Domestic and Dating Violence
AN INFORMATION AND RESOURCE HANDBOOK
learn more

For more information and to obtain copies of this handbook, please go to www.kingcounty.gov/domesticviolence

acknowledgments

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How can we stop domestic violence?
Domestic violence is a community issue. We can all send the message that domestic violence will not be tolerated. We must also learn how to best respond to domestic violence when we hear it or are worried about a friend, family member, neighbor, or co-worker. We can each make a difference in ending domestic violence. For tips on assisting victims, refer to the “How You Can Help” section in this handbook. There are many other ways to take action against domestic violence. For ideas, contact the King County Coalition Against Domestic Violence at (206) 568-5454 or www.kccadv.org, or your local domestic violence agency.

finding a new path

This handbook is for everyone impacted by domestic violence — and for those who want to help.
May it help you find a new path.
Since 1994, King County Government has published, printed, and distributed thousands of copies of the Domestic and Dating Violence Handbook. This is the eighth printing and update of this very important resource.

Domestic violence remains a serious, widespread social problem in our region. Each year, domestic violence impacts the safety, health, livelihood, and well-being of King County residents of all races, socio-economic backgrounds, ages, faiths, sexual orientations, and cultures. All too often, it kills. Historically, domestic violence was treated as a private family matter. Consequently, communities played a minimal role in prevention and intervention. Today we know better. We now know that domestic violence is a social problem that we cannot end without strong community involvement.

Beginning in 1988, King County Government provided both capital and operating support for domestic violence shelters and staff to assist victims in obtaining civil protection orders. In 1990, King County officials developed and adopted a regional Domestic Violence Action Plan by the Human Services Roundtable. As a result of that plan, the following year, King County, Seattle, and other municipalities began funding a coordinated system of legal and community advocates for victims. King County also added support for special prosecutors, police detectives, cross-system training and community education.

"We now know that domestic violence is a social problem that we cannot end without strong community involvement."

This handbook provides information on domestic violence, issues facing victims and batterers, the impact on children, warning signs and risk factors, safety recommendations, teen dating violence, the criminal legal process, and community resources. It is designed for a broad audience, including victims and batterers, teens, professionals, and concerned family and friends. We feel it applies to everyone.

King County Government is committed to continue working with the criminal justice system and community providers to help make our families and communities safer and to eliminate domestic violence.

We hope that this handbook is useful and informative. Most of all, we hope it inspires you as a member of your community to get involved in ending domestic violence.
Domestic violence is a pattern of intentional, abusive behavior that one intimate partner exerts over another as a way of gaining power and control. Domestic violence – also called intimate partner violence, battering, relationship abuse, spousal abuse or dating violence – may include physical, sexual, emotional, economic and psychological abuse. Domestic violence can happen to anyone.

The Power and Control Wheel below is a helpful visual that gives common examples of abusive tactics used to exert power and control.

**Power and Control**

**Physical**

**Using Coercion and Threats**
- Threatening to hurt their partner, to leave them, to commit suicide, to report them to welfare or ICE. Making them ask to have charges dropped. Making them do illegal things. Threatening to kill them.

**Using Economic Abuse**
- Preventing their partner from getting or keeping a job. Making them ask for money. Giving them an allowance. Taking their money. Not letting them know about or have access to family income. Keeping them from getting job training or education.

**Sexual**

**Using Intimidation**

**Using Emotional Abuse**
- Putting their partner down. Making them feel bad about themselves. Calling them names. Making them think they’re crazy. Playing mind games. Humiliating them. Making them feel guilty. Calling them sexist and/or racist names.

**Using Isolation**
- Controlling what they do, who they see and talk to, what they read, where they go. Limiting their outside involvement. Preventing a non-English speaking person from learning English. Saying no one will believe them because of their sexual orientation.

**Using Children**
- Making their partner feel guilty about the children. Using the children to relay messages. Using visitation to harass their partner. Threatening to take the children away and/or out of the country. Threatening to report the children to ICE.

**Minimizing, Denying, and Blaming**
- Making light of the abuse and not taking their partner’s concerns about it seriously. Saying the abuse didn’t happen. Not taking responsibility for abusive behavior. Saying they caused it. Using jealousy to justify abusive actions.

**Using Privilege**
- Treating their partner like a servant. Making all the big decisions. Acting like the “master of the castle.” Being the one to define men’s and women’s roles. Failing to file papers to legalize immigration status. Withdrawing or threatening to withdraw papers filed for residency. Using sexual orientation against them.

**Using Isolation**
- Controlling what they do, who they see and talk to, what they read, where they go. Limiting their outside involvement. Preventing a non-English speaking person from learning English. Saying no one will believe them because of their sexual orientation.

**Using Emotional Abuse**
- Putting their partner down. Making them feel bad about themselves. Calling them names. Making them think they’re crazy. Playing mind games. Humiliating them. Making them feel guilty. Calling them sexist and/or racist names.

**Using Isolation**
- Controlling what they do, who they see and talk to, what they read, where they go. Limiting their outside involvement. Preventing a non-English speaking person from learning English. Saying no one will believe them because of their sexual orientation.
batterers typically use physical abuse or any of the following tactics to control their partners.

**Use of Children** – Batterers may threaten to get custody of the children to control their partner. Batterers may ask the children about the other parent’s activities in order to monitor behavior.

**Jealousy** – Batterers may equate jealousy with love. Batterers may question the victim about who they talk to, accuse them of flirting and having affairs, or become jealous of their time spent with others.

**Controlling Behavior** – Batterers may monitor what their partner does or where they go, control the household finances, keep their partner from getting a job or going to school, make all decisions for their partner, or set rigid rules about what their partner is and isn’t “allowed” to do.

**Unrealistic Expectations** – Batterers may expect their partner to meet all of their needs, to take care of everything for them emotionally or domestically.

**Isolation** – Batterers may isolate the victim by making it difficult or impossible for them to be with family, friends, or others who could give them support. Batterers may block their partner’s access to transportation, phone or computer.

**Blames Others for Problems** – Batterers often blame the victim for the batterer’s own abusive behaviors. Batterers rarely take responsibility for their own actions and often blame someone/something else.

**Blames Others for Feelings** – Batterers may use feelings to manipulate their partner. Common phrases include “You’re hurting me by not doing as I want” and “You’re making me feel this way.”

**Cruelty to Animals** – Batterers may kick, throw, or hurt the family pet.

**Use of Force or Pressure During Sex** – Batterers may restrain their partner against their will during sex, act out fantasies in which the partner is helpless, force sex when their partner is asleep, or demand sex when their partner is ill or tired. They may show little concern...
for their partner’s wishes and may use sulking or anger to get their way.

**Verbal Abuse** – Batterers may belittle their partner, call them names, and say cruel and hurtful things.

**Dual Personality** – “Dr. Jekyll and Mr. Hyde” – Batterers may act differently or show different personalities in public than in private; they may shift from a good mood to a bad mood easily and quickly around their partner.

**Threats of Violence** – Batterers may threaten to hurt or kill their partner or even themselves to get what they want. It may only take a small reminder of past violence to scare their partner.

**Breaking Objects** – Batterers may break household items, destroy sentimental things, punch holes in walls or kick doors to scare or upset their partner.

**Use of Force During an Argument** – Batterers may hold down their partner, physically restrain them from leaving, push or shove them, or say they will hurt them if they leave.

**Uses Remorse** – Batterers may apologize, make promises to change, or be on their best behavior to keep their partner in the relationship.
domestic violence continuums

**Myth:** Everyone has arguments or disagreements with their partner from time to time. It’s only domestic violence if someone physically gets hurt.

**Fact:** Domestic violence can actually take many forms, some physical, some not. Hitting is only one example of abusive behavior. All forms of abuse can do harm.

The four domestic violence continuums described below offer another way to think about the breadth and depth of abusive behaviors and tactics. The domestic violence continuums show the progression of different types of abuse. While the impact of these behaviors may vary for the victim, the intent of the batterer is always to dominate and control their partner. Without intervention, the violent behavior targeted toward the victim may escalate.

**Continuum: Emotional**
- Joking to hurt or upset
- Ignoring or minimizing feelings
- Withholding approval and emotional support as punishment
- Withholding affection
- Yelling, name calling
- Repeated insults, degrading
- Targeted insults, labeling
- Belittling
- Publicly humiliating
- Blaming and accusing
- Demanding all attention
- Giving mixed signals
- Lack of cause and effect
- “Crazy-making”
- Acting differently in public than in private
- Resenting children or relationship
- Threatening to hurt the children
- Threatening to take the children

**Continuum: Physical**
- Restraining
- Pushing, shoving
- Shaking
- Hitting, punching, kicking
- Targeted hitting
- Using objects as weapons
- Abusing during pregnancy
- Abusing victim’s children
- Strangling, beating
- Breaking bones, causing internal injuries
- Disabling or disfiguring
- Stabbing, shooting
- Murder
Continuum: Sexual
- Sexual jokes or demeaning gender remarks
- Jealousy, accusations of being unfaithful
- Sexual name-calling or humiliation
- Unwanted touching
- Forcing victim to look at/engage in pornography
- Accusing victim of cheating even though abuser may have several sexual partners
- Coercive/demanding sex (use of threats)
- Demanding sex during or after pregnancy or illness
- Sex that hurts
- Forced sex/rape
- Rape resulting in permanent injury
- Rape with murder

Continuum: Social/Environmental
- Uses rigid ideas of men’s and women’s roles
- Uses sexism, racism, and/or homophobia
- Prevents victim from learning English
- Degrades culture, religion, nationality, or profession
- Alienates victim’s family/friends
- Threatens to ‘out’ lesbian or gay victim
- Destroys or damages victim’s property
- Monitors victim’s phone calls, computer use
- Monitors victim’s activities
- Isolates victim from support system
- Keeps victim from working or getting a job
- Controls major decisions
- Controls money/finances/access to credit and enforces economic dependence
- Convinces victim she is hysterical, paranoid, stupid or mentally ill
- Drives recklessly to scare victim
- Threatens to report victim to immigration
- Hurts/kills family pet
- Deprives victim of food, medicine, sleep
- Stalks victim
- Threatens to hurt victim’s extended family
Domestic violence is very rarely an isolated event. By definition, domestic violence is patterned behavior and it often escalates over time. People often mistake domestic violence as something that only happens once during a heated argument or as a situation where someone simply “snapped” unexpectedly. However, the entire story of the relationship is rarely known to others. A batterer may justify the abuse by saying it was a one-time event or isolated incident. This makes it easier for the batterer to downplay other abusive behaviors that may not be physical or may be, according to the batterer, “less serious.”

Most batterers use a variety of abusive tactics. Patterns of abuse may be different from batterer to batterer – not all patterns are predictable or obvious. Some abusive tactics may not appear to an outsider to be particularly alarming, and may even seem thoughtful or loving. For instance, some batterers use remorse as a way to keep the victim in the relationship. They may send flowers and give seemingly heartfelt apologies. Batterers may also make promises to change their abusive behavior, which often fuels the victim’s hope that things will get better. They also might start to sound sorry for what they did, but will end up blaming their behavior on the victim. In an abusive relationship, remorse, blaming and denial are simply manipulative tactics the batterer uses to try to influence how the victim perceives or feels about the relationship. Batterers often use these less obvious tactics to their advantage: they may seem like no big deal, but they are still part of a pattern of control and coercion.

Victims may also describe the abuse as an isolated incident. Their abusive partner may be discounting the abuse and victims may feel pressured to agree in order to keep the peace and stay safe. Likewise, victims often get advice from well-meaning people to focus on the good parts of the relationship or “look on the bright side.” In an attempt to make sense of the abuse and cope with it, they may “forgive and forget” an incident as a one-time event in order to help them think that the abuse will not happen again.

