

Is There Violence in Your Home?

Signs That Things Are Getting Out of Control:

- Family members physically hitting each other
- Verbal abuse or 'put-downs'
- Being made fun of, criticized, or insulted
- Threats toward family members
- Things destroyed or broken in the house
- One person trying to keep the family isolated

You Have A Right:

- To be safe.
- To not blame yourself for violence in your home.
- To reach out for help and support.
- To treat others and be treated with respect.

Things You Can Do:

- Remember, you are not alone!
- Stay out of the fight.
- Avoid getting trapped in a small room or the kitchen, or a room without an outside door or window.
- Find a phone in a safe place. Call 911 for help and stay on the phone if it is safe to do so.
- Create a 'safety plan' - list people or places you can turn to before violence happens in your home.
- Escape to a safe place – use the safety plan you have developed to get to a safe place.
- Even if you are afraid – find someone you can tell.

My Individual Safety Plan:

1. I will _____
2. I will _____
if we get into an argument and I feel unsafe.
(know where phones and exits are)
3. If I feel threatened I can _____

4. If I am feeling sad, alone, or vulnerable I can _____

How to Get Help

- Call 911 if an emergency
- Domestic Violence Hotline: 1-800-799-SAFE(7233)
- LIFE House program: 1-866-435-7130 (local 24 hr)
- 24 hour helpline: 1-800-342-7472
- Crime Victims Assistance Center's
24 hour Crisis-line: (607) 722-4256
- SOS Shelter 24-hr Crisis-line: (607) 754-4340
- Suicide Prevention Lifeline: 1-800 -273-8255
- National Runaway 24-hr Crisis-line
1-800-RUNAWAY
- Gateway Center: 584-7800 ext. 450 (ages 11-21)

These services are free, confidential & anonymous

**Broome County
Family Violence Prevention Council
(607) 778-2153**

