Domestic violence is abuse committed against an adult or fully emancipated minor who is a spouse, former spouse, cohabitant or a person with whom the suspect has had a child or has had a dating or engagement relationship according to California law.

WHAT IS ABUSE?

…Intentionally or recklessly causing, or attempting to cause, bodily injury or placing another person in reasonable apprehension of imminent serious bodily injury to himself or another.

Simply stated, it is a crime for any person to threaten, beat, sexually assault or otherwise harm another person even if they are married.

Phase One
TENSION BUILDING

During this phase the victim senses his/her mate's increasing tension. He/she is "edgy" and lashes out in anger saying their mate is incompetent and unconcerned about their welfare. As the tension in the relationship increases, minor episodes of violence increase, such as pinching, slapping or shoving.

Phase Two
ACUTE- BATTERING INCIDENT

The tension-building phase ends in an explosion of violence. The victim may or may not fight back. Following the battering, he/she is in a state of physical and psychological shock.

Phase Three
LOVING-RECONCILIATION

During the last phase of the domestic violence cycle, both parties have a sense of relief that "it's over". The aggressor is often genuinely sorry for what has happened and is fearful that their partner will leave. He/she apologizes and may "shower" their partner with love and praise that helps them repair their shattered self-esteem. The aggressor tells their mate they can't live without them.

Once violence has begun, research has shown it continues to increase in both frequency and severity. Understanding the psychological consequences of the violent relationship can help the victim take power and choose constructive life alternates, as well as aid those who intervene to help him/ her.

IF YOU BECOME A VICTIM OF DOMESTIC VIOLENCE:

**** Call the police or sheriff.

**** Make sure you are safe from another beating. Whenever you believe you are in danger, leave your home and take your children with you. Also, take important papers such as your birth certificate, vehicle registration, credit cards, checkbooks, etc.

****Get medical attention. Don't try to treat yourself. You may be injured much more seriously than you realize.

**Be aware that despite official restraint of the person alleged to have committed domestic violence, the restrained person may be released at any time.

****Seek assistance. You may ask the district attorney to file a criminal complaint. You may need to talk to a professional about your situation. Contact your local battered women's shelter, women's support group, or victim's assistance center.
****Save all the evidence (proof) you can. (You may even want to take photographs of yourself.) Whether or not you file charges now, you may later change your mind and then will need proof that you have been assaulted.

**You have the right to go to the superior court and file a petition requesting various orders of relief, such as:
- An order restraining the attacker from abusing the victim and other family members.
- An order directing the attacker to leave the household.
- An order preventing the attacker from entering the residence, school, business, or place of employment of the victim.
- An order awarding the victim or the other parent custody of or visitation with a minor child or children.
- An order restraining the attacker from molesting or interfering with minor children in the custody of the victim.
- An order directing the party not granted custody to pay support of minor children, if that party has a legal obligation to do so.
- An order directing the defendant to make specified debit payments coming due while the order is in effect.
- An order directing that either or both parties participate in counseling.

**You have the right to file a civil suit for losses suffered as a result of abuse.

**For information about the California victims' compensation program, you may call 1-800-777-9929

A WAY OUT

Everyone has the right to be safe from threats and beatings, but <u>you</u> must take that first step.

Once you recognize that <u>it isn't your fault</u> and it is possible to change your situation, seek the help you need to correct your situation.

SEXUAL ASSAULT

Sexual assault is a crime of violence, a hostile attack, an attempt to hurt and humiliate. Sex is used as a weapon. It is a planned act in most cases. Sexual assault is a **crime,** whether the suspect is your friend, neighbor, boyfriend, girlfriend, spouse, or relative.

What to Do If You Become a Victim of Sexual Assault

1. Escape if possible and get to a safe place. Report the incident to the Police immediately.
2. **Do Not** take a shower or douche.
3. Inform the police of all details of the attack, however intimate, and anything unusual you may have noted about the attacker. Be sure to tell him/her of any injuries received, so they may be photographed.
4. Be prepared to provide the Police Officer the clothing you were wearing during the attack and the bedding.

Community Resources

1. House of Ruth Hotline
P.O. Box 459
Claremont, CA 91711
(909) 988-5559 (24 hours)

2. YWCA Wings
P.O. Box 1464
West Covina, CA 91793
(626) 967-0658 (24 hours)

3. Project Sister (HOT LINE)
(909) 626-4357 (24 hours)
Rape outreach, child abuse, incest, sexual assault crisis and prevention

4. Victim/Witness Assistance Program
8303 Haven Avenue, Fourth Floor
Rancho Cucamonga, CA 91730
(909) 945-4241 (Mon.- Fri. 8am- 5pm)
Provides aid to victims of crimes.

5. West End Family Counseling Services
855 North Euclid Avenue
Ontario, CA
(909) 983-2020

PREVENT CRIMES

SEE IT!

HEAR IT!

REPORT IT!

CRIME PREVENTION IS EVERYONE'S BUSINESS

Crime Prevention Tips From:
The Community Relations Unit
Upland Police Department
1499 W. 13th Street
Upland, CA 91786
(909) 946-7624

Emergencies Call

9-1-1

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DOMESTIC VIOLENCE

Brian P. Johnson
Chief of Police