If you recognize abusive behaviors in your partner, you are encouraged to seek assistance and support from the domestic violence agencies listed in the “Community Resources” section of this handbook (page 47).
Myth: People who are victims of domestic violence must be doing something to provoke their partner.

Fact: Batterers often justify using violence by saying their partner “provoked” them, but in fact, this is just an empty excuse to avoid taking responsibility for their behavior. Batterers use violence or other abusive behavior because they have learned that it can control their partners.

Who Are Victims?

Simply being female is the single greatest factor that increases one’s risk of becoming a victim of domestic violence. Aside from this, there is no clear method or list of characteristics that will determine a future victim. Nearly one-third of American women report experiencing physical or sexual abuse from an intimate partner in their lifetime.* Many battered women experience abuse during pregnancy. Victims of domestic violence can also be any age, race, religion, culture, and socio-economic level, single or married, gay or lesbian. According to the Bureau of Justice Statistics (2005), 85% of domestic violence victims are female. As such, the language in this section will characterize victims as female. Of course, some domestic violence victims are male, just as some batterers are female.

Why is it Difficult to Leave an Abusive Relationship?

Many people ask, “If it’s so bad, why doesn’t she just leave?” This question blames the victim, instead of holding the batterer responsible for his behavior. Additionally, this blaming question does not show knowledge of how difficult it can be to leave. The reality is that many battered women do leave, but leaving does not guarantee their safety. Violence often escalates after the victim decides to leave her partner.

The following is a list of issues that battered women may face in trying to leave an abusive relationship. What is inspiring is that despite all of these very real barriers to leaving, many battered women do safely leave and make a new life for themselves. However, it is important for our society to keep in mind that it is very difficult to leave and to refrain from making judgmental statements that blame the victim.

Fear

For many domestic violence victims, fear of their abuser’s reaction keeps them from leaving. The abuser may have threatened to harm her if she were ever to leave. The victim may be afraid that her abuser would find her wherever she may go. This fear is realistic since leaving is often a time when violence gets worse.

**Lack of Money**

The batterer may control their money and she may not be able to access it. Not having money can limit her options for moving out and caring for herself and her children. She may fear becoming homeless and this, too, is a realistic fear. Over half of homeless women and children in our country are so because of domestic violence. Some women with children may stay in a financially secure yet violent situation because they feel guilty about the prospect of their children struggling. Others may stay because they literally have nowhere else to go.

**Children**

A woman dealing with abuse may fear that she will lose the children if she leaves. Many batterers threaten to take custody of the children if their partner leaves them. She may fear that without any money, she will have trouble getting an attorney and securing custody of her children. Some batterers may threaten to take the children out of the country, so that she will not see them again. Additionally, some batterers behave abusively at home, but seem to be “upstanding citizens” to the rest of the world. She may be afraid that no one will believe what is really happening at home, including the courts, and that this will impact custody. Likewise, some batterers may threaten to harm the children if she leaves. Some women may also feel pressure to remain in the relationship for the sake of “keeping the family together” for the children.

**Isolation**

Often a batterer will isolate his partner from friends and family members. He may restrict her from seeing them or make it uncomfortable for them to be around. Cutting her off from people who support and care about her increases his power over her. He also may reinforce the idea that he is the only one who really cares about her. Other times, friends and family get frustrated with the situation and get tired of trying to help her. They may not understand how much harder it is to be in an abusive relationship than merely looking in from the outside. Isolation truly increases a batterer’s control over his partner.

**Societal, Cultural, and Religious Pressure**

Someone who is being abused may feel social pressure to stay in the relationship. Females in our society are typically socialized to value relationships and be caretakers. The pressure of this caretaking role may be combined with the batterer’s pressure on her to stay with him and help him change. Additionally, some women may have been taught that they have more value in a relationship than as an individual. Divorce may not be an option in one’s culture or religion. In some cultures, there may be a fear that airing problems, like domestic violence, will only further marginalize or oppress the cultural group. She may be getting pressure from her religious community to stay with him, make it work, and keep the family together. She may also be feeling pressure from family or friends to try to work things out with her partner. Gays and lesbians may fear that their partner will “out” them.
Emotional Investment (Love and Hope)

She may still love him and hope that his abusive behavior will stop. She may not want the relationship to end, just the abuse. She may want a father for her children or a partner for herself. She may fear that he is right and that no one else will love her.

Older and/or Vulnerable Adults

Older victims of abuse may have trouble leaving as well. Older victims often do not seek help -- they may have traditional views about what it means to be a husband, wife, mother, or father -- and may be accepting of abuse. Further, they and other types of vulnerable victims may be dependent on their abuser for assistance with eating, bathing, mobility, medications, or getting to the doctor. They may also feel that it is too late to make significant changes in their lives.

Immigration Issues

If she is an immigrant to this country, she may fear that he will follow through on threats to report her to Immigration and Customs Enforcement or get her deported if she leaves him. She may be isolated by not knowing English and he may not allow her to learn it. She may also have been kept from getting job training and be financially dependent on him.

Lowered Self Esteem

Although low self-esteem does not cause a person to be in an abusive relationship, being in an abusive relationship does often lower self-esteem. Abuse takes a toll on how someone feels about themselves. Some women experience depression, which can lower their energy level and make it harder to act on their own behalf.

Will Leaving Stop the Abuse?

Many domestic violence survivors who have left their abusers claim that once they lost hope that the abuser would change, they were ready to leave. While leaving a violent relationship stops the abuse for some, it is important to know that leaving does not automatically guarantee that the abuse will stop. The abuser may resort to other tactics, such as misusing the legal system, using the kids, refusing to pay child support, or stalking, to name a few examples. Leaving is often a dangerous time and can increase risk for more violence. This reality is not meant to discourage someone from leaving an abusive relationship, but rather to encourage someone to leave safely and with support and help. Safety planning and a trusted support network are critical for leaving safely and successfully. Many people do safely leave their abusers, and go on to lead happy, healthy, productive lives free of violence.
are you in danger of being killed?

“Everyone thinks I’m overreacting, but I really feel like my partner could kill me...”

**Fact:** While it is true the most abusers do not end up killing their partners, far too many do. Nobody knows your situation better than you do. It is VERY important to trust your instincts about your safety, not minimize your fears, and get help planning for safety.

In the previous sections, we have reviewed a number of common batterer behaviors and tactics. While they all can do harm, certain behaviors of abusers have proven to be particularly alarming. If any of the following factors are present in your situation, you are strongly encouraged to talk to a domestic violence advocate about your situation and safety. Studies have found that the presence of a combination of these factors, rather than a single key factor, increases the likelihood of an abuser killing his intimate partner. However, even if none of these factors are present, it does not mean you are safe – if you are worried about your safety, do not hesitate to get assistance. Recognizing the risk factors can help you stay safer, and can help friends, family, advocates and other professionals help you to be safer.

**Top Risk Factors for Homicide**

- **Possesses weapons.** If your abuser owns weapons and has used them or threatened to use them against you in the past, you are at higher risk. The use of guns is a strong predictor of homicide. Likewise, some studies indicate that the presence of a gun in the home, even if not used to threaten in the past, is a strong predictor of increased homicide risk.

- **Threatens or has threatened to kill you.** Threats to kill, and your sense that your partner is capable of killing you, point to increased risk of murder.

- **Possessiveness or jealousy.** If your abuser believes you “belong” to them, or is constantly and violently jealous, they may feel justified in using violence and may even justify murder.

- **Escalating severity of violence.** When the violence gets worse and your batterer begins to act more and more as if they have no regard for the consequences of their actions -- legal or otherwise -- your risk of danger increases.

- **Threatens or attempts suicide.** A batterer who is willing to take their own life might be willing to take yours. Since 1997 in Washington State, 32% of abusers who committed domestic violence homicide also killed themselves.
Recently separated or in the process of separating. Leaving an abusive partner can be a very dangerous time. An abuser may feel justified in preventing their partner from leaving by any means necessary. Violence can escalate at the time of separation.

Unemployment. Being unemployed may add to an abuser’s sense that they are losing control over many things, including their partner. Some research indicates that unemployment significantly increases risk.

Strangled or tried to strangle you in the past. While strangulation or choking often leaves no marks, it is a very dangerous and violent act that can be deadly.

Forced sex or rape. Sexual violence is a serious trauma and can be hard to talk about. It also points to serious risk.

Controlling most or all of your daily activities. Controlling behavior is not always recognized as dangerous. However, an extreme need to control one’s partner is one of the biggest risk factors.

Uses drugs and alcohol frequently. If your partner is frequently drunk or high, you are at increased risk of homicide. While use of drugs and alcohol does not cause a person to be abusive, it does raise the danger level as it can weaken inhibitions and increase impulsivity.

Physical abuse during pregnancy. If your partner was ever physically violent during a pregnancy, you are also at increased risk.

Children in the home. Some research indicates that risk increases if the victim has children not in common with the abuser. Similarly, risk increases if the abuser has a history of violence or threats towards children.

Stalking. Some studies have found that upwards of 75% of women murdered by their partners had been stalked in the year prior to being killed. Batterers who stalk their partners may stop at nothing, including homicide, to regain control of someone they think they “own.”

If you recognize these risk factors in your batterer, it is important to get support and help to increase your safety. Please see the “Community Resources” section of this handbook for a list of agencies that can help.

Adapted from the work of Jacquelyn Campbell, Barbara Hart, and the Washington State 2006 Domestic Violence Fatality Review (WSCADV).
planning for safety

Whether you are planning to leave an abusive partner or remain in the relationship, it is very important to develop a safety plan to protect yourself from your abuser. Once physical, emotional, or sexual violence has occurred in a relationship, it is likely to happen again. Planning ahead to protect yourself and your children is critical.

An effective safety plan adapts to your changing circumstances. It is important to adjust your plans to fit your situation as it changes over time. Below are some basic things to consider in planning for your safety. Consider contacting a domestic violence agency for expert help with your planning.

“Planning ahead to protect yourself and your children is critical.”

Planning ahead

☐ Recognize the signs of abuse, and the behaviors on the domestic violence continuums.

☐ Develop and practice a plan with your children (see page 20). Teach them how to call 9-1-1.

☐ Arrange to have a safe place to go where the abuser can’t find you.

☐ Talk to an advocate at a domestic violence agency (see the Community Resources section).

☐ Make copies of important papers and hide them. You may need things such as your identification, birth certificates, financial and insurance information, social security cards, immigration papers, or any court orders.

☐ Have key phone numbers available.

☐ Pack and hide essential items in an overnight bag for you and your children (e.g. clothes, papers, medications). Make sure you can get to it in a hurry.

☐ Put aside money and spare keys.

☐ Consider getting a Domestic Violence Order for Protection (page 37).

☐ If the abuser has access to your computer, use a safer computer that can’t be monitored by the abuser (e.g. at a public library or a community center).

☐ Consider setting up your own accounts for e-mail, cell phone, finances, etc., so that the abuser cannot monitor or track you through these accounts.
During an incident

☐ Call for help (9-1-1)! When calling from a cell phone, state your location first.

☐ Get out if you can.

☐ Avoid the kitchen, bathroom, garage, or other potentially dangerous rooms.

☐ Avoid rooms with only one exit.

If your abuser has left:

☐ Change locks, secure doors and windows, change passwords and pin numbers on accounts.

☐ Avoid being alone — arrange to have someone else stay with you.

☐ Change your phone number.

☐ Tell trusted friends, family, and neighbors what is going on.

At the workplace, school and public places:

☐ Inform your work, daycare, school, trusted family, friends, and neighbors. Give them copies of Protection or No Contact Orders.

☐ Establish a code word or sign so that friends, family, teachers, or co-workers know when to call for help.

☐ Change your daily routine.

☐ Plan ahead for unexpected contact with the abuser.

If you have left:

☐ Leaving can be a dangerous time. Contact a domestic violence agency and develop your safety plan with an advocate.

☐ Consider keeping your new location and information confidential and unlisted. Avoid contact with people who might give your information to the abuser.

