

There are Many Types of Abuse:

- Physical
- Verbal/Emotional/Psychological
- Sexual
- Children seeing or hearing the violence
- Criminal Mischief (damaging property)

Domestic Violence Can be Cyclical:

Tension Building

- Everything you say or do makes her/ her mad
- You may be compliant, loving, or compromising to keep your partner from getting violent

Violent Episode

- Your partner rages out of control
- Abuse occurs
- You may mentally separate yourself to get through the violence

Hearts and Flowers

Your partner...

- Is sorry, loving, or kind
- Begs for forgiveness
- Promises to get help
- Buys gifts
- Promises it will never happen again

Over time, the “Hearts and Flowers” part of the cycle disappears. You are told that YOUR behavior is what causes your partner to lose control.

If you are in a violent relationship,

You CAN get out.

You CAN get help.

Did you know that Domestic Violence is a Crime?

The Colorado State Law says that Domestic Violence is:

An act or threatened act of violence upon a person with whom the actor is or has been involved within an intimate relationship. Domestic Violence includes and other crime against a person or property, when it is used as a method of coercion, control, punishment, intimidation, or revenge directed against a person with whom the actor is or has been involved in an intimate relationship.

C.R.S. 18-6-800.3 (1)

Safety During an Explosive Incident

- Call 9-1-1 to report abuse or before an act of violence occurs.
- Avoid rooms that don't have an outside exit or any room with a weapon, especially the kitchen.
- Devise a code word to use with family, friends, or neighbors for when to call the police.
- Ask neighbors to call police if they hear a disturbance.
- Teach your children to go to a safe place to wait for the police, such as their bedroom, a neighbor's or a friend's house.

Safety – Preparing to Leave

- Hide money; an extra set of car keys; clothing for you and your children (appropriate for the season); important documents such as birth certificates, social security numbers (yours, your partner's and children's) driver's license, copies of bills, ownership papers, insurance policies, health insurance information, marriage license, and bank account information; valuable jewelry; and a special toy for each of your children.
- Decide who you can stay with, or, if you go to a shelter, keep the shelter number and/or Victim Assistance number with you.
- You can contact the Department of Revenue to block your new address from your driver's license, motor vehicle registration, and voter registration to be safe from your abuser.
- Obtain a restraining order – contact 303-441-3775 for information and assistance.
- Inform your family, friends, and children's school about the restraining order.
- Call 9-1-1 if the abuser breaks the restraining order.
- Call 9-1-1 to report an act of violence.

Remember,

***The most dangerous time
for you can be when
you are leaving your abuser.***

Community Resources

Crisis and Referral

Domestic Violence Safe House:

Boulder	303-444-2424
Longmont	303-772-4422
Woman's Place	970-356-4226
Sexual Assault Victims Advocate Ctr.	970-472-4200
Rape Crisis Hotline (MESA)	303-443-7300
Safe Shelter of St. Vrain Valley	303-772-4422
Safehouse Progressive Alliance	
For Nonviolence	303-444-2424
Lafayette Office	303-673-9000
North Range Behavioral Health	970-347-2120
	Or 303-857-2724
Suicide Education & Support	970-313-1089
Department of Human Services	970-353-3800
	Or 303-857-2725
	Or 720-652-4209
Social Services	970-352-1551
United Way Information	211

Medical

Northern Colorado Medical Center	970-352-4121
McKee Medical Center	970-669-4640
Longmont United Hospital	303-651-5000
Platte Valley Medical Center	303-498-1600
Medical Center of the Rockies	970-624-2500
Good Samaritan Hospital	303-689-6933
The Children's Hospital	720-777-1234

Law Enforcement

Colorado State Patrol	970-506-4999
Dacono Police Department	303-833-5526
Erie Police Department	303-926-2800
Firestone Police Department	303-833-0811
Fort Lupton Police Department	303-857-4011
Frederick Police Department	303-833-2468
Lochbuie Police Department	303-659-1395
Platteville Police Department	970-785-2215
Nunn Police Department	970-897-2561
Weld County Coroner's Office	970-392-4545
Weld County District Attorney	970-356-4010
Victim Witness	Dial 2
Victim Compensation	Extension 4676

Weld County Sheriff's Office

Toll Free	1-800-436-9276
Jail and Administration	970-356-4015
Communication Center (Dispatch)	970-356-1212
Emergencies	911

**No matter what you
are told,**

**You don't deserve to
be abused.**



**Weld County Sheriff's
Office**

Victim Services Unit

1950 "O" St.

Greeley, CO, 80631

970-356-4015 x2884

**A Bandage Can't Fix
The hurt of Domestic Violence**

I Don't Like To Be Hit

Pinched

Pushed

Punched

Choked

Kicked

Slapped

Don't Hold Me Down

Don't Break Me Things

Don't Put Holes In My Walls

Don't Call Me Names

It Hurts

It's Sad

It's Mean

It's Wrong

It's a Crime