

## 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

970-352-1551

Social Services 211

United Way Information

#### 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**

**970-400-2878**

**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**

Adopted from a brochure created by the Broomfield  
Police Department and Boulder Sheriff's Office Victim  
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