

Resources

Mesa Police Department
Mesa Family Advocacy Center
Victim Services Unit
480-644-4075

24-hour National Domestic Violence
Hotline
1-800-799-SAFE (7233)

Community Information & Referral
Maricopa County Shelters
602-263-8900 (24 hour Hotline)

East Valley Crisis Line/ Autumn House
Shelter
480-835-5555

AZ Coalition Against Domestic Violence
(Information/Referral/Legal Advocacy Hotline)
602-279-2900
602-279-7270 (TTY)
1-800-782-6400

Care for Pets of Victims of DV:

AZ Humane Society Project Safe House
(temporary foster care for pets of victims)
602-997-7585

Maricopa County Sheriff's Office
M.A.S.H. Unit TLC Program
602-876-1212

Did you know?

- **One in every four women will experience domestic violence in their lifetime.**
- Every 44 minutes in Arizona, one or more children witness a domestic violence incident.
- **Females aged 16-24 are 3 times more likely to be abused than any other age group.**
- Females were 84% of spousal abuse victims and 86% of abuse victims at the hands of a boyfriend.
- **1 in 5 high school students experience physical or sexual violence in their relationship.**
- Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults.



Help is available



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Domestic Violence

Affects Everyone



Is it affecting you or someone
you know?



Domestic Violence

Affects Everyone...

Help is Available

What is domestic violence?

Domestic violence (DV) occurs when one person in a relationship uses violent or abusive behavior to control another. This behavior may include:

- Physical abuse
- Damage to property
- Sexual abuse
- Verbal abuse
- Harassment, threats, or intimidation
- Financial abuse
- Elder abuse
- Animal abuse

DV does not just occur between spouses. Other relationships offered protection under AZ laws include:

- Romantic or sexual dating relationship
- Having a child in common
- Spouse or former spouse
- Party is pregnant by other party
- Persons residing or having resided in same household
- Child who resides or has resided in same household
- Parent, grandparent, grandchild, step-child, brother, or sister

Who does it affect?

DV affects people of every culture, class, education level, income level, ethnicity, and age.

How do I recognize it?

Early warning signs can include:

- Jealousy
- Control what the partner wears
- Constantly check up on who their partner sees or where they are going
- Control the partner's spending
- Constantly text or call the partner
- Say things to belittle the partner
- Place blame on the partner if something goes wrong
- Force sex on the partner

Risk Factors

Some indicators of increased risk include:

- Recent separation
- Escalation of attacks
- Antisocial behavior of the abuser
- Depression of the victim
- Threats
- Substance Abuse

Why don't they leave?

Some of the common reasons are:

- Fear of reprisal
- Shame or humiliation
- Abusers blame the victim
- Abusers threaten the victim, the children, the family and/or the pets
- Loss of financial support for victim and children

What can I do as a friend, co-worker, neighbor, or family member?

Always contact the police if someone's life is in danger.

Listening and offering support are often the first steps in helping the victim. Saying "I'm afraid for your safety/safety of your children", or "I'm here for you when you are ready and able to leave" can help.

Acknowledge that no one deserves to be hurt. Guide the victim to community services and help them develop a safety plan. Educate yourself about DV to find out how to best help them.

What if I am being abused?

Talk to someone. The abuser's power comes from the secrecy. Tell a friend, neighbor, or family member or call the National Domestic Violence 24-hour Hotline to speak with a counselor.

Develop a safety plan and know what you will do if victimized again. Put important papers in a place where you can access them quickly.

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