☐ Consider locations where the abuser could find you and avoid them.

☐ Plan ahead for unexpected contact with the abuser.
common questions

**Question:** Is domestic violence a learned behavior?
**Answer:** Yes, domestic violence is learned behavior. Some abusers learned this behavior from witnessing it as a child; others learned from social examples of abuse and oppression. Abusive behavior is also chosen behavior used to gain power and control. Fortunately, appropriate behaviors can also be learned and can replace abusive behaviors.

**Question:** Can someone who is abusive change?
**Answer:** Yes, abusers can change, but change is not an easy process. An abuser may have been using violent behavior for some time to gain power and get what they want. They may also be in denial and blaming other people or things for their own behavior. Systems of accountability, personal commitment to change, and a certified batterer intervention program can help abusers to change their harmful behavior over time.

**Question:** Am I to blame for my abusive partner's behavior?
**Answer:** Absolutely not. Abusers make the choice to be violent, regardless of the circumstances. They do not simply “snap” or “lose control” because of something the victim has done or said; rather, they know who to hurt, where to hurt and how much to hurt to get what they want. Men in batterer intervention programs, when they become honest with themselves, admit they blame their partner, stress or other factors to justify their abusive actions.

**Question:** What if my partner apologizes?
**Answer:** The batterer may promise to end the violence, go to therapy, buy presents, or talk to their religious leader. These promises typically happen when they are attempting to get their partner to stay in the relationship. However, the batterer usually repeats the abusive behavior again. Statements of apology and remorse are often just another way to maintain control. A batterer can change by taking full responsibility for their behavior, stopping the abusive behavior, and enrolling in a certified batterer intervention program (also called domestic violence perpetrator treatment program).

**Question:** How do I know if my abusive partner is changing?
**Answer:** Trust your instincts. Answering “yes” to the questions below indicate that an abusive person has taken steps to change:
- Have they completely stopped saying and doing things that frighten you?
- Can you express anger toward them without being punished for it?
- Does it feel safe to bring up topics that you know upset them?
- Can they listen to your opinion and respect it, even when they disagree?
- Can they disagree without being abusive or domineering?
• Do they respect your wishes about sex and physical contact?
• Have they stopped expecting you to do things for them?
• Can you spend time with your friends without being afraid that they will retaliate?
• Can you do other things that are important to you, such as go to school or get a job?
• Are you comfortable with the way they interact with your children?
• Do you feel safe leaving your children alone with them?
• Do they respect your wishes about the relationship?
• Do they listen to you?

Some signs that the batterer is not changing:
• Do they blame you for having to attend a batterer intervention program?
• Do they tell you that you’re abusive?
• Are they pressuring you to go to therapy for yourself or couple’s counseling for the two of you?
• Do they tell you that you owe them another chance?
• Do they say that they can’t change without your support?
• Do they try to get you or the children to feel sorry for them?
• Do they make the abuse sound like a lot less than it really is?
• Do they expect something in return from you for the fact that they are attending a batterer intervention program?
• Are they pressuring you to make up your mind about the relationship or to get back together?
• Are they pressuring you to drop your protection order?

“If you decide that you want to leave the relationship, it is very important to plan for your safety, as leaving can be a very dangerous time.”

**Question:** Should I stay with my partner?

**Answer:** Only you can answer this question. No matter how you answer the question, it is critical to plan for your safety and that of your children. Domestic violence advocates in your community can help you develop a safety plan and can provide support. The community agencies listed in the Resources section of this handbook can provide free and confidential advocacy services to you.

If you decide that you want to leave the relationship, it is very important to plan for your safety, as leaving can be a very dangerous time. A batterer who wants to have power and control over you will feel like they are losing that control when you leave. They may become even more dangerous. Planning for your safety and getting support can make the difference.
The Impact of Domestic Violence on Children

Each child may react differently to the violence at home. While some children may not seem to be impacted, others will show obvious signs of being affected. Here are examples of how children may react to violence:

**Emotional**

Children often feel guilty for not being able to stop the violence, or may even think the violence is their fault. They may be confused by their feelings for each parent. They may be scared, anxious, nervous, embarrassed, depressed, or even feel suicidal about what is happening at home. They may also have a hard time trusting others. Infants can show significant signs of stress and even have trouble forming attachments to others.

**Physical**

Children may experience stomach aches, headaches, or other symptoms as a result of emotional stress. Additionally, children could be physically hurt themselves during a violent incident. Infants exposed to violence can have trouble learning and developing at regular rates.

**Behavioral**

Some children may act out aggressively by imitating what they see and hear, getting into fights at school, striking out against a parent, or running away. Others may react in less obvious ways. For instance, they may have trouble sleeping or eating, become withdrawn, have trouble concentrating and problem-solving, struggle with schoolwork, or try to be perfect. Children may also abuse drugs and alcohol to cope. Infants may have difficulty learning how to soothe themselves and can also have problems sleeping or eating.
Cognitive

Children may develop rigid ideas about what it means to be a woman or man, mom or dad (e.g., men are “strong” and women are “emotional”). They may learn that violence is acceptable and useful to get what they want. On the contrary, they may decide that expressing anger is bad because people get hurt. They may learn to blame others for their own behavior. They may conclude that abuse is normal in a relationship.

While they are at higher risk, not all children who witness domestic violence develop long-term problems or grow up to be abusive or abused. Most children are resilient and recover with help from supportive, non-violent people in their lives.

Helping Children Who Have Witnessed Domestic Violence

There are many things one can do to help children who have witnessed domestic violence, such as talking to them, listening to them, and helping them get ongoing support. It is a lot scarier and confusing for kids when no one ever talks to them about the violence.

Below are some simple ways to help children living with domestic violence:

- Acknowledge that the violence happened, and that it is hard for them
- Listen to them
- Talk to them about their feelings
- Accept that they may not be willing or able to talk about it right away
- Show understanding
- Let them know it is not their fault
- Let them know that they are loved/cared about
- Let them know the violence is not okay
- Help them access ongoing counseling/support

If you are the parent of a child who has experienced domestic violence in the home, you have a very important role in helping your child. If you are a batterer, the single most important action you can take is to stop being abusive and to get help. In King County, there are batterer intervention programs that also address parenting issues.

If you are a parent survivor of abuse, it is important to remember that the violence is not your fault, and that the impact of the violence on your children is not your fault. Even though you are
not to blame, you can still take action to help your child. It is normal for people who have been in a violent relationship not to want to talk about it. It may seem like not talking about it will help your children forget it happened. However, not talking about the violence often causes children to be more confused and scared. You can help your children by getting safe yourself, talking to them, listening to them and recognizing that the violence affects them too. *

Safety Planning With Your Children

It is important to help your children find ways to stay safe and get help if violence is happening at home. When talking to your children about safety, consider your child’s age and what your child is actually able to do. Here are some examples of safety options to discuss with your children:

- Go to their room, or another room that is away from the abuse
- Leave the house and go somewhere safe, like a neighbor’s house, a relative’s house, or outside
- Stay out of the way; get as far away from the violence as possible
- Dial 911 if there is a phone that is in a safe place
- Do not ever try to physically stop the violence

Tell your children that they cannot control the abusive person’s behavior.

For more details about safety planning with children, as well as how to help children impacted by domestic violence, please see the “Children Hurt Too” booklet, which can be downloaded at www.kccadv.org.

Most community-based domestic violence agencies have Kids Clubs, or specialized services for children impacted by domestic violence. For more information, please see the “Community Resources” section of this handbook (page 47).

*Content from “Children Hurt Too”: VAWA STOP Grant Project 2006
Adolescence is a phase of our lives when intimate or romantic relationships can take center stage. These new relationships can be confusing and, at times, daunting. While physical and sexual abuse can be easy for teens to identify, emotional abuse is more difficult for teens to pinpoint.

What Does Teen Dating Violence Look Like?

“I first met my abuser when I was sixteen and I was attracted to him because he was older and no one knew him. He was mysterious and exciting to me. At first he began innocently asking where I was going. That soon changed to him becoming controlling and jealous, demanding to know where I was and whom I was with. My parents and friends were more annoyed than I was. They saw it as a warning sign; I saw it as someone who cared about me. As his behavior began to get worse I knew that it was not appropriate, but I did not see it has harmful...

The next stage was worse, not only for me but for those who loved me and cared about me. They were losing me. My abuser had started to build a fence around me. He would embarrass me in front of my family and friends and foolishly I would defend him. I would argue with them and he would point out that no one was on my side.

[At a party], I went over to a male friend of mine and nudged him with my elbow. My abuser went crazy. He grabbed my arm and started yelling at me in front of everyone. He called me a whore and slapped my face. Before I could feel the pain or the embarrassment, I experienced shock. I didn’t know what to do. I just sat on the couch and stared. He did not want to go home yet and continued on as if nothing had happened. Later in the evening I heard some people laugh about the incident. I wanted to die.”

Melissa’s story, as told to Joan Faxon, Program Administrator, NYS Office for the Prevention of Domestic Violence (www.opdv.state.ny.us/public_awareness/teen_dat_viol/melissasstory.html)

Unfortunately, dating violence among teens is not uncommon. A survey from the National Sexual Violence Resource Center shows one in four students know someone at school in an abusive relationship and 38% of date rape victims are young women between the ages of 14 and 17.

Like adult domestic violence, teen dating violence is about one young person using abuse to gain power and control over another in a dating relationship. The violence continuums and phases mentioned in previous sections are similar for teens, as well as the impact on the person being abused. Despite the similarities, there are some unique things about teen dating violence that make it stand out from adult abuse.
Teen Dating Violence Patterns

The wheel below describes ways in which an abusive young person may gain and keep power and control over a romantic interest, gay or straight.

Peer Pressure
- Threatening to expose their partner’s weaknesses or spread rumors. Telling malicious lies about their partner to peer group.

Isolation/Exclusion
- Controlling what their partner does, who they see and talk to, what they read, where they go. Limiting outside involvement. Using jealousy to justify actions.

Sexual Coercion
- Manipulating or making threats to get sex. Getting her pregnant. Threatening to take the children away. Getting someone drunk or drugged to get sex.

Threats
- Making and/or carrying out threats to do something to hurt another. Threatening to leave, to commit suicide, report their partner to the police. Making their partner drop charges. Making them do illegal things.

Anger/Emotional Abuse
- Putting their partner down. Making their partner feel bad about themselves. Name calling. Making them think they are crazy. Playing mind games. Humiliating them. Making their partner feel guilty.

Using Social Status
- Treating their partner like a servant. Making all the decisions. Acting like the “master of the castle.” Being the one to define men’s and women’s roles.

Intimidation

Minimizing, Denying, and Blaming
- Making light of the abuse and not taking their partner’s concerns about it seriously. Saying the abuse didn’t happen. Not taking responsibility for abusive behavior. Saying their partner caused it.

Courtesy of Domestic Abuse Intervention Project in Duluth, Minnesota
Specific Issues Teens May Face

The Importance of/Need for Peer Approval

Teens tend to do what their peers do. As a result, many teens decide how to think about acceptable behavior and gender roles based on what their peers think. Further, teens are often reluctant to confide in adults or authority figures, relying only on their peers for advice or help. Many teens fear that adults will ignore, minimize or ridicule their concerns about relationships. Others believe parental or adult intervention will result in loss of independence or trust.

Confusion About What is Normal Dating

Teens get confusing messages about dating and sexual behavior from society, culture, media and their peers. For example, how teens think about being male or female can be exaggerated, especially when it comes to sex and sexuality. Teens often act out their gender differences in ways that reflect stereotypical notions of male dominance and female passivity. Knowing what a “normal” or healthy relationship looks like may be difficult for teens, given that they are relatively young, inexperienced, and their sense of themselves as sexual beings may be new or fragile. Recognizing abuse may not be that simple.

Lack of Dating Experience

Having little or no experience with intimate relationships can add to teen confusion. When it comes to love and relationships, most teens are idealists. They may be flattered, for instance, if their boyfriend is always jealous and possessive, thinking that this is what love is about. Teen batterers justify violent or controlling behavior as evidence of how much they “love” their girlfriends. Lack of dating experience can make even more confusing the mixed messages about gender and sex from society, culture and media.

Pregnancy

An important issue surrounding the problem of teen dating violence is teenage pregnancy. Teens are at a greater risk of experiencing abuse while they are pregnant. In many situations, pregnancy may be part of the abuse. For example, a teen may be forced into having sex, or her partner may refuse to use birth control.

Myth: Teens don’t experience dating violence like adults do – they’re young! Their relationships are just a lot of teenage drama.

Fact: Teen dating violence is actually a very real problem with unique barriers. Approximately one in five teenage girls report having been physically or sexually abused by a boyfriend.
For teenage girls, pregnancy creates a number of circumstances that increase their vulnerability. Pregnant teens are often blamed or harshly judged by adults, their peers, and society. Teens with children have fewer resources and are often not aware of all their options. As such, pregnant teens and teen mothers can experience isolation, self-blame and lack of support, which can make it easier for an abusive partner to manipulate and control them.

**Sexual Orientation**

The dynamics of abuse in gay or lesbian relationships are similar to those in abusive straight relationships. However, lesbian and gay teens may also face homophobia and isolation. Homophobia and fear may prevent gay and lesbian victims, both adults and teens, from disclosing abuse or seeking help.

**Substance Abuse**

Alcohol and other drugs tend to be glamorized in teen circles. Substance abuse, though not the cause of dating violence, may increase risk. Using alcohol and other drugs can reduce inhibitions and ability to exercise self-control and good decision-making skills. For victims, using alcohol and drugs may act as a substitute for positive and effective coping strategies.

**Warning Signs and How to Help**

Teen dating violence is a serious and complicated issue. The more we are able to recognize the warning signs, the better position we will be in to help teens experiencing dating violence. Below are some examples for teen victims, concerned friends and parents to identify teen dating violence and respond appropriately.

**Some warning signs that you are in an abusive relationship:**

- Are you afraid to break up with your partner?
- Is your partner jealous all the time? Do they accuse you of cheating? Do they call or page you frequently to check up on you?
- Does your partner tell you where to go and who to talk to?
- Does your partner tell you no one else will go out with you?
- Does your partner seem to have two personalities, one nice and easygoing and the other mean and nasty?
- Does your partner’s behavior sometimes frighten you?
- Does your partner call you names? Throw objects at you or near you? Make sexually degrading remarks about you?
- Have you heard that your partner has been abusive to a former partner? Do they deny it or blame their former partner for trying to make them look bad?
“Teen dating violence is a serious and complicated issue. The more we are able to recognize the warning signs, the better position we will be in to help teens experiencing dating violence.”

Information for this section obtained from the King County Step Up Program, and King County Sheriff’s Office brochure “Dating Violence: A Resource & Information Guide for Teens” (developed with the help of Youth Eastside Services, Renton Area Youth Services, and King County Sexual Assault Resource Center).
Safety Planning

These tips can help you:
1. Spot possible threats to yourself or your family, and
2. Come up with action steps to reduce threats and increase safety

Some areas to consider when you are safety planning include:

**General Safety**
- Stay in touch with your friends, make sure to spend time with people other than your partner.
- Stay involved in activities that you enjoy.
- Increase your support network by making new friends.
- Consider looking into resources at your school or in the community.
- Think about joining a support group or calling a crisis line.
- Consider applying for an Order for Protection. A teen who is being abused by a partner can file for an Order for Protection (see page 37). Both parties must be 16 years or older. If the teen is under the age of 16, a parent or guardian can petition for the order or respond to the order on the teen’s behalf.

**Safety With Your Partner**
- Try not to be alone with your partner or in an isolated location. Go to public places.
- Try to go out with other couples or groups.
- Let other people know your plans and where you will be.
- Try not to be dependent on your partner for a ride.
- Trust your instincts. If you feel in danger, call 911 immediately. Do not minimize your fears.

**Safety When Breaking Up with Your Partner**
- Break up with your partner in a public place.
- Tell other people you plan to break up with your partner. Let them know where you will be.
- Arrange to call a friend or a counselor after you talk with your partner.

**Safety at School**
- Try not to be alone. Let your friends know what is happening and have them walk to classes and spend time during lunch with you.
- Tell teachers, coaches, or security guards about what is happening. Have them help you be safe.
- Change your routine. Don’t always come to school the same way or arrive at the same time.
- Consider rearranging your class schedule.

**Safety at Home**
- Try not to be alone.
- Consider telling your parents or other family members about what is happening. They can help you screen phone calls or visitors.
- Make a list of important phone numbers of supportive friends, crisis lines and family.
- If you are home alone, make sure the doors are locked and the windows are secure.
**Myth:** It’s easy to spot a batterer.

**Fact:** Actually, it isn’t. Batterers come from all walks of life – they can be of any race or culture, educational level, sexual orientation, employed or unemployed, religious or not religious. The common thread among batterers is that they all use abuse to control their partner, and they feel entitled to do so. A batterer may not “look” abusive or act abusive when others are around. Batterers may also behave quite differently at the beginning of a relationship, not revealing their abusive attitudes and behaviors until later on. All batterers learned somewhere down the road that violence is an effective tool to control others.

Because they feel justified in using abuse to control their partners, batterers rarely take responsibility for their abuse. Instead, they place blame elsewhere – on their partner, their job, or other external factors. It is important to remember that a batterer’s choice to abuse is entirely their decision. No one can “make” them or “provoke” them to behave abusively. There is no excuse for domestic violence.

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**Are You Abusive? Warning Signs for the Batterer**

The following are some common warning signs that you are abusing your partner. The word “partner” refers to spouse, lover, someone you are dating, or someone from a past relationship.

**You are behaving abusively if you:**
- Monitor or check up on your partner frequently. For example, you listen to your partner's phone conversations, read their e-mails, make your partner account for their whereabouts, ask the children about your partner's activities, or check their car mileage.
- Frequently put your partner down. For example, you call your partner names, criticize them, or humiliate them in public or in private.
- Try to control your partner's activities. For example, you tell your partner who they can or cannot see or keep them from going to work or school. Criticize your partner's parenting or threaten to call Child Protective Services.
- Act jealous or possessive and say it is out of love.
- Destroy or threaten to destroy your partner's belongings.
- Threaten to hurt your partner, their family members, their friends, or pets.
- Touch your partner in a way that hurts or scares them.
- Force sex in ways that are not comfortable for your partner.
- Blame your partner or others for your problems and shortcomings.
- Get angry in a way that scares your partner.
- Belittle your partner's fears or concerns about your relationship.
- Spend a lot of time and energy making up for abusive things you have done.
- Have unrealistic expectations of your partner.
- Promise to change but then do not take action.
If you think you may be abusing your partner, seek help now by contacting a batterer intervention program (also called domestic violence perpetrator treatment program). For an updated list of certified domestic violence treatment providers for batterers:

- Visit: www.dshs.wa.gov/ca/dvservices/perptreat.asp
- Contact: Washington State Batterer Intervention Program Monitor (360) 902-7602
- Contact: Washington State Domestic Violence Hotline 1-800-562-6025

Immediate Ways for Batterers to Stop the Violence

To change your abusive behavior, get help from a certified batterer intervention provider. Here are some immediate ways to avoid being violent.

- **Leave:** Go somewhere safe and peaceful to calm down, collect your thoughts, and consider the consequences of your actions.

- **Slow down - cool down:** Focus on something else. Take a brisk walk, listen to music, or exercise.

- **Talk:** Talk to someone outside of the situation, such as a counselor at a crisis line. Tell them that you need to cool down and that it helps to have someone to listen to you. They will!
  
  Contact: **24-Hour Crisis Line** (206) 461-3222 or 1-866-4CRISIS
  www.crisisclinic.org

  **Men's Domestic Abuse Check-Up** 1-800-MEN-1089
  www.menscheckup.org

- **Tell a friend:** Tell a friend you trust what you are doing to slow down and cool down.

- **Remember** that alcohol and drugs get in the way of making decisions.

- **Get help:** For referrals to State-certified batterer intervention programs, visit
  www.dshs.wa.gov/ca/dvservices/perptreat.asp or call the Manager of Washington State-certified Batterers Intervention Programs at (360) 902-7602.

Intervention for Batterers

Washington State has a system of intervention for batterers. Any provider who offers to treat a batterer must be state-certified. Although each program is unique, all must adhere to a number of minimum standards set by law.

Certified batterer intervention providers work with batterers to help them recognize their abusive behavior and understand how it affects them, their partners and other family members. In addition to the abusive behavior, intervention challenges beliefs and attitudes that batterers hold and use to justify the abuse. Batterer intervention providers can help abusers learn how to change their violent behavior.
People who are concerned about their abusive behavior can enter a batterer intervention program; they do not have to be ordered by the court. More and more men are recognizing that if they do not get help, their abusive behavior could cause injuries, and destroy their families. Batterers can choose to get help before it's too late. A batterer intervention program lasts a minimum of one year, although most men find they need much longer to change their abusive behavior and the belief systems which support it.

**What about couples counseling?**

Many people think domestic violence is a problem with the relationship and seek couples or marriage counseling. Unfortunately, experience has shown that couples or marriage counseling can put a victim at risk for retaliation if she talks about the abuse in counseling. Also, couples counseling can assume that both parties are responsible for the problem, and can give the batterer an excuse to blame the victim. For these reasons, couples counseling can be ineffective – even dangerous – when one partner is abusing the other. Couples counseling is more appropriate for people in non-violent relationships who want to work on issues together. It is more effective for the abusing partner to seek help for their abusive behavior first.

**What about alcohol and drug treatment?**

Many people think that domestic violence is the direct result of too much drinking or drugging. In fact, substance abuse does not cause domestic violence. Some people are abusive when they are drinking or drugging, but others are not. Getting clean and sober may address the substance abuse problem, but not the violence problem. Victims often report that even when their partner became clean and sober, the abuse continued. Men in batterer intervention programs often say that they used drugs or alcohol to give them an excuse to be abusive. Remember that domestic violence is learned—this means that an abuser makes choices to be violent based on learned attitudes and beliefs. While using alcohol and drugs may get in the way of making good choices, they do not directly cause someone to be violent.

**What about “anger management” programs?**

In the past, it was thought that domestic violence was about anger. We now know that it is about the abuser’s desire to control their partner using whatever behaviors are effective. In fact, many abusers are not angry when they use a control tactic. Men in batterer intervention programs often say they deliberately used anger as a way to intimidate and control their partners. Anger management programs are not designed to address the fundamental causes of domestic violence (attitudes, beliefs, learned behaviors and the desire to control another). Further, anger management programs are not equipped to focus on the safety of others or the importance of taking responsibility for one’s own actions. As such, they are not appropriate alternatives to batterer intervention programs.
Myth: It’s not my problem — it’s a family matter. I can’t really do anything about it.

Fact: Actually, domestic violence is a serious social issue, and we can all make a difference. This is why a coordinated community response to domestic violence is so important.

Recognizing domestic violence early and intervening immediately is vital for signaling that abuse is not tolerated, and for keeping victims safe. Many domestic violence incidents are never reported for fear of retaliation, mistrust of police, and feelings of shame, among other reasons. Research indicates that victims often turn to someone they know before seeking help from police or professionals. To prevent domestic violence, the community must get involved. The following sections provide more information and suggestions on how you can help.

Warning Signs that Someone You Know is Being Abused

1. The person has bruises or injuries that look like they were caused by someone.
2. The person is unusually depressed, anxious, irritable or distracted.
3. At the workplace, the person may be frequently absent or uncharacteristically late for work.
   Work performance may suffer.
4. The person may become unexpectedly withdrawn, distant or isolated from friends, family, neighbors or co-workers.
5. The person stops talking about their partner.
6. The person suddenly dresses differently or out of season (e.g., wears concealing clothes in warm weather), possibly to cover up injuries or bruises.

How You Can Help

Learn as much as you can about domestic violence by:

- Getting involved!
- Contacting a domestic violence agency listed in the “Community Resources” section (page 47)
- Visiting the King County Coalition Against Domestic Violence website: www.kccadv.org
- Visiting the King County Domestic Violence website: www.kingcounty.gov/domesticviolence
- Visiting your city’s website (e.g., www.seattle.gov) and accessing their domestic violence links
- Visiting www.map-seattle.org for domestic violence information in other languages
- Visiting the Washington State Coalition Against Domestic Violence website: www.wscadv.org
• Visiting the websites of other organizations such as:
  National Coalition Against Domestic Violence  www.ncadv.org
  Family Violence Prevention Fund  www.endabuse.org
  National Center for Victims of Crime  www.ncvc.org
  Stalking Resource Center  www.ncvc.org/src
  National Network to End Domestic Violence  www.nnedv.org
  National Center on Domestic and Sexual Violence  www.ncdsv.org
  Washington Coalition of Sexual Assault Programs  www.wcsap.org
  King County Sexual Assault Resource Center  www.kcsarc.org
  National Center on Elder Abuse  www.ncea.aoa.gov
  Washington Coalition of Crime Victim Advocates  www.wccva.org
  Men’s Network Against Domestic Violence  www.menagainstdv.org
  Battered Women’s Justice Project  www.bwjp.org

The following suggestions for how to help are listed according to the individual's relationship to the victim or batterer.

**What to do if you think a family member, neighbor, or friend may be affected by domestic violence**

If you suspect a person you care about is being abused, you can help. Your offer of help could make the difference to someone living in an abusive situation. While there is no one “right” way to help someone, here are important steps to keep in mind:

• Talk in a safe, private place.
• Take the time to listen, and believe what you hear.
• Do not underestimate the danger.
• Express your concern for the person's safety.
• Do not expect change overnight; be patient and continue to offer your support.
• Do not judge or criticize the person's decisions.
• Encourage the person to make their own choices, but urge them to talk to someone who knows about domestic violence.
• Let the person know that they are not alone, and tell them about agencies that can help.

**What to do if you are an employer or co-worker of someone who may be affected by domestic violence**

If you suspect that a person with whom you work is being abused, you can help. Your offer of help could make a difference.
Here are some suggestions:

- If you observe warning signs, let the person know you are concerned.
- If the person wants to talk to you, ask what help would be most useful to the employee (for example, time off for court appearances, security escorts to the car, not transferring phone calls from the abuser to the employee).
- Do not allow the situation to become the topic of office gossip.
- Do not tell the person what to do or judge their decisions.
- Find out if your workplace has a domestic violence policy, and follow it.
- Get help from human resources or personnel department, an employee assistance program, or other resources in your company or organization.
- Under Washington State law, employees who are victims or who are family members of victims of domestic violence, sexual assault or stalking may take a reasonable period of leave to receive medical treatment, attend legal proceedings, or address safety concerns (RCW 49.76.030).

For professionals who suspect that a client or patient is being abused or is abusive

Your response will vary based on the type of service you offer. It is important to learn about suggested practices for your profession. The following is a general list of suggestions and guidelines for what you can do:

- Routinely ask every client about being hurt by a partner. Asking everyone removes the stigma from domestic violence and helps us overcome our own stereotypes of who might be abused.
- Ask questions in private.
- Ask questions that help a person tell you what is going on. It is better to ask an injured person, “Was this done by your partner?” rather than asking, “How did you get hurt?” The second question makes it easy for both the client and the professional to deny abuse.
- Assess an abused person’s safety and help reduce the danger. Express your concern that the person may get hurt again. Help the person explore options for safety.
- Encourage an individual who is being abusive to seek help from a specialized batterer intervention program.
- Don’t agree with any statements that suggest the victim brought on the abuse. There is no excuse for violent behavior. Provide referrals to agencies that can help.
- Consult your profession’s or organization’s documentation or record-keeping guidelines. If they don’t exist, develop a policy or practice for how to record abuse in your files. Consider your relationship with the client, the need for confidentiality, the importance of providing good care or service, and the potential benefit or risk of records for your client.
- Familiarize yourself with mandated reporting requirements if you suspect that a child or vulnerable adult is being abused.
Coordinated Response to Domestic Violence in King County

Doing something about domestic violence is a shared responsibility. In Washington State, residents are fortunate to benefit from an ongoing partnership between the community programs, State and local governments to address the problem of domestic violence. In King County, several agencies have coordinated efforts to better assist victims and hold batterers accountable for their actions. The police, prosecutors, probation officers, judges, defense attorneys, court personnel, system-based advocates, community advocates, shelter advocates, and batterer intervention providers have organized to improve how we address the issue of domestic violence and provide comprehensive services to victims. The three primary goals of a coordinated response are:

1. To enhance safety for victims of domestic violence;
2. To hold batterers accountable for their controlling and violent behavior; and
3. To change community attitudes and norms so domestic violence is no longer tolerated or excused.

The following sections describe legal definitions, law enforcement response and legal options for victims of domestic violence.

Domestic Violence Legal Definitions

The law as it relates specifically to domestic violence is found in two titles of the Revised Code of Washington (RCW): Titles 10.99 and 26.50. As we saw in the Domestic Violence Continuums section, abusive behaviors range far and wide from verbal put-downs to serious assaults. What we call the “behavioral definition” of domestic violence includes all of these behaviors reflected on the continuums. While all abusive acts can be damaging, not all are considered illegal. What follows are some common legal definitions associated with domestic violence:

**Domestic Violence (RCW 26.50.010):** (a) Physical harm, bodily injury, assault, or the infliction of fear of imminent physical harm, bodily injury or assault, between family or household members; (b) sexual assault of one family or household member by another; or (c) stalking as defined in RCW 9A.46.110 of one family or household member by another family or household member.

**Family or Household Members (RCW 26.50.010):** Spouses, former spouses, persons who have a child in common—regardless of whether they have been married or have lived together at any time, adult persons related by blood or marriage, and adult persons who are presently residing together or who have resided together in the past. Persons 16 years and older who are presently residing together or who have resided together in the past and who have or have had a dating relationship. Persons 16 years and older with whom a person 16 years or older has had a dating relationship and persons who have a biological or legal parent-child relationship, including step-parents and step-children, grandparents and grandchildren.

**Dating relationship (RCW 26.50.010):** A social relationship of a romantic nature.
**Assault (WPIC 35.50):** An intentional touching or striking of another person, with unlawful force, that is harmful or offensive regardless of whether any physical injury is done. Assault is a crime that is categorized by four levels in Washington State.

**Other Crimes involving Domestic Violence:** There is a wide array of crimes that could involve domestic violence when committed by one family or household member against another, from misdemeanor (lower level crime) to felony (higher level crime). Examples include assault, rape, harassment, stalking, tampering with a witness, kidnapping, malicious mischief, robbery, burglary or violating a court order. For a list of crimes recognized by Washington State, consult Title 9A of the Revised Code of Washington (RCW) by visiting: apps.leg.wa.gov/rcw/

**Law Enforcement Response**

Most police agencies in Washington State follow uniform guidelines when responding to domestic violence incidents. If they are given “probable cause” to believe a criminal act has been committed, the police are expected to do the following:

- Enforce the laws and protect the person being harmed or threatened;
- Provide information on how to obtain an Order for Protection as well as information about community resources such as shelters and advocacy services;
- Complete an incident report;
- Help preserve evidence of the crime;
- Inform victims of their legal rights; and
- Make an arrest if a family or household member/intimate partner has been assaulted or put in reasonable fear of imminent serious bodily injury or death within the past four hours; or if the mandatory arrest provision of a court order has been violated.

According to Washington State’s Domestic Violence Prevention Act and RCW 10.31.100, the police are required to make an arrest if “probable cause” of certain criminal acts exists. “Probable cause” is evidence that indicates a crime has taken place, such as a report from the victim, marks, bruises, witnesses, or injury. The police will make an arrest when they have probable cause to believe any of the following:

- A family or household member/intimate partner was assaulted within the past four hours, whether or not that assault resulted in bodily injury which was observable to the responding officer;
- The abuser caused a family or household member/intimate partner to believe that they were in imminent danger of serious bodily injury or death; or
- The abuser violated any of the terms of a Domestic Violence No Contact Order, Protection Order or other orders that restrained the abuser from harming or threatening a family or household member/intimate partner, or restricted the abuser from going onto the grounds of or entering a residence, workplace, school or daycare.
When Police Respond to a Domestic Violence Call

In every domestic violence case to which law enforcement responds, officers are required to file a report, even if no other police action is taken.

If you are the victim of a domestic violence incident, here are some suggestions for optimizing the police response:

- **If you are in danger, call 9-1-1 for help.** If you call from a cell phone, be sure to tell the operator your location. You will be asked to describe what happened, and for the abuser's name, date of birth, physical description and perhaps a vehicle license number. The operator will send officers to your location. If you feel unsafe, you can ask the operator to stay on the phone with you until the officers arrive. Ask the 9-1-1 operator for an interpreter if you need one.

- **Describe the incident in detail.** No one knows what took place better than you. Facts are needed for the police to make an accurate report. The officers will separate you and the abuser to ask each of you questions. Do not be intimidated when the officers ask you to tell them what happened. Taking a statement from you is simply a way of documenting the incident in your own words. You should be asked to review what the officer has written for accuracy, and to sign it. You have the right to change your statement until you are completely satisfied with it.

- **Ask for an interpreter if you need one.** If English is not your first language, ask the officer to arrange for an interpreter. It is not ideal for children, other family members or witnesses to interpret for you. It is not the role of a responding officer to ask about your immigration status or to report a domestic violence victim to Immigration and Customs Enforcement.

- **Show the police any injuries, bruises, damaged property or evidence of harassment/threats.** Visible proof provides more evidence for the police to take into consideration. If there is no physical proof (for instance, you were being threatened or experienced pain with no injury), describe to the officer what happened. Be sure to show the officer e-mails, caller identification/logs of received telephone calls, voice mails, text messages, or other technological proof of threats, harassment or unwanted contact.

- **Inform the officers of any other witnesses besides you.** Witnesses help to substantiate that something has taken place. Witnesses could include children who were around when the incident occurred.

- **Tell the officers about past abuse.** Previous violence helps explain the danger involved in your situation. If there is any evidence of past abuse (prior witnesses, damage, photographs, e-mails, voice mails, etc.), make sure to provide it to the police.
- **Tell the officer about any firearms or other weapons.** The police can take for safekeeping any firearms or weapons that may pose a threat to you or your family. If you are aware of any weapons on the premises, or any weapons your abuser can access, tell the officer and request that they be taken for safekeeping.

- **Show the officers any court documents you have, such as a No Contact Order, Protection Order, Anti-Harassment Order or Restraining Order.** Keep a certified copy of any court orders against the abuser with you at all times. This step is useful in the event that an order is not able to be served on your abuser until the abuser is at your residence demanding entry. Officers can serve the abuser at the scene.

- **Get a list of community resources such as shelters, hotlines, counseling, and advocacy.** A list of community organizations will be given to you by the responding officer. Providing you with this information, along with information about victims’ legal rights, is required by law. As a general rule, keep anything that the police, prosecutor’s office, or the courts give to you.

- **Ask the officers for their business card, case number of the report, and a phone number.** As long as the crime is still being investigated by law enforcement, direct any concerns or questions to the police. If the crime is a misdemeanor or gross misdemeanor (lower level crimes), it is usually best to contact the officer who responded to your call for assistance. If the crime is a felony (higher level crime), it is usually best to contact the detective who is assigned to your case. In the event that the detective does not contact you, the responding officer who completed the case report will be able to provide you with information. Many police departments also have advocates on staff to assist you.

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### Courts in King County

There are several types of courts in King County where domestic violence cases are handled.

King County Superior Court (located in the King County Courthouse in Seattle and at the Maleng Regional Justice Center in Kent) is where all felony (more severe) crimes are filed. Protection orders and other family law matters are also handled at Superior Court.

King County District Court has a specialized Domestic Violence Court for handling misdemeanor (lower level) domestic violence offenses in unincorporated King County. Beginning in 2009, the King County District Court Domestic Violence Court will be consolidated into one location, the Maleng Regional Justice Center in Kent. In addition to the King County courts, each city within King County is responsible for handling misdemeanor and gross misdemeanor crimes occurring within its city limits. Most cities have their own municipal courts, but certain cities contract with King County for court services at courthouse locations in Bellevue, Burien, Redmond, Shoreline and Kent.
Protection Orders involving child custody issues, or a pending dissolution, are handled only in Superior Court. Protection Orders not involving children or a dissolution may be handled at Superior Court or any District Court. Some municipal courts may handle Protection Orders, others do not. When in doubt, contact the court in question.

Court Orders for Domestic Violence Victims

In Washington State four types of court orders are available to victims of domestic violence: No Contact Orders, Protection Orders, Anti-Harassment Orders and Restraining Orders. Although each of these orders may be useful in protecting victims of domestic violence, there are some specific differences in who can qualify, how they are obtained, how they are used, and how they protect. Careful understanding of the orders and their different functions will help victims of domestic violence receive the maximum protection available under the law.

Civil (non-criminal) Orders

**Petitioner:** individual who presents a civil legal action or order to a court, officer, or legislative body.

**Respondent:** recipient of the order or the individual against whom the action is filed.

Domestic Violence Order for Protection

A Domestic Violence Order for Protection is a special type of civil order reserved for victims of domestic violence, or those who are in fear of imminent violence from a “family or household member.” An order for protection prohibits a person who is being violent from further violence. Both parties, the petitioner and respondent, must be 16 years or older. If they are younger than 16 years of age, they must have a parent or guardian petition for or respond to the order on their behalf.

A petitioner does not necessarily need an attorney for the Protection Order process but may choose to have an attorney. In King County, the Protection Order Advocacy Program offers advocacy services such as assistance with the filing process, preparing for court hearings, and referral to social and legal services.

**Protection Order Advocacy Program Locations**

- **King County Courthouse, Room C-213**
  516 Third Avenue
  Seattle, WA 98104
  (206) 296-9547
  (206) 205-6198 TTY

- **Maleng Regional Justice Center, Room 2B**
  401 4th Avenue North
  Kent, WA 98032
  (206) 205-7406

- **East Division King County District Court Redmond Courthouse**
  8601 160th Avenue NE
  Redmond, WA 98052
  (206) 205-7012

www.protectionorder.org
your.kingcounty.gov/proatty/ (look for protection orders)
If there is an immediate need for protection, a person may file for a protection order and obtain a temporary emergency order that lasts for 14 days. At the time of filing the petition and the temporary order, a second court date called the “full order hearing” will be set. Please be aware that the respondent has a right to appear at the full order hearing. He/She is usually personally served by police with the temporary order, petition and notice of the hearing. At the full order hearing, the court decides whether or not to grant a full Order for Protection. A temporary Order for Protection can:

- Restrain the respondent from committing acts of violence;
- Restrain the respondent from the petitioner’s residence, workplace, school or school/daycare of a child or residence shared by petitioner and respondent; and
- Prohibit the respondent from harassing and/or contacting the petitioner (on the street, by mail, by telephone, at school, at work).

The terms of a full protection order may last for up to one year, or longer in some cases. However, at any time prior to the expiration date of the order, the petitioner may make a request to the court to modify or terminate the order. A petitioner can also request a renewal of the order within 3 months of its expiration date.

In addition to the conditions listed above, a full Order for Protection may:

- Award temporary custody of minor children to one parent, establish temporary visitation, and restrain one parent from interfering with custody;
- Order the respondent to participate in treatment or counseling;
- Prohibit respondent from removing the children from the jurisdiction of the court; and/or
- Order the respondent to pay for court costs incurred in obtaining the order.

If the temporary or full Order for Protection is intentionally violated, the abuser may face mandatory arrest, possible criminal charges, or contempt of court. A full Order for Protection is enforceable in all 50 states, the District of Columbia, Tribal Lands and U.S. territories.

There is no filing fee and no fee for law enforcement to serve the papers. The petitioner may receive the necessary number of certified copies at no cost. Orders for Protection may be filed at the nearest King County District or Superior Court, and at some municipal courts.

**Anti-Harassment Order for Protection**

An Anti-Harassment Order for Protection is a civil court order prohibiting unlawful harassment, or deliberate behavior directed toward an individual that seriously alarms, annoys, or harasses them for no legitimate reason or lawful purpose. It is not necessary that the parties be family or household members. However, if someone is being harassed by a family or household member...
in a way that does not qualify for a domestic violence Order for Protection, an Anti-Harassment Order may be an appropriate course of action.

Anti-Harassment Orders can be obtained by filing a petition in any district court or superior court. Some municipal courts in the King County area may also handle Anti-Harassment Orders. Contact the court to be sure. The petitioner does not need an attorney for the Anti-Harassment Order process but may choose to have an attorney. Both parties must be 18 years of age or older, or must have a parent or guardian obtain the order on their behalf.

Emergency temporary Anti-Harassment Orders are available upon the filing of a petition. A temporary Anti-Harassment Order is good for 14 days. The full Anti-Harassment Order is effective for up to a year. However, at any time prior to the expiration date of the order, the petitioner may request to the court that the order be modified or terminated. The Anti-Harassment Order will be served directly on the offender. If the order is intentionally violated, the offender risks possible arrest, criminal charges or contempt of court. For more information, call your local district or municipal court.

**Domestic Relations Restraining Order**

A Domestic Relations Restraining Order is a civil court order that restricts or prohibits an individual from access or proximity to another specified individual. The order can only be issued with an additional action such as a divorce, legal separation, or child custody action, and usually requires legal counsel. A Restraining Order may also be issued in instances of child abuse or in paternity rights cases. To obtain a Restraining Order, a petitioner must be either married to the respondent or have a child in common with him/her.

A Restraining Order allows for a petitioner to ask the court to restrict the other party from:
- Disposition of property in any manner;
- Harassing, threatening, assaulting, or disturbing the peace of the petitioner;
- Entering the residence or formerly shared residence of the petitioner; and
- Removing children from the state's jurisdiction.

If the order is intentionally violated, the offender may face mandatory arrest, possible criminal charges, or contempt of court. Restraining Orders can be filed in Superior Court only. For more information contact an attorney or legal service.

**Criminal Orders — Domestic Violence No Contact Order**

A No Contact Order is a criminal court order that is issued against a person either under investigation for, charged with, or convicted of a domestic violence crime. A No Contact Order prohibits the person suspected of a domestic violence crime from contacting the victim of the crime, either directly or indirectly, such as in person, by phone or through a third party.
The purpose of the order is to prevent further violence and potential attempts by the offender to try to influence or tamper with the victim. Any violation of the conditions of the order is a crime and often arrest is mandatory. A No Contact Order is always associated with a criminal charge.

No Contact Orders are usually first issued by the court as a condition of release from jail, and then again at arraignment, the hearing when the offender is officially charged with a crime. No Contact Orders are also regularly issued as a condition of an offender's sentence. Many courts, when considering a No Contact Order, will allow victims of domestic violence an opportunity to let the court know what they would like to see happen.

A No Contact Order may:
- Prohibit communication by phone, letter, or through a third party, including apologies or and messages through friends and relatives expressing remorse; and
- Specify locations where contact is not allowed, such as the victim's home, place of employment, school, or other places where the victim is likely to be.

If it is suspected that the offender will commit further acts of violence against the victim or others involved, the courts have the authority to order the surrender of all firearms. This is not included under the terms of a No Contact Order, but can be issued as an additional order. When the court issues a No Contact Order, the offender is required to sign it to verify receipt and understanding of the document. Children are ordinarily not listed on No Contact Orders unless they were victims of the incident that led to the criminal charge against the offender. If you are a victim of a domestic violence crime, and you have strong feelings about whether or not a No Contact Order should be issued against the offender, contact the prosecutor's office charging the offender. In King County, most prosecutors' offices or police departments have advocates on staff to discuss your concerns.

**Crime Victims Bill of Rights (RCW 7.69.030)**

There shall be reasonable efforts to ensure that victims and witnesses are afforded the following rights:

1. With respect to victims of violent or sex crimes, to receive at the time of reporting the crime to law enforcement officials a written statement of the rights of crime victims. The written statement shall include the name, address, and telephone number of a county or local crime victim/witness program, if such a crime victim/witness program exists in the county.
2. To be informed of the final outcome of the case.
3. To be informed of changes in court dates for which you have been subpoenaed.
4. To receive protection from harm and threats of harm arising from your cooperation with law enforcement and prosecution.
5. To receive witness fees to which you are entitled.
To have, whenever practical, a secure waiting area during court proceedings.

To have any stolen or other personal property used as evidence returned as soon as possible after completion of the case.

To have someone intervene with your employer, if necessary, when you are required to be in court.

To have access to immediate medical assistance without necessary delay. With regard to victims of domestic violence, sex assault or stalking (or their family members), to be allowed reasonable leave from employment to take care of legal issues, receive medical treatment or obtain other necessary services.

With respect to victims of violent and sex crimes, to have a crime victim advocate from a crime victim/witness program present at any prosecutorial or defense interviews with the victim. This subsection applies if practical and if the presence of the crime victim advocate does not cause any unnecessary delay in the investigation or prosecution of the case. The role of the crime victim advocate is to provide emotional support to the crime victim.

To be present in court during trial if you are a victim or survivor of a victim after your testimony has been given and no further testimony is required.

To be informed of the date, time and location of the trial and, if requested, of the sentencing hearing in felony cases if you are the victim or survivor of the victim.

To present a statement in person or in writing at the sentencing hearing in felony cases if you are the victim or a survivor of the victim.

To submit a victim impact statement to the court.

To have restitution ordered by the court, unless the court finds this inappropriate, in felony cases if you are the victim or survivor of a victim.

To present a statement in person, via audio or videotape, in writing, or by representation at any hearing conducted regarding an application for pardon or commutation of sentence.

Additional Rights for Victims of Domestic Violence, Sexual Assault, or Stalking

**RCW 59.18.575: Victim Protection in Rental Housing:** Victims of domestic violence, sexual assault or stalking may terminate their rental agreements. In order to terminate a rental agreement, the tenant must: a) be a victim of domestic violence, sexual assault or stalking (or have a household member who is a victim of the above crimes); b) have a valid order for protection or have reported the violence to a qualified third party (e.g. police), and that third party has provided the victim with a written, signed record of the report; and c) the request to terminate must be made within 90 days of the violent incident.
RCW 49.76.030: Domestic Violence Leave – Victims and Family Members: An employee may take reasonable leave from work, intermittent leave, or leave on a reduced leave schedule, with or without pay, to:

1. Seek legal or law enforcement assistance or remedies to ensure the health and safety of the employee or employee’s family members including, but not limited to, preparing for, or participating in, any civil or criminal legal proceeding related to or derived from domestic violence, sexual assault, or stalking;

2. Seek treatment for by a health care provider for physical or mental injuries caused by domestic violence, sexual assault, or stalking, or to attend to health care treatment for a victim who is the employee’s family member;

3. Obtain, or assist a family member in obtaining, services from a domestic violence shelter, rape crisis center, or other social services program for relief from domestic violence, sexual assault, or stalking;

4. Obtain, or assist a family member in obtaining, mental health counseling related to an incident of domestic violence, sexual assault, or stalking, in which the employee or the employee’s family member was a victim of domestic violence, sexual assault, or stalking; or

5. Participate in safety planning, temporarily or permanently relocate, or take other actions to increase the safety of the employee or employee’s family members from future domestic violence, sexual assault, or stalking.

Chart of Court Orders Available for Victims of Domestic Violence

The chart on the next two pages compares the different types of court orders available for victims of domestic violence. This chart is courtesy of the Washington State Coalition Against Domestic Violence (WSCADV).

The latest version of this chart is available from the WSCADV website.

Go to www.wscadv.org and search for “comparison of court orders”
## Comparison of Court Orders for Washington State

Many Tribal Courts have similar civil and criminal court orders. Check with your local Tribal court to find out the specific names of the civil and criminal orders, the kind of relief provided and penalties for violation of orders.

<table>
<thead>
<tr>
<th>Kind of Order</th>
<th>Sexual Assault Protection Order</th>
<th>Domestic Violence Protection Order</th>
<th>No-Contact Order</th>
<th>Restraining Order</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who may obtain order?</td>
<td>A person who is a victim of nonconsensual sexual conduct or nonconsensual sexual penetration, including a single incident, (who does not qualify for a domestic violence protection order) may petition for a civil order. Minors under age of 16 with parent or guardian. The court may initiate issuance on behalf of victims of sex offenses when criminal charges are filed.</td>
<td>A person who fears violence from a “family or household member” (10.99.020), or who has been the victim of physical harm or fears imminent physical harm, or stalking from a “family or household member”, (includes dating relationships). Minors under age of 16 with parent or guardian.</td>
<td>Incident must have been reported to the police. Criminal charges must be pending. Judge must consider issuance pending release of defendant from jail, at time of arraignment, and at sentencing.</td>
<td>Petitioner who is married to respondent or has child in common.</td>
</tr>
<tr>
<td>Jurisdiction</td>
<td>District, Municipal, or Superior Court. See RCW 26.50.020(5). Telephonic hearings available pursuant to court rule and in limited circumstances.</td>
<td>Telephonic hearings available in limited circumstances. • EPO-District, Municipal, or Superior Court. • PO-limited to Superior Court if Superior Court has family law action pending, or if case involves children or order to vacate home.</td>
<td>District, Municipal, or Superior Court.</td>
<td>Superior Court only.</td>
</tr>
<tr>
<td>Cost to Petitioner</td>
<td>No filing or service fees.</td>
<td>No filing or service fees.</td>
<td>None.</td>
<td>Same as dissolution. Filing fee waived if indigent.</td>
</tr>
<tr>
<td>How does the respondent receive notice?</td>
<td>Notice of civil order served on the respondent. Notice of criminal order given to defendant verbally and in writing when order is entered.</td>
<td>Notice served on the respondent. Notice by certified mail, or publication authorized in limited circumstances.</td>
<td>Verbal and written notice given at bail hearing, arraignment, or sentencing</td>
<td>Notice served on respondent or respondent’s attorney.</td>
</tr>
<tr>
<td>Consequences if order is knowingly violated</td>
<td>Mandatory arrest for violating restraint and exclusion provisions. Possible criminal charges or contempt. Class C felony if assault or reckless endangerment, otherwise Gross Misdemeanor.</td>
<td>Mandatory arrest for violating restraint and exclusion provisions. Possible criminal charges or contempt. Class C felony if assault or reckless endangerment, otherwise Gross Misdemeanor.</td>
<td>Mandatory arrest. Release pending trial may be revoked. Additional criminal or contempt charges may be filed. Class C felony if assault or reckless endangerment, otherwise Gross Misdemeanor.</td>
<td>Mandatory arrest. Gross Misdemeanor. Possible criminal charges or contempt.</td>
</tr>
</tbody>
</table>

REVISED May 2007. This information does not constitute legal advice. Laws change both as a result of legislative and court decisions.
<table>
<thead>
<tr>
<th>Kind of Order</th>
<th>SEXUAL ASSAULT PROTECTION ORDER</th>
<th>DOMESTIC VIOLENCE PROTECTION ORDER</th>
<th>NO-CONTACT ORDER</th>
<th>RESTRAINING ORDER</th>
</tr>
</thead>
</table>
| Maximum duration of order | • Temporary civil SAPO–14 days with service.  
• Full civil SAPO–Designated by court up to two years.  
• Criminal orders–Designated by court.  
• Post sentencing provision may last up to two years following imprisonment, or community supervision, conditional release, probation or parole. | • EPO–14 days with service.  
• EPO–24 days certified mail or with service by publication.  
• PO–Designated by court, one year, or permanent. | Until trial and sentencing are held. Post-sentencing provision lasts for possible maximum of sentence in Superior Court or two years in District or Municipal court. | • RO–14 days.  
• Preliminary injunction–dependency of action.  
• TRO in final decree–permanent unless modified. |

<table>
<thead>
<tr>
<th>Kind of Order</th>
<th>ANTI-HARASSMENT ORDER</th>
<th>VULNERABLE ADULT PROTECTION ORDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who may obtain order?</td>
<td>Petitioner who has been seriously alarmed, annoyed or harassed by a conduct which serves no legitimate or lawful purpose. Parties generally are not married, have not lived together, and have no children in common.</td>
<td>A vulnerable adult who has been abandoned, abused, subject to financial exploitation or neglect. The Department of Social and Health Services may also obtain an order on behalf of a vulnerable adult.</td>
</tr>
<tr>
<td>Jurisdiction</td>
<td>District Court. Limited provisions for referring cases to Superior Court. Municipal, District, or Superior for enforcement.</td>
<td>Superior Court.</td>
</tr>
<tr>
<td>Cost to Petitioner</td>
<td>No filing or service fees for stalking, sexual assault or domestic violence victims.</td>
<td>Basic Superior Court filing fee which may be waived at discretion of court.</td>
</tr>
<tr>
<td>How does the respondent receive notice?</td>
<td>Notice served on respondent.</td>
<td>Notice served on the respondent. Notice by certified mail, or publication authorized in limited circumstances.</td>
</tr>
<tr>
<td>Consequences if order is knowingly violated.</td>
<td>Gross Misdemeanor. Possible criminal charges or contempt.</td>
<td>Mandatory arrest for violating restraint and exclusion provisions. Possible criminal charges or contempt. Class C felony if assault or reckless endangerment, otherwise Gross Misdemeanor.</td>
</tr>
</tbody>
</table>
| Maximum duration of order | EAHO–14 days.  
PAHO–1 year or permanent | EPO–14 days with personal service.  
EPO–24 days certified mail or with service by publication.  
PO–Designated by court, one year, or permanent. |

SAPO = Sexual Assault Protection Order  
EPO = Emergency Protection Order & (Temporary Order for Protection)  
PO = Order for Protection  
TRO = Temporary Restraining Order  
RO = Restraining Order  
EAHO = Emergency Anti-Harassment Order  
PAHO = Permanent Anti-Harassment Order

Consultation from Kelly O’Connell, Staff Attorney, Washington Coalition of Sexual Assault Programs, Olympia, WA, www.wcsap.org. voice: 360-754-7583 or tty: 360-709-0305. 

REVISED May 2007. This information does not constitute legal advice. Laws change both as a result of legislative and court decisions.
Multilingual Access Project (MAP)

The Multilingual Access Project (MAP) provides domestic violence information in 13 languages (Chinese, Korean, Amharic, Russian, Cambodian, Vietnamese, Tagalog, Somali, Hindi, Spanish, Punjabi, Arabic and Lao). The MAP website (www.map-seattle.org/) also provides a wide range of information including resource and emergency phone numbers, and how to get help through local interpreters and police. Shelters, hotlines, advocacy services and multilingual service agencies are listed, as well as information for concerned friends and family members and information on how to get out of immediate danger and find safe housing.

The MAP website is supported by Grant No. 2003-WE-BX-009 awarded to the City of Seattle Domestic Violence and Sexual Assault Prevention Division, by the Office on Violence Against Women, U.S. Department of Justice.

Peace in the Home Helpline  1-888-847-7205

If something in your relationship is bothering you and you want to speak to someone or get information in your language, call the Peace in the Home Helpline. The call is free and the program is for non-English speaking women. You can also visit the Multilingual Access Project (MAP) website at www.map-seattle.org.

(Spanish) Si hay algo en su relación que le esté molestando y desea hablar con alguien o recibir información en español, llame a la Línea de Ayuda Paz en el Hogar por el 1-888-847-7205. La llamada es gratis y el programa está destinado a mujeres que no hablan inglés. Si lo desea, también puede visitar la página Web del Proyecto de Acceso Multilingüe en www.map-seattle.org.

(Chinese) 如果你在家庭关系中遇到困扰，或者希望找人用中文交谈或获取资讯，可以打电话 1-888-847-7205。此为免费电话，并专门为非英语的妇女设立。你也可以访问多语种服务专线网站 www.map-seattle.org。


(Thai) หากมีปัญหาในความสัมพันธ์ที่ทำให้คุณรู้สึกไม่สบายใจ หรือคุณต้องการข้อมูลอื่น ๆ ที่มีผลประโยชน์แก่คุณ ให้ติดต่อนาย Peace in the Home Helpline (สายด่วนฟรีที่ต้องการความช่วยเหลือในครอบครัว) ได้ที่ 1-888-847-7205 เพื่อพบปัญหาในภาษาไทย และโครงการนี้เพื่อช่วยผู้หญิงที่มีความสามารถในภาษาอังกฤษได้.

(Lao) ถ้าคุณมีปัญหาในความสัมพันธ์ที่ทำให้คุณรู้สึกไม่สบายใจ หรือคุณต้องการข้อมูลอื่น ๆ ที่มีผลประโยชน์แก่คุณ ให้ติดต่อนาย Peace in the Home Helpline (สายด่วนฟรีที่ต้องการความช่วยเหลือในครอบครัว) ได้ที่ 1-888-847-7205 เพื่อพบปัญหาในภาษาไทย.

