

# Is someone you know being abused?

## Warning Signs

Your loved ones might be abused if they...

- seem afraid or anxious to please their partner
- have to check in often with their partner and report their activities
- have frequent injuries with the excuse of "accidents"
- dress in clothing designed to hide bruises or scars
- rarely go out in public without their partner



- are restricted from seeing family and friends
- have limited access to money or credit cards

- show major personality changes (e.g. an outgoing person becomes withdrawn)

If you think someone you know is being abused, speak up. Talk to the person in private about your concerns and follow these guidelines:

### DO

- Ask if something is wrong
- Express concern
- Listen and validate
- Offer help
- Support his/her decisions

### DON'T

- Wait for him/her to come to you
- Judge or blame
- Pressure
- Give advice
- Place conditions on your support



## Contact Us

For more information on this and other department services, contact:

Pima County Sheriff's Department  
Community Resources Unit  
(520) 351-4615

or



Also visit our website for...

- Online crime reporting
- Local crime mapping
- Crime prevention tips
- and more....

Together we can make a difference.



Pima County Board of Supervisors: Ramon Valadez, Chair District 2; Ann Day, District 1;

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This project was supported with grant funds awarded by the

U.S. Department of Justice, Office of Justice Programs.

Rev. 05/2011



Pima County  
Sheriff's Department

*Keeping the Peace and Serving the  
Community Since 1865*

# DOMESTIC ABUSE

## BREAK THE CYCLE



**Clarence W. Dupnik, Sheriff**

1750 E. Benson Highway  
Tucson, Arizona 85714

[www.pimasheriff.org](http://www.pimasheriff.org)



## What is domestic abuse?

Domestic violence and abuse does not discriminate. Anyone can be a victim regardless of age, sex, race, sexual orientation, or economic status.



Women are more commonly victimized, but men are also being abused, especially verbally and emotionally, and at times even physically.

The bottom line is that abusive behavior is never acceptable, whether it's coming from a man, woman, teenager, or an older adult. Abusive relationships can destroy your self-worth, lead to anxiety, depression and make you feel helpless and alone. You deserve to feel valued, respected, and safe.

### Why is it a problem?

Aside from the well-being of those being abused, domestic abuse is a serious community problem. Children in homes with domestic abuse are more likely to be abused and neglected. They also often suffer emotional and behavior problems.



## Warning signs of abuse

Does your partner:

- humiliate or yell at you?
- criticize you and put you down?
- treat you so badly that you're embarrassed for your friends or family to see?
- ignore or put down your opinions or accomplishments?
- blame you for their own abusive behavior?
- act excessively jealous and possessive?
- control where you go or what you do and who you associate with?
- limit your access to money, the phone, or the car?
- constantly check up on you?
- hurt you or threaten to hurt you?
- threaten to take your children away or harm them?
- threaten to commit suicide if you leave?
- force you to have sex?
- destroy your belongings?
- have a bad or unpredictable temper when drinking, on drugs, or even when sober?



## Are you being abused?

If you are living in an abusive situation please get help and get out. Ask if this is what you would want for your own daughter or son. Ask if this is what you want them to live with. Ask if this is how you want to live the one life you have. Then ask if you want to be another statistic.

Noticing and acknowledging the warning signs and symptoms of domestic violence and abuse is the first step to ending it. No one should live in fear of the one they love.

## What can you do?

There are no easy answers but you can help protect yourself and your family:

- Call the police.
- Call a crisis line or shelter.
- Get support: tell supportive friends, family, and co-workers.
- Find a safe place: it's not fair, but leaving your home might be the only way to stay safe; shelters often offer quick temporary safety.
- Get medical help: even if you think it is a minor injury, seek medical help; they can also call advocates for you.
- Make a safety plan: plan ahead for what you will do if you are attacked again or want to leave your partner.
  - Keep important phone numbers nearby.
  - Plan ways to escape and where you can go.
  - Set money aside or open a bank account in your name.
  - Put together a bag of everyday necessities and hide it where it's easy to get to.



## Report it!

- Pima County Sheriff's Department:
  - For emergencies call 9-1-1
  - To report past incidents call 351-4900
- For other assistance contact Pima County Attorney's Office Victim Services at 740-5525