
SAFETY PLANNING 101

If you are still in the relationship:

- Think ahead of a safe place to go if an argument occurs - avoid rooms with no exits (bathroom) or rooms with weapons (kitchen)
- Make a list of safe people to contact
- Establish a "code word" or "sign" so that family, friends, teachers, or co-workers know when to call for help
- Always keep cash/change with you
- Memorize all important numbers

If you have left the relationship:

- Change your phone number.
- Screen calls
- Save and document all contacts, messages, injuries, or other incidents involving the abuser
- Change locks if the abuser has a key
- Try to avoid staying alone
- Plan how to get away if confronted by an abusive partner
- If you must meet your partner, do it in a public place
- Vary your routine
- Notify school and work contacts
- Seek out resources for domestic violence survivors

If you leave the relationship, be sure to take important papers & documents:

- Social security cards
- Marriage license
- Birth certificates for you and your children
- Leases or deeds
- Checkbook
- Credit cards and account statements
- Bank statements
- Insurance policies
- Proof of income for you and your spouse (pay stubs or W-2's)
- Any documentation of past incidents of abuse (photos, police reports, medical records, etc.)

RESOURCE INFORMATION

Arizona Protective Order Initiation & Notification Tool (AZPOINT)
Order of Protection /Injunction Against Harassment
<https://azpoint.azcourts.gov/>

Community Referral
24/7 referral line to local area community resources
211

National Domestic Violence Hotline
(800) 799-7233
www.thehotline.org

Prescott Municipal Court
(928) 771-3300

Prescott Area Shelter Services (PASS)
Non-active domestic violence situations only
(928) 778-5933

Stepping Stones
Staffed 24/7 for a safe place or someone to talk to
(928) 445-4673

Suicide & Crisis Lifeline
24/7 crisis hotline
988

Yavapai County Superior Court
(928) 771-3312

Yavapai County Attorney
Office of Victim Services & Victim Compensation Division
(928) 771-3485
www.yavapai.us/coatty/Divisions-Programs/Victim-Services

Yavapai Family Advocacy Center (YFAC)
(928) 775-0669
www.yfac.org

Prescott Police Department
Victim Services Unit
222 S. Marina Street
Prescott, AZ 86303
(928) 777-1936
victimservices@prescott-az.gov

intimate partner & domestic violence



CITY OF PRESCOTT
POLICE DEPARTMENT

VICTIM SERVICES UNIT



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WHAT IS INTIMATE PARTNER VIOLENCE?

When the relationship is:

- The victim and defendant is currently or was previously in a romantic or sexual relationship
- One of marriage, former marriage, or persons having resided or are residing in the same household
- The victim and defendant have a child in common
- The victim or defendant is pregnant by the other party

WHAT IS DOMESTIC VIOLENCE?

When the relationship is:

- The victim is related to the defendant or the defendant's spouse by blood or court order as a parent, grandparent, child, grandchild, brother or sister or by marriage as a parent-in-law, grandparent-in-law, stepparent, step-grandparent, stepchild, step-grandchild, brother-in-law, or sister-in-law.
- The victim is a child who resides or has resided in the same household as the defendant and is related by blood to a former spouse of the defendant or to a person who resides or who has resided in the same household as the defendant.

FORMS OF INTIMATE PARTNER & DOMESTIC VIOLENCE

Both intimate partner and domestic violence can take many forms, but the goal is always the same: abusers want to control you through fear. Here are some forms of intimate partner and domestic violence you may have experienced:

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Physical Abuse: Hitting, slapping, kicking, strangling (often referred to as choking), pushing, punching, beating.

Verbal Abuse: Constant criticism, making humiliating remarks, not responding to what you are saying, name calling, yelling, swearing, interrupting.

Sexual Violence: Forcing sex, demanding sexual acts that you do not want to perform, degrading treatment.

Isolation: Creates difficulty for you to see friends and relatives, monitoring phone calls, reading mail, controlling where you go, taking your car keys or cell phone.

Coercion: Makes you feel guilty, pushing you into decisions, sulking, manipulating children and other family members, insists on being right, making up impossible rules and punishing you for breaking them.

Harassment: Following or stalking, embarrassing you in public, constantly checking up on you, refusing to leave when asked.

Economic Control: Not paying bills, refusing to give you money, not letting you work, interfering with your job, refusing to work and support the family.

Threats and Intimidation: Threatens to harm you, the children, family members and pets; using physical size to intimidate, keeping weapons and threatening to use them.

Destruction of Property: Destroying furniture, punching walls, throwing things, breaking things.

Self-Destructive Behavior: Abusing drugs or alcohol, threatens self-harm or suicide, driving recklessly, deliberately doing things that will cause fear.



SIGNS & SYMPTOMS OF STRANGULATION

Evidence of strangulation may include physical, neurological, and psychological signs and symptoms and can occur concurrently or after an attack. Some may include headache, dizziness, swelling of throat, difficulty swallowing or breathing, petechial hemorrhaging (blood vessels that have burst in the eyes), bruising, hoarse or loss of voice, or many other side effects that can seem relatively harmless, but could require immediate medical treatment.

INTIMATE PARTNER VIOLENCE RISK ASSESSMENT

A law enforcement officer or advocate may ask your permission to complete an Intimate Partner Violence Risk Assessment with you. This is a tool that is used to determine the lethality risks within the relationship. For example, if you answer yes to three (3) more of the following, you could be at high risk for near fatal or fatal outcome in your relationship:

- Escalation in violence in last 6 months
- Violently and constantly jealous of you
- Belief that he/she is capable of killing you
- History of threatening or use of a weapon
- Attempts to kill you
- Past attempts to "choke" or strangle you

AZPOINT ORDER OF PROTECTION & INJUNCTION AGAINST HARASSMENT

You can seek an Order of Protection or Injunction Against Harassment at any Municipal, Justice, or Supreme Court by completing the documentation through the Arizona Protective Order Initiation & Notification Tool (**AZPOINT**) at:

→ <https://azpoint.azcourts.gov/> ←

One of our advocates can assist with navigation of this website and address any questions while filling out the necessary paperwork.