



Project Stay Alert

An Online Family Violence Prevention Program of the
Fort Worth Police Department

Violence Prevention Education About

FAMILY VIOLENCE

The Fort Worth Police Department Family Violence Prevention Program

The Family Violence Prevention Program slideshow is the production of the Victim Assistance Unit of the Fort Worth Police Department. We are excited to offer another educational tool via our "E-Prevention" Program.

The Victim Assistance Unit is dedicated to reducing acts of domestic abuse in our community by providing: support to detective on investigation of domestic violence offenses, assistance with the filing of protection order applications, information regarding court-related procedures, safety planning and community awareness of domestic violence issues.

What is Family Violence

In the State of Texas, Family Violence is...

An act by a member of a family or household against another member of the family or household that is intended to result in physical harm, bodily injury, assault, or sexual assault or that is a threat that reasonably places the member in fear of imminent physical harm, bodily injury, assault, or sexual assault, but does not include defensive measures to protect oneself (Family Code, Title 4: Protective Orders and Family Violence).

Startling Facts About Family Violence

- Nationwide, 73 percent of the women injured in domestic violence cases were injured **after separation**. Source: Texas Council on Family Violence
- According to the National Domestic Violence Hotline, the state of Texas has the second highest call volume in the country. Source: 10th Anniversary Newsletter, Spring 2006.
- According to a statewide survey, 74% of all Texans have either themselves, a family member and/or a friend have experienced some form of family violence. Source: Texas Council on Family Violence. "Abuse in Texas," 2006.
- Homicide is the 2nd leading cause of death among pregnant women. Source: "Homicide: A Leading Cause of Injury Deaths Among Pregnant and Postpartum Women in the United States, 1991-1999." American Journal of Public Health. March 2005, Vol. 95, No. 3.
- Nearly one-third (31%) of all households in Tarrant County reported that family violence was a problem in their neighborhood. Source: United Way of Tarrant County. "100 Things to Know About Life in Tarrant County," 2005 Assessment of Health and Human Service Needs.

How is your relationship?

Does your partner:

- Embarrass you with 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 your friends or family members?
- Take your money or Social Security check, make you ask for money or refuse to give you money?
- Make all of the decisions?
- Tell you that you're a bad parent or threaten to take away or hurt your children?
- Prevent you from working or attending school?

How is your relationship

- 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, choke you, or hit you?
- Force you to try and drop charges?
- Threaten to commit suicide?
- Threaten to kill you?

If you answered 'yes' to even one of these questions, you may be in an abusive relationship.

Source: Texas Council on Family Violence

Love Shouldn't Hurt

Abuse takes many forms:

- Ridicule, intimidation, control
- Isolation from family and friends
- Pushing, kicking, slapping, shoving
- Strangling or threatening with a weapon
- Verbal attacks, name calling
- Followed, harassed or spied on

Helpful Tips to Be Prepared to Get Away

- **Call the police if you are in danger and need help.**
- Keep with someone you trust: a spare set of keys, a set of clothes, important papers, prescriptions, and some money.
- Keep any evidence of physical abuse (ripped clothes, photos of bruises and injuries, etc.).
- Plan the safest time to get away.
- Know where you can go for help; tell someone what is happening to you. Have the phone numbers of friends, relatives, and domestic violence programs with you.

Helpful Tips to Be Prepared to Get Away

- If you are injured, go to a hospital emergency room or doctor and report what happened to you, ask that they document your visit.
- Plan with your children and identify a safe place for them: a room with a lock or a neighbor's house where they can go for help. Reassure them their job is to stay safe, not to protect you.
- Arrange a signal with a neighbor, i.e., if the porch light is on, call the police.
- Contact the local domestic violence hotline to find out about laws, the shelters and other resources available to you before you have to use them, or during a crisis.

How can a protective order help?

A protective order may prohibit a person from:

- Committing further acts of family violence;
- Harassing or threatening the victim directly or communicating the threat indirectly through another person;
- Going to or near a school or day-care center attended by a child protected under the order; or
- Possessing a firearm.

Please contact the Tarrant County District Attorney Protective Order Unit at 817-884-1623, for more information in how to obtain a protective order.

Who Should You Call?

- National Domestic Violence Hotline:
1-800-799-SAFE (7233)
- SafeHaven 24-hour hotline:
1-877-701-7233
- Women's Center Rape Crisis Hotline:
817-927-2737
- Fort Worth Victim Assistance Unit:
817-392-4390 (Mon.-Fri. 8-5)

Website Links

- SafeHaven of Tarrant County
www.safehaventc.org
- Texas Council on Family Violence
www.tcfv.org
- The National Domestic Violence Hotline
www.ndvh.org
- Domestic Violence Hurts the Whole Family Video,
<http://www.healthyroadsmedia.org/english/Files/flv/engdomv.htm>