestic Abuse advocacy center.



We can provide:

- 24 hour crisis intervention and emotional support
- Medical advocacy
- Legal advocacy
- Counseling
- Safe Shelter
- Transitional housing
- Food and other emergency services
- Information and referral
- We can help you and the system work together



A Twin County United Way Agency

This publication is supported in part by Victims of Crime Act Subgrant #KC192500, awarded by the Idaho Council on Domestic Violence and Victim Assistance, under a grant from the U.S. Dept. of Justice Office for Victims of Crime/Family Violence Prevention and Services Act/State Domestic Violence Project Account. The opinions, findings, conclusions or recommendations expressed in this training program do not necessarily reflect the views of the grantor agencies.

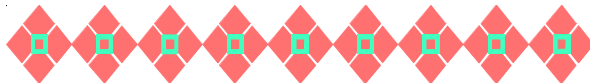


HOW DOES YOUR RELATIONSHIP RATE?

ywca
eliminating racism
empowering women

Lewiston, ID - Clarkston, WA
300 Main St.
Lewiston, ID 83501

746-9655
800-669-3176
ywcaidaho@lewiston.com
www.ywcaidaho.org



▶ TAKE THE TEST ◀

Does your partner

- Embarrass you with bad names and put-downs?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing or talking to friends or family?
- Take your money or Social Security, make you ask for money, or refuse to give you money?
- Make all the decisions?
- Tell you you're a bad parent or threaten to take away or hurt your children?
- Act like the abuse is no big deal, it's your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives, or other weapons?
- Shove you, slap you or hit you?
- Force you to drop charges?
- Threaten to commit suicide?
- Threaten to kill you?

IF YOU CHECKED EVEN ONE, YOU MAY BE IN AN ABUSIVE RELATIONSHIP. IF YOU NEED TO TALK, CALL US.

746-9655
800-669-3176

YWCAIDAHO@LEWISTON.COM

DOMESTIC ABUSE

Domestic violence is defined as any physical or psychological or spiritual abuse which occurs within an on-going relationship. It can take many forms: emotional, economic, physical or sexual abuse, threats, intimidation, isolation and a variety of other behaviors used to maintain fear, intimidation and power. It is an attempt to establish power and control and can intensify over time.



THE CYCLE OF ABUSE

THE TENSION BUILDING PHASE: The abuser becomes edgy and irritable. Despite anything the victim may do to appease him, the abuser reacts negatively. She denies it's happening, excuses it as some outside stress or blames herself for his behavior.

THE ABUSING INCIDENT: This phase is the shortest and the most violent part of the cycle. During this stage the abuser's rage is out of control. This phase is the most dangerous and can result in serious physical injury; is always emotionally destructive; and is emotionally destructive for those who witness the battering. The victim denies or minimizes her injuries and doesn't want police or medical help.

THE 'HONEYMOON' PHASE: This phase is "welcomed" by both the victim as well as the abuser. The abuser becomes very apologetic and loving to the victim. The abuser's worst fear during this phase is that the victim will leave him. The victim believes him when he promises that it will never happen again. However, at the conclusion of this phase, the cycle of abuse will begin again.

Remember

the abuse will only get worse, so please consider

- You and your children's safety is important.
- Your children are affected when subjected to any form of domestic violence.
- You deserve better than this.
- We can assist with protection orders.
- We can help you develop a safety plan.
- We're here for you when you are ready or when you are able to leave.

If you are a victim of domestic violence, or think you may be:

1. CALL FOR HELP!! Call 911 or your local law-enforcement agency.
2. Locate the nearest shelter or victim assistance program.
3. Have a plan for safety when the tension starts building.

STOP THE ABUSE

