



Anyone of any race, age, sexual orientation, gender, socioeconomic status, or religion can be a victim –or perpetrator – of domestic violence. You are not alone.

## THERE IS HELP

**YWCA 24-Hour Hotline 1.800.500.5513**

**YWCA 24-Hour Text Line 1.360.277.7607**

### OUR MISSION

YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

### OUR COMMITMENT

YWCA is committed to the belief that all individuals are entitled to quality services without regard to race, creed, religion, ethnic group or national origin, gender assignment/identity, sexual orientation, age, economic status, education, marital status, parenthood, physical characteristics, physical ability, special needs or any other basis protected by federal, state or local law.

Hablamos Español. All services are free and confidential. You deserve a safe and healthy relationship.

## DOMESTIC VIOLENCE ORDER FOR PROTECTION

If you have been assaulted or threatened by a relative, someone you live with, spouse, ex-spouse, or someone you are dating, you can obtain a civil order from the court telling them not to harm you again.

### A PROTECTION ORDER CAN

1. Order the Respondent not to threaten or hurt you
2. Order the Respondent not to enter your residence
3. Give one parent temporary custody of children
4. Order the Respondent to leave a shared residence
5. Grant you possession of essential personal effects
6. Grant you use of a vehicle
7. Order the respondent to attend counseling

### A PROTECTION ORDER CANNOT

1. Order child support
2. Order maintenance (alimony)
3. Assign property to either party
4. Establish permanent child custody or use of the shared residence

Victim Information and Notification Everyday program (VINE) is designed to give victims information about any changes in the status of the offender including: release, transfer, escape, and other custody changes.

**eliminating racism  
empowering women**  
**ywca**  
Kitsap County

**1.877.VINE4WA (1.877.846.3492) | [www.vinelink.com](http://www.vinelink.com)**

# DOMESTIC VIOLENCE IS A PATTERN OF CONTROL TO MAINTAIN POWER OVER ANOTHER

## INTIMIDATION

- Making you afraid by using looks, actions, gestures
- Smashing things
- Destroying your property
- Abusing pets
- Displaying weapons

## EMOTIONAL ABUSE

- Making you feel bad about yourself
- Calling you names
- Making you think you are “crazy”
- Humiliating you
- Making you feel guilty

## ISOLATION

- Controlling what you do, who you talk to, what you wear
- Limiting your outside involvement
- Labeling family and friends as bad influences, bad or “crazy” people
- Using jealousy to justify actions

## MINIMIZING, DENYING AND BLAMING

- Making light of the abuse and not taking your concerns seriously
- Denying the abuse happened
- Shifting responsibility for abusive behavior
- Accusing you of causing the abuse
- Blaming their abuse on their mental health and/or substance use

## CHILDREN

- Making you feel guilty about the children
- Using the children to relay messages
- Using visitation to harass you
- Threatening to take the children away
- Accusing you of being a bad parent

## ECONOMIC ABUSE

- Preventing you from getting or keeping a job
- Making you ask for money
- Taking your money
- Not letting you know about or have access to family income

## COERCION AND THREATS

- Making and/or carrying out threats intended to harm you or someone else
- Threatening to leave, commit suicide, or report you to welfare/CPS
- Pressuring you to drop charges
- Forcing you to commit crimes

## PHYSICAL ABUSE

- Inflicting or attempting to inflict injury
- Physical restraint
- Throwing objects
- Forcing you to go somewhere or do something

## SEXUAL ABUSE

- Engaging in any sexual contact without consent
- Forcing, manipulating, pressuring, or tricking you into any sexual activity
- Forcing you into prostitution or pornography
- Refusing to use safe sex practices
- Preventing you from using birth control
- Videotaping or photographing sexual acts without your consent
- Insisting on anything sexual that makes you uncomfortable or feel fear

## WHAT TO DO IF YOU ARE EXPERIENCING DOMESTIC VIOLENCE

- **IMMEDIATE DANGER: Call 9-1-1**  
File a report and tell law enforcement you want the abuser arrested. Save evidence such as photos of physical injuries, ripped clothing, damaged possessions, text messages, voicemails, etc.
- **CALL THE YWCA HOTLINE: 1.800.500.5513**  
for emergency shelter, safety planning, legal advocacy services, support groups, information, and referrals.

For more information visit  
[ywcakitsap.org](http://ywcakitsap.org)  
[legaladvocacy@ywcakitsap.org](mailto:legaladvocacy@ywcakitsap.org)

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