

## Orders that last longer...

A **Temporary Restraining Order (TRO)** can protect you for 3-4 weeks (until your next court date). If you file your forms by 2 p.m., and the judge approves it, you can get a TRO that same day. You can ask for a TRO when you file your forms at the courthouse.

A **Restraining Order**, sometimes called a permanent order, can last up to 3 years. To get one, you have to go to court, and you and the abuser will have a chance to talk to the judge.

You don't have to be afraid of seeing the abuser at court. The justice community will protect you. We can make sure someone will be there with you, and can help you prepare.

**Call us for support: 1-800-VICTIMS**

## Safety tips after you go to court

- Keep a copy of your restraining order with you **at all times**. Make extra copies, and give one to your employer, neighbors, local police, and your child's school.
- Change your locks.
- Talk to your children about your safety plan.
- Give your child's school the names of people who are allowed to pick up your children.
- Ask neighbors to call 911 if they see or hear the abuser nearby.
- Take someone with you when you do errands.

## Victims of domestic violence have rights!

The law gives you many rights, including:

- Protection for you, your children, and your job
- Help to end a lease or rental contract early
- Protection against deportation (for undocumented immigrants)
- Help to ask for custody and support orders, if you need them

In California, a special law, called *Marsy's Law* helps you, too.

To learn more about your rights, call the Victims of Crime Resource Center: **800-842-8467**

## Get help now! Call:

- Victims of Crime Resource Center: **800-842-8467**
- National Domestic Violence Hotline: **800-799-SAFE (7233)**
- Love is Respect: **866-331-9474**
- California Partnership to End Domestic Violence: **800-524-4765**
- National Human Trafficking Resource Center Hotline: **888-373-7888**

## About Us

The Victims of Crime Resource Center has helped thousands of crime victims across California since 1984. Our services are **free**. Our expert staff know the latest information in the field. We are funded by the California Governor's Office of Emergency Services (CalOES at: oes.ca.gov).

We maintain [www.1800VICTIMS.org](http://www.1800VICTIMS.org) and operate **1-800-VICTIMS** — the statewide, toll-free hotline that gives confidential information and referrals to victims, their families, victim service providers, and victim advocates.

We are here to guide you and answer any questions. Contact us.

Victims of Crime Resource Center  
University of the Pacific, McGeorge School of Law

**Call us: 1-800-VICTIMS, or**  
**Visit: [www.1800VICTIMS.org](http://www.1800VICTIMS.org)**



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# Help for Victims of Domestic Violence



**Victims of Crime Resource Center**

**1-800-VICTIMS (1-800-842-8467)**  
**[www.1800VICTIMS.org](http://www.1800VICTIMS.org)**

## What is domestic violence?

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Domestic violence is a **crime**. It doesn't matter if the abuser is your spouse, boyfriend, girlfriend, parent, or other person you have a close relationship with. It's against the law to hit, slap, beat, rape, frighten, or harm the other person.

Domestic violence happens at all levels of our society. The abusers and the abused are men, women, and children of all ages and socioeconomic and educational levels. They come from diverse ethnic, religious, and national backgrounds.

### Facts:

- **1 in 4** women will be a victim of domestic violence in her lifetime.
- **1 in 3** women murdered is killed by a spouse/partner.
- **20-24** year old women have the greatest risk of domestic violence.
- Every year, **3 million** children see domestic violence at home.

## How do I know if I am a victim?

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Ask yourself these questions:

### Physical abuse:

Has your partner pulled your hair, scratched, hit, kicked, slapped, pushed, or punched you, or hurt you in some other way?

### Sexual abuse:

Has your partner forced you to have sex without your wanting to? (This is against the law, even if you are married.)

### Verbal abuse:

Has your partner called you names, made verbal threats to hurt you or your children, or threatened to kill himself if you leave him?

### Emotional abuse:

Has your partner put you down, kept you isolated, or humiliated you in front of others? Does s/he make you feel guilty for all the problems in your relationship? Play mind games or make you feel bad about your existence and how you look?

### Financial abuse:

Does your partner control your money, bank accounts, credit cards, or keep you from being financially independent? Has s/he pressured you to sign loan or credit documents?

## Do you stay in your relationship for the sake of your children?

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### Think about this:

- Children who see violence at home are at greater risk for violent relationships when they grow up.
- Boys who see violence at home are twice as likely to abuse their own partners and children when they grow up.
- In 30% to 60% of homes where a spouse or partner is abused, the children are also abused.

## How to protect yourself

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Make a safety plan. It can protect you from being hurt. Start by packing a bag with things you would need if you have to leave quickly. Leave the bag some place safe that you can get to fast. Or leave it with a neighbor or relative you trust.

### Put these things in the bag:

- ID, such as passport, birth certificate, driver's license, social security card, insurance documents
- Legal papers, such as custody, separation, or restraining orders
- Money, credit cards, checkbooks, savings bonds, food stamps
- Medications and prescriptions
- Keys to your home and car
- Clothes
- If your kids might leave with you, put a blanket, pillow, or a toy they love in your bag. It will comfort them.

### Things to do now:

- Open a bank account in your name only.
- Build a support network. Tell a trusted family member, friend, or neighbor about the abuse.
- Know which domestic violence shelters are near you.

## A Restraining Order can help you

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You can ask the court for a Restraining Order to protect you and your children.

### A Restraining Order can order the abuser to:

- Not contact you, your children, other relatives, or people you live with
- Stay away from your home, work, and your children's schools
- Move out of your house
- Not have a gun

### It can also order the abuser to:

- Pay child or spousal support
- Follow child custody and visitation orders
- Stay away from your pets
- Pay some bills and return property

## How do I get a restraining order?

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First, you have to fill out forms to tell a judge about the orders you want and why. You can get forms online at:

[www.courts.ca.gov/forms.htm?filter=DV](http://www.courts.ca.gov/forms.htm?filter=DV)

You can also get forms and help to fill them out from your county court's Family Law Facilitator or Self-Help Center. Or contact:

- Local domestic violence organizations and shelters, or
- Victim Witness Assistance Center

For information or referrals to agencies that can help you:

**Call us: 1-800-VICTIMS**, or

**Visit:** [www.courts.ca.gov/selfhelp-domesticviolence.htm](http://www.courts.ca.gov/selfhelp-domesticviolence.htm)

## What if I need protection NOW?

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Call 911. You can ask any police officer for an **Emergency Protective Order**.

The police will contact a judge, who can make an order to protect you that lasts about 1 week. That will give you time to ask for an order that lasts longer.