



Real Crime...

Domestic Violence

One out of every four women in this country will suffer some kind of violence at the hands of her husband or boyfriend.

Very few will tell anyone—not a friend, a relative, a neighbor, or police.

Victims of domestic violence come from all walks of life—all cultures, all income groups, all ages, all religions, and even both genders.

Without intervention, the cycle of violence will continue to happen again and again.



Are You Abused? Does the Person You Love...

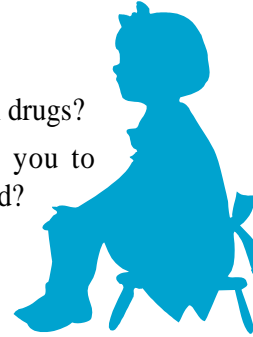
- “Track” all of your time?
- Constantly accuse you of being unfaithful?
- Discourage your relationships with family and friends?
- Prevent you from working or attending school?
- Criticize you for little things?
- Anger easily when drinking or on drugs?
- Control all finances and force you to account in detail for what you spend?
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, slap, kick, or bite you or your children?
- Use or threaten to use a weapon against you?
- Threaten to hurt you or the children?
- Force you to have sex against your will?

If you find yourself saying *yes*, it's *time to get help*.

If You Are Hurt, What Can You Do?

There are no easy answers, but there are things you can do to protect yourself.

- Call law enforcement. Assault, even by family members, is a crime. Resources are available to help you.
- Leave, or have someone come and stay with you. Go to a domestic violence shelter. Law enforcement can help you locate local



resources. If you believe you or your children are in danger, leave immediately.

- If you are injured, get medical attention from your doctor or the nearest hospital. Ask medical staff to photograph your injuries.
- Contact Tucson City Court for information about Orders of Protection.

Don't Ignore the Problem

- You *must* take action to break the cycle of violence. The abuser may express that he or she is sorry, but it will happen again if there is no intervention.
- Talk to someone. Part of the abuser's power comes from secrecy. Victims are often ashamed to let anyone know about intimate family problems. Go to a friend or neighbor, or call a domestic violence hotline to talk to a counselor.
- Plan ahead and know what you will do when you are attacked again. If you decide to leave, choose a place to go and have some money set aside. Put important papers together in a place where you can get them quickly.
- Learn to think independently. Try to plan for the future and set goals for yourself.

Have You Hurt Someone in Your Family?

- Accept the fact that your violent behavior will destroy your family. Be aware that you are breaking the law when you hurt somebody.

- Take responsibility for your actions and seek help.
- When you feel tension building, get away. Work off the energy through a walk, a project, or a sport.
- Call a domestic violence hotline or health center and ask about counseling and support groups for people who batter.

The High Costs for People Who Batter

- Men and women who use violence to solve conflicts are teaching the same destructive behavior to their children.
- Jobs can be lost or careers stalled because of injuries and arrests.
- Violence often escalates to serious injury or death.

The Pima County Sheriff's Department Can Help

If you or someone you know is the victim of domestic violence, take the first step by calling 9-1-1. Other area resources are:

- Tucson City Court Information . (520)791-4581
- Tucson Centers for Women and Children (520)795-4880
- Hotline (520)795-4266
- Victim Witness (520)740-5525
- Brewster Center– Domestic Violence Services (520)881-7201

Contact Us

For more information on other Crime Prevention issues, contact the Pima County Sheriff's Department's Community Resources Team at (520) 741-4615. We'll be happy to send you educational materials and brochures, or provide safety presentations. Call today!



PIMA COUNTY SHERIFF'S DEPARTMENT

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(520) 741-4902 fax
www.pimasheriff.org



Crime Prevention Tips From
National Crime Prevention Council
1700 K Street, NW, Second Floor
Washington, DC 20006-3817
www.weprevent.org



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Pima County Sheriff's Department

STOP DOMESTIC VIOLENCE



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