

SAFETY PLANNING: PROTECT YOURSELF

- ➔ Stash some cash for emergencies.
- ➔ Pack an emergency bag with clothes, important documents, spare keys, and important phone numbers. Keep it in a safe place or with a friend.
- ➔ Let someone know about your situation. Give them a code or phrase to signal if you're in danger.
- ➔ Practice an escape route and identify the safest rooms in your home.
- ➔ Teach your children to dial 911.

LEGAL RIGHTS: ABUSE IS OFTEN CRIMINAL

You have legal options. If a crime has been committed against you, you can call the police or file for criminal charges through a commissioner. A legal advocate may be available to accompany you to court. If you are being abused, you can request a civil protective or peace order from the courts. An attorney may be available to represent you.

Maryland Helpline

1-800-MD-HELPS (1-800-634-3577)

Confidential 24/7 Hotlines in Maryland

| | |
|---|--------------------------|
| Allegany County | (301) 759-9244 |
| Anne Arundel County | (410) 222-6800 |
| Baltimore City | (410) 889-7884 |
| | or (410) 828-6390 |
| Baltimore County | (410) 828-6390 |
| Calvert County | (410) 535-1121 |
| Carroll County..... | (410) 857-0077 |
| Caroline, Kent, Dorchester, Queen Anne's, & Talbot Counties..... | (800) 927-4673 |
| Cecil County..... | (410) 996-0333 |
| Charles County..... | (301) 645-3336 |
| Frederick County | (301) 662-8800 |
| Garrett County..... | (301) 334-9000 |
| Harford County | (410) 836-8430 |
| Howard County | (410) 997-2272 |
| | or (800) 752-0191 |
| Montgomery County..... | Weekdays: (240) 777-4195 |
| | 24 hours: (240) 777-4673 |
| Prince George's County..... | (866) 382-7474 |
| St. Mary's County | (301) 863-6661 |
| Somerset, Wicomico, & Worcester Counties..... | (410) 749-4357 |
| | or (410) 641-4357 |
| Washington County | (301) 739-8975 |

Relationships
Shouldn't
Hurt

She loves me.

She hits me.

She gives me presents.

He says he's never loved anyone like this.

He's threatened suicide if I ever leave him.

My partner says I'm the only one.

My partner rapes me.

My partner says no one else will ever love me.

FACTS TO KNOW:

- ➔ Domestic violence includes a broad spectrum of abusive behaviors.
- ➔ You don't have to be hit to be abused. Abuse can be verbal, emotional, psychological, and/or sexual.
- ➔ Abusive behaviors are oppressive, coercive, and controlling.
- ➔ Domestic violence can be experienced by anyone, regardless of gender identity or sexual orientation.

ARE YOU DATING OR LIVING WITH SOMEONE WHO:

- ➔ Is jealous and possessive, doesn't like you being with your friends, checks up on you, won't accept breaking up?
- ➔ Is scary? You worry about how they will react to things you say or do. This person threatens you, uses or owns weapons.
- ➔ Has hit, pushed, choked, restrained, kicked, or otherwise physically abused you?
- ➔ Blames you for when they mistreat you saying you provoked them, pushed buttons, led them on?
- ➔ Uses your credit cards without permission, controls your money?
- ➔ Threatens to out you to friends, family or co-workers or makes you feel bad about yourself.

**YOU ARE NOT ALONE.
NO ONE DESERVES TO BE ABUSED.**

IF YOU HAVE A FRIEND WHO IS BEING ABUSED:

- ➔ Don't ignore it.
- ➔ Let your friend know privately that you're aware of the abusive situation.
- ➔ Be there as a friend.
- ➔ Be a good listener.
- ➔ Offer your friend support, the space to express hurt, anger, and fear and allow them to make their own decisions.
- ➔ Let your friend know that they are not responsible for the abuse and do not deserve it.
- ➔ Tell your friend about available resources. (see back cover)

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