

## Domestic Violence

### It Hurts Everyone

- Domestic violence is very common. It happens in all cultures and classes.
- Not all injuries are visible. Often the most painful ones *cannot be seen*.
- Domestic violence is the *single major cause of injury* to women.
- A battering incident usually happens *more than once*. It usually gets worse and occurs more often.
- Stress, alcohol, drug abuse, or mental illness may be associated with domestic violence, but *does not cause it*.
- **Domestic Violence is a crime, even when it is done by someone you love.**

It is not a “family problem”. **No one has the right to threaten or hit or harm you or your children. Even if children are not physically hit, they get hurt emotionally when they see violence in their home.**

**DOMESTIC VIOLENCE  
HURTS THE ENTIRE  
FAMILY! NO ONE  
DESERVES TO BE HURT**

## Are you afraid at home? Are you being hurt or threatened by someone you love?

### *We can help!*

If you are hurt, threatened or made to feel afraid by someone you love **YOU ARE NOT ALONE!** Many others have asked the same questions you are asking yourself:

- **Why is this happening to me?**
- **Is it my fault?**
- **How can I stop it?**
- **Will it get better or worse?**
- **Should I leave? Should I stay?**
- **How will I survive? How will I take care of my children?**
- **Where can I go? Who will help me?**
- **What will my friends and family think?**

**You need to know:**

- ❖ **You are NOT alone.**
- ❖ **NO ONE deserves to be abused**
- ❖ **It is NOT your fault**

## Emergency Safety Plan

- Do not allow yourself to be cornered in a room, especially in a kitchen or a bathroom
- Talk with your children about safe places to go and how to get help.
- Set up emergency signal with a trusted neighbor or friend.
- If someone is following and threatening you, find different ways to go places and tell your friends and family, and your boss.

### **Remember:**

***You have the right to take your children when you escape from abuse. You have the right to come back for them later. You cannot be charged with abandonment if you leave your children in order to escape from abuse.***

If you need help,

**CALL**

**ASAFSF HELPLINE**

1-877-SAFE-711  
or  
1-877-723-3711

**AzCADV ADVOCACY  
HOTLINE**

602-279-2900  
or  
1-800-782-6400

**NATIONAL DV HOTLINE**

1-800-799-7233

ASAFSF is a 501(c)(3) non-profit  
organization

CONTACT US AT

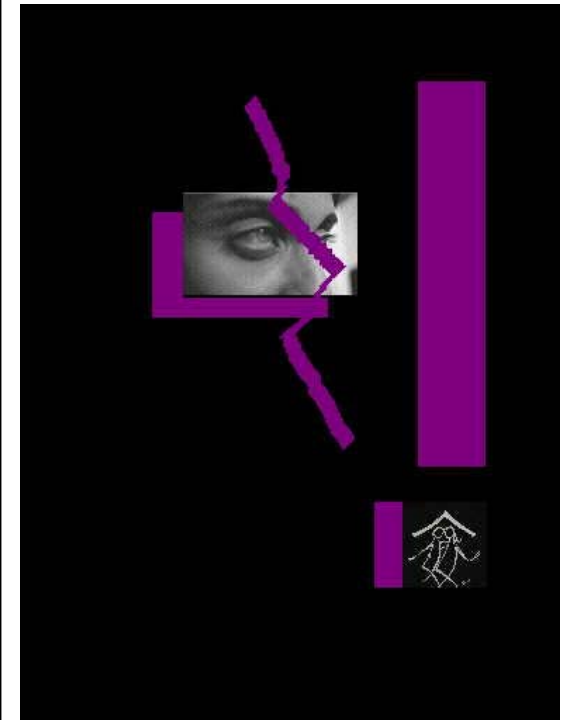
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**Arizona South Asians  
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**A South Asian Support  
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Arizona**