

WHAT IS DOMESTIC VIOLENCE?

- ❖ Domestic Violence is when one person uses hitting, hurting, name-calling, or threats to make another person do what they say. It happens with people that are married, divorced, dating or living together.
- ❖ Domestic violence happens because one person believes they have a right to have power and control over their partner. It is not about anger, alcohol or drugs.
- ❖ Domestic violence occurs in every part of our society.

Important Phone Numbers

Police 911
Alcohol & Drug Abuse Hotline:
24 hours 1 (800) 821-4357
Child Abuse Reporting:
(503) 378-6704
HIV/AIDS Hotline:
24 hours 1 (800) 342-2437
Mano a Mano:
(503) 363-1895
Planned Parenthood Hotline:
1 (800) 230-7526
Runaway Hotline:
24 hours 1 (800) 621-4000



Mid Valley Women's Crisis Service

795 Winter St NE
PO Box 851
Salem Or 97308
24 Hour Hotline (503) 399-7722
Toll Free 1 (866) 399-7722
Business Office (503) 378-1572
Fax (503) 364-7998
Email: mvwcs@mvwcs.com
Website: mvwcs.com
Child Safety Plan Trifold En V2 01/2007



A Child's Safety Plan



You have the right to be safe!

in your home...

Don't Try To Get In The Middle Of The Abuse!

It is not safe for you to try to stop the abuse or to protect your mom. Remember, it is your job to keep ***yourself*** safe!

If You Can Get To a Phone Safely, Call 9-1-1!

Tell the police where you are and what is happening. The person on the phone will talk to you until the police arrive. Remember, you don't need money if you use a pay phone.

Get To A Safe Place!

Practice how to get out of your home safely. Which doors, windows, or stairs would be best? Which neighbor can you go to for help?

It's Not Your Fault!

Remember, the violence against you or against your mom is never your fault. No one has the right to hurt or threaten you.

Are you Afraid...

At Home?

At School?

Tell A Safe Person!

If you need to talk with a safe person about any of these problems, tell:

A Teacher

A Crisis Advocate

Your School Police Officer

Someone in your Family

Your School Counselor

Someone at your Place of Worship

Another Person you Trust

WHAT IS SEXUAL ASSAULT?

Sexual assault is any touching in any place or in any way that makes you feel uncomfortable.

Sexual Assault Safety Information

- ❖ It is OK to say NO if someone tries to touch you in ways that make you feel frightened, confused or uncomfortable.
- ❖ It is not your fault if someone touches you in a way that is not OK. You don't have to keep secrets about those touches.
- ❖ Some secrets are good secrets. An example of a good secret is a birthday gift. A bad secret would be if someone touched you and then told you not to tell anyone.
- ❖ It is never too late to ask for help. You can keep asking until you get the help you need.