(Cambodian) ប្រើប្រែដែលយើងពិពិ៖លេខទូរស័ព្ទដ៏មានសុវត្ថិភាព ដើម្បីជួយទំនភ្នាក់ងើន និងអ្នកផ្សេងៗនឹងយើង ការជួយទំនភ្នាក់ងើន ដើម្បីជួយទំនភ្នាក់ងើន Peace in the Home Helpline ទំនាក់ទំនង ១-៤៨៤-៨៤៧-៧២០៥ ឬសិក្សាដោយគ្នាន៍ ដើម្បីជួយទំនភ្នាក់ងើន ការជួយទំនភ្នាក់ងើន Peace in the Home Helpline website Multilingual Access Project (MAP) នឹងបានការពារបំពី www.map-seattle.org
Peace in the Home Helpline 1-888-847-7205
# Community Resources

<table>
<thead>
<tr>
<th><strong>Crisis and Information Lines</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>24-Hour Crisis Line</strong></td>
<td>(206) 461-3222</td>
</tr>
<tr>
<td><a href="http://www.crisisclinic.org">www.crisisclinic.org</a></td>
<td>1-866-4CRISIS (27-4747)</td>
</tr>
<tr>
<td><strong>Abused Deaf Women’s Advocacy Services (ADWAS)</strong></td>
<td>TTY: (206) 726-0093</td>
</tr>
<tr>
<td><a href="http://www.adwas.org">www.adwas.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Alcohol/Drug 24- Hour Helpline</strong></td>
<td>(206) 722-3700</td>
</tr>
<tr>
<td><a href="http://www.adhl.org">www.adhl.org</a></td>
<td>1-800-562-1240</td>
</tr>
<tr>
<td><strong>Catherine Booth House</strong></td>
<td>(206) 324-4943</td>
</tr>
<tr>
<td><a href="http://www.salvationarmy.org">www.salvationarmy.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Community Information Line</strong></td>
<td>2-1-1</td>
</tr>
<tr>
<td><a href="http://www.crisisclinic.org">www.crisisclinic.org</a></td>
<td>(206) 461-3200</td>
</tr>
<tr>
<td>Domestic violence shelter availability, food banks and other information. Available in Spanish.</td>
<td>1-800-621-INFO (4636)</td>
</tr>
<tr>
<td>TTY: (206) 461-3610</td>
<td></td>
</tr>
<tr>
<td><strong>Crime Victims Compensation</strong></td>
<td>1-800-762-3716</td>
</tr>
<tr>
<td><a href="http://www.lni.wa.gov/ClaimsIns/CrimeVictims">www.lni.wa.gov/ClaimsIns/CrimeVictims</a></td>
<td></td>
</tr>
<tr>
<td>For financial/medical restitution information</td>
<td></td>
</tr>
<tr>
<td><strong>Domestic Abuse Women’s Network (DAWN)</strong></td>
<td>(425) 656-7867</td>
</tr>
<tr>
<td><a href="http://www.dawnonline.org">www.dawnonline.org</a></td>
<td>1-800-286-3296</td>
</tr>
<tr>
<td><strong>Eastside Domestic Violence Program (EDVP)</strong></td>
<td>(425) 746-1940</td>
</tr>
<tr>
<td><a href="http://www.edvp.org">www.edvp.org</a></td>
<td>1-800-827-8840</td>
</tr>
<tr>
<td><strong>King County Sexual Assault Resource Center Crisis Line</strong></td>
<td>1-888-99VOICE (86423)</td>
</tr>
<tr>
<td><a href="http://www.kcsarc.org">www.kcsarc.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>National Domestic Violence Hotline</strong></td>
<td>1-800-799-7233</td>
</tr>
<tr>
<td><a href="http://www.ndvh.org">www.ndvh.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>New Beginnings</strong></td>
<td>(206) 522-9472</td>
</tr>
<tr>
<td><a href="http://www.newbegin.org">www.newbegin.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>SAVIN (Statewide Automated Victim Information and Notification)</strong></td>
<td>1-877-846-3492</td>
</tr>
<tr>
<td><a href="http://www.vinelink.com">www.vinelink.com</a></td>
<td></td>
</tr>
<tr>
<td>(For Statewide jail inmate information, and to register to be notified of an offender's release.)</td>
<td></td>
</tr>
<tr>
<td><strong>Teen Link (6 – 10 pm)</strong></td>
<td>1-866-TEENLINK (833-6546)</td>
</tr>
<tr>
<td><strong>VINE - Victim Information and Notification Everyday</strong></td>
<td>1-877-425-8463</td>
</tr>
<tr>
<td><a href="http://www.vinelink.com">www.vinelink.com</a></td>
<td></td>
</tr>
<tr>
<td>For King County Jail inmate information, and to register to be notified of an offender's release.</td>
<td></td>
</tr>
<tr>
<td><strong>Washington State Domestic Violence Hotline</strong></td>
<td>1-800-562-6025</td>
</tr>
</tbody>
</table>
## Confidential Shelters

**Community Information Line**  
www.crisisclinic.org  
Domestic violence shelter availability, food banks and other information. Available in Spanish.  
TTY: (206) 461-3610

**Domestic Abuse Women’s Network (DAWN)**  
www.dawnonline.org  
serves South King County  
(425) 656-7867  
1-800-286-3296

**Domestic Violence Services of Snohomish County**  
www.dvs-snoco.org  
serves Snohomish County  
(425) 252-2873

**Eastside Domestic Violence Program (EDVP)**  
www.edvp.org  
serves East King County  
(425) 746-1940  
1-800-827-8840

**Family Renewal Shelter**  
www.domesticviolencehelp.com  
serves Pierce County  
(253) 475-9010

**New Beginnings**  
www.newbeggin.org  
serves Seattle, North King County  
(206) 522-9472

## Non-Confidential Shelters/Transitional Housing

**Broadview Emergency Shelter**  
www.solid-ground.org  
(206) 299-2500

**Community Information Line**  
www.crisisclinic.org  
Domestic violence shelter availability, food banks and other information. Available in Spanish.  
TTY: (206) 461-3610

**Hopelink Emergency Family Shelter (Kenmore)**  
www.hope-link.org  
(206) 292-8017

**Multi-Service Center – Federal Way**  
www.multi-servicecenter.com  
(253) 838-6810

**Noel House/ Women’s Referral Center**  
www.noelhouse.org  
(206) 441-3210  
(206) 770-0156 after 6:00 pm

**Sacred Heart Shelter**  
www.sacredheart.catholiccharitiesseattlearch.org/  
(206) 285-7489

**Seattle Emergency Housing Service**  
www.emergencyhousing.org  
(206) 461-3660

**Union Gospel Mission Women and Children’s Shelter**  
www.ugm.org  
(206) 628-2008

**YWCA Shelters**  
www.ywca.org  
Downtown Seattle  
East Cherry Branch  
South King County  
Pierce County – Women’s Support Shelter  
(206) 461-4882  
(206) 568-7841  
(425) 226-1266  
(253) 383-2593
### Domestic Violence Community Advocacy Programs

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic Abuse Women's Network (DAWN)</td>
<td>(425) 656-7867</td>
</tr>
<tr>
<td><a href="http://www.dawnonline.org">www.dawnonline.org</a></td>
<td>serves South King County</td>
</tr>
<tr>
<td>24-hour crisis line, confidential emergency shelter, safety planning, legal advocacy, transitional housing and support groups for victims of domestic violence and their children. All services are free.</td>
<td>1-800-827-8840</td>
</tr>
<tr>
<td>Domestic Violence Services of Snohomish County</td>
<td>(425) 252-2873</td>
</tr>
<tr>
<td><a href="http://www.dvs-snoco.org">www.dvs-snoco.org</a></td>
<td>serves Snohomish County</td>
</tr>
<tr>
<td>24-hr. crisis line, confidential emergency shelter, safety planning, legal advocacy, counseling, support groups and transitional housing.</td>
<td></td>
</tr>
<tr>
<td>Eastside Domestic Violence Program (EDVP)</td>
<td>(425) 746-1940</td>
</tr>
<tr>
<td><a href="http://www.edvp.org">www.edvp.org</a></td>
<td>serves East King County</td>
</tr>
<tr>
<td>24-hour crisis line, confidential emergency shelter, safety planning, legal advocacy, transitional housing and support groups for victims of domestic violence and their children. All services are free.</td>
<td>1-866-286-3296</td>
</tr>
<tr>
<td>New Beginnings</td>
<td>(206) 522-9472</td>
</tr>
<tr>
<td><a href="http://www.newbegin.org">www.newbegin.org</a></td>
<td>serves Seattle, North King County</td>
</tr>
<tr>
<td>24-hour crisis line, confidential emergency shelter, safety planning, legal advocacy, transitional housing and support groups for victims of domestic violence and their children. All services are free.</td>
<td></td>
</tr>
<tr>
<td>Our Sister's House</td>
<td>(253) 383-4275</td>
</tr>
<tr>
<td><a href="http://www.oursistershouse.org">www.oursistershouse.org</a></td>
<td>serves Pierce County</td>
</tr>
<tr>
<td>Provides safety, support and culturally relevant services for at-risk, out-of-home girls, domestic violence services to families and youth, and legal and community advocacy to victims of domestic violence and sexual assault. Includes a Crime Victim Service Center.</td>
<td></td>
</tr>
<tr>
<td>YWCA South King County Advocacy Program</td>
<td>(425) 226-1266</td>
</tr>
<tr>
<td><a href="http://www.ywcaworks.org">www.ywcaworks.org</a></td>
<td>serves South King County</td>
</tr>
<tr>
<td>Support groups, advocacy-based counseling, safety planning, legal advocacy and transitional housing. Services are free and confidential. Shelter provided through YWCA's Anita Vista Program.</td>
<td></td>
</tr>
<tr>
<td>YWCA – Pierce County</td>
<td>(253) 272-4181</td>
</tr>
<tr>
<td><a href="http://www.ywcapiercecounty.org">www.ywcapiercecounty.org</a></td>
<td>serves Pierce County</td>
</tr>
<tr>
<td>Provides 24-hr. crisis line, non-confidential but secure emergency shelter, safety planning, legal advocacy, support groups, education, and transitional housing.</td>
<td></td>
</tr>
</tbody>
</table>
Culturally-Specific Victim Service Providers

**Abused Deaf Women's Advocacy Services (ADWAS)**
www.adwas.org
Services to victims of domestic violence who are deaf, deaf/blind, or hard of hearing. Services include safe homes, 24-hour crisis line, safety planning, therapy, support groups, legal/medical/child advocacy.
(206) 726-0093 TTY

**Asian Counseling and Referral Services**
www.acrs.org
Counseling and social services provided for Asian Americans and Pacific Islanders. Staff is bilingual in a variety of languages. Sliding scale fees.
(206) 695-7500

**Asian Pacific Islander Women & Family Safety Center**
www.apiwfsc.org
Comprehensive culturally relevant services around domestic violence, sexual assault and human trafficking. The staff is bilingual in Tagalog, Cambodian, Chinese, Samoan, Vietnamese and Korean.
(206) 467-9976

**Chaya**
www.chayaseattle.org
Confidential advocacy services for South Asian women who have been the victim of domestic violence. The staff is bilingual in Bangla, Gujarati, Hindi, Kannada, Marathi, Punjabi, Tamil and Urdu.
(206) 325-0325 1-877-922-4292

**Chinese Information & Services Center**
www.cisc-seattle.org
A multi-service center including advocacy, safety planning and counseling for domestic violence victims and their children. The staff is bilingual in Mandarin, Cantonese, Tioshanese, Taiwanese and Fujianese and Cambodian.
(206) 624-5633

**Consejo Counseling and Referral Services**
www.consejo-wa.org
Counseling, safety planning, support groups, legal/medical advocacy and transitional housing for Latino/Hispanic women who have been the victim of domestic violence. Staff is bilingual in Spanish.
(206) 461-4880 (206) 753-7006 after hours/weekend crisis line

**Jewish Family Services**
www.jfsseattle.org
Counseling, safety planning, legal advocacy and support groups for Jewish women with controlling or violent partners. The staff is bilingual in Hebrew, Russian, Yiddish and Vietnamese.
(206) 461-3240

**Korean Community Counseling Center**
Advocacy services for Korean Americans who are survivors of domestic violence. Staff is bilingual in Korean.
(206) 784-5691

**Korean Women’s Association, We Are Family DV Program**
www.kwayoutreach.org
Shelter and legal/community advocacy and support groups for Asian Pacific Islander women. Staff is bilingual in Korean, Samoan, Russian, Spanish, and German. Serves Pierce County.
(253) 535-4202
## Culturally-Specific Victim Service Providers

<table>
<thead>
<tr>
<th>Provider Name</th>
<th>Phone Number</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest Family Life</td>
<td>(206) 363-9601</td>
<td><a href="http://www.northwestfamilylife">www.northwestfamilylife</a></td>
<td>Christian-based advocacy services and groups for women and children affected by domestic violence.</td>
</tr>
<tr>
<td>Northwest Network</td>
<td>(206) 568-7777</td>
<td><a href="http://www.infonwnetwork.org">www.infonwnetwork.org</a></td>
<td>Counseling, support groups, safety planning and legal advocacy for lesbian, bisexual, gay and trans people who are currently in or have left a physically and/or emotionally abusive relationship.</td>
</tr>
<tr>
<td>Refugee Women's Alliance (REWA)</td>
<td>(206) 721-0243</td>
<td><a href="http://www.rewa.org">www.rewa.org</a></td>
<td>A multi-service center including domestic violence advocacy services for