

5. If the victim allows the person against whom the TRO or EPO has been issued to enter the unit, the notice to terminate is invalidated.

 - Consider getting a dog.
 - Get an unlisted phone number. Tell your family and friends not to give out the number to anyone.
 - Hide an extra set of vehicle and house keys outside.
 - Keep a list of emergency phone numbers hidden.
 - Have a bank account in your name with money in it.
 - Plan an escape route. Try it.
 - Gather for you and children all important documents, money, checkbook, credit cards, restraining orders, etc.

Restraining Orders and Emergency Protective Orders



A RESTRAINING ORDER CAN ORDER THE RESTRAINED PERSON TO:

- Not contact or go near you, your children, other relatives, or others who live with you;
- Stay away from your home, work, or your children's schools;
- Move out of your house (even if you live together);
- Not have a gun;
- Follow child custody and visitation orders;
- Pay child support;
- Pay spousal or partner support (if you are married or domestic partners);
- Stay away from any of your pets;
- Pay certain bills; and
- Release or return certain property.

More information on restraining orders and links to other resources can be found on the Domestic Violence page of the California Courts' website at www.courts.ca.gov/selfhelp-domesticviolence.htm.

If you are in immediate danger call 911.

If you are not in immediate danger call: 619-531-2000 or 858-484-3154

OR

Family Justice Center
1-866-933HOPE (4673). (Monday thru Friday 9 AM to 5 PM. After hours, leave a message.

Resources

www.courts.ca.gov/selfhelp-domesticviolence.htm.

www.SanDiegoFamilyJusticeCenter.org



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Domestic Violence



SAN DIEGO POLICE DEPARTMENT

This brochure contains important information regarding Domestic Violence.

Domestic violence is violence or other abuse by one person against another in a domestic setting,

DOMESTIC VIOLENCE



Using Coercion and Threats

Making and/or carrying out threats to hurt someone

- Threatening to leave
- Commit suicide
- Report to Welfare
- Forcing charges to be dropped
- Forcing illegal behavior

Using Intimidation

Making someone afraid by using looks, actions, gestures

- Smashing things
- Destroying property
- Abusing pets
- Displaying weapons

Using Emotional Abuse

Putting someone down

- Making them feel bad about themselves
- Name calling
- Playing mind games
- Humiliation

Using Isolation

Controlling what someone does

- Who they talk to
- What they read
- Deliberate misunderstanding
- Limiting outside involvement
- Where they go
- Jealousy

Minimizing, Denying Blaming

Making light of the abuse and not taking concerns seriously

- Saying abuse did not happen
- Shifting responsibility
- Laying Blame

Using Children

Making person feel guilty about the children

- Using children to relay messages
- Using visitation for harassment
- Threatening to take children away

Using Dominance

Treating someone like a servant

- Making all the big decisions
- Acting like the "Boss of the Castle"
- Being the one to define all roles

Using Economic Abuse

- Preventing someone from working
- Making them ask for money
- Giving an allowance
- Taking their money
- No access to family income

If you are a Victim of Domestic Violence

1. File a crime report and get a case number. A detective will contact you about the case.

2. Contact the San Diego Family Justice Center AT 619.533.6000

Services Include:

- Advocacy
- Clothing
- Counseling
- Court support
- Deaf/hard-of-hearing assistance
- Emergency housing*
- Employment assistance
- Family Law
- Forensic documentation of injuries
- Housing for pets*
- Immigration assistance
- Internet access
- Interpreters
- Law enforcement/prosecution
- Legal assistance
- Locksmith services*
- Medical and dental services
- Military assistance
- Public assistance programs
- Restraining orders
- Safety planning
- Support groups

*Provided by offsite referral.

*Victim compensation

3. **Change your unit locks.** If you are renting and the perpetrator is not a tenant of your unit, a landlord must change your locks and give you a key to within 24 hours after a request if you provide the landlord with a copy of a TRO or EPO issued within the last 180 days, or police report stating that the resident or household member is a victim of domestic violence. If the perpetrator is a tenant, the restraining order must exclude the perpetrator from the unit.
4. **If you are renting, move to another location.** Tenants who are victims of domestic violence can terminate a tenancy by giving a 30-day notice and providing the landlord with a copy of a TRO or EPO issued within the last 180 days, a police report stating that the resident or household member is a victim of domestic violence, or documentation from a physician, psychiatrist, psychologist, or other qualified third party acting in a professional capacity that the victim is seeking assistance for physical or mental injuries from an act of domestic violence. Rent for 30 days after the notice to terminate must still be paid.