

SafePlace offers these free and confidential services to people who have experienced all forms of violence and abuse:

- A safe place to stay
- Tuesday and Wednesday drop in center 10am-12pm and 1pm-3pm to connect you with resources that can help, someone to help you plan for your safety and process your feelings
- 24-hour/7 days a week help line to connect you with resources that can help, someone to help you plan for your safety and process your feelings
- Someone to go with you to court if you need a Protection Order
- Someone to connect you with an attorney for free legal advice
- A safe space to process your feelings and connect with others who have had similar experiences
- Free cell phones to call 911
- Gift cards for food and other necessities*
- Help to pay rent *
- We have people who speak Cambodian and Spanish. We provide interpreters for other languages and ASL

Call 360.754.6300 (voice)

360.943.6703 (TTY)

**Not all financial resources are available at all times. **

SAFEPLACE MISSION

We strive to stop sexual and domestic violence and advocate for personal and societal change through crisis intervention and education.

SafePlace provides services for survivors of domestic violence regardless of age, ethnicity, nationality, race, gender, sexuality, class, religion, veteran status, the presence of a physical, sensory or mental disability, marital status or pregnancy status.

24 Hour Crisis Line: 360-754-6300
24 Hour Crisis Line TTY: 360-943-6703

SafePlace Business Office
314 Legion Way SE
Olympia, WA 98501
Business Phone: 360-786-8754
Business TTY: 360-753-8700
Website: www.safeplaceolympia.org
Email: safeplace@safeplaceolympia.org

July 2008 Z:\Brochures



Are you safe in your relationship?

Information about Domestic Violence

What is Domestic Violence?

It Can Happen To Anyone...

Domestic violence can happen to anyone. It doesn't matter how much money you have, your race, religion, gender, sexual preference or age. It is a societal problem; not a personal one.

It's Not Just Physical...

Domestic violence is not just physical abuse. Although it can include hitting, punching, slapping and pushing, domestic violence also includes emotional, verbal, sexual and financial abuse as well.

Emotional abuse may be hard to recognize, but can include manipulation, isolation from friends and family, and threats. **Verbal** abuse includes name calling and insults. **Sexual** abuse is when your partner forces you to have unwanted sexual interaction. **Financial** abuse includes control of money you would need to escape the relationship.

It's Never Okay...

No one deserves to be abused - you have the right to be safe. Contact SafePlace for support and/or to discuss your options.



What can I do to stay safe?

Safety Planning in Brief

Safety planning is a way for you and your children to talk about and plan ways to be safe.



SafePlace has general safety plans available, and advocates can work with you on creating a safety plan for your own needs. Call our help line day or night or visit our drop in office on Tuesday or Wednesday and an advocate can help you make a plan that works for you.



5 things you can say to support a survivor of Domestic Violence...

1. *I'm afraid for your safety.*
2. *I'm afraid for the safety of your children/family.*
3. *You don't deserve to be controlled or abused.*
4. *This is not your fault.*
5. *There are places to call for help.*

Signs/characteristics of an abusive relationship

Signs of an abusive partner/relationship

- Jealousy
- Controlling behavior
- Rushes you to commit to the relationship
- Unrealistic expectations
- Isolation from your friends or family
- Blames you or others for their problems or feelings
- Hypersensitivity
- Cruelty to animals or children
- Using force in sex

Signs of a healthy partner/relationship

- Respectful of your friendships and family
- Does not try to control your life
- Does not push for any commitment or sexual activity when you aren't ready
- Takes equal responsibility for making the relationship work
- Is comfortable talking about problems or feelings
- Partners are equal

For a relationship to be an abusive one, there will be a recurring pattern of the above behaviors. One jealous instance or a miscommunication about feelings happens in healthy relationships and doesn't necessarily make the partnership a bad one. When these issues occur frequently and are resolved in abusive ways, there is reason for concern.

If you need to talk about your relationship or would like more information, call SafePlace at 360 754-6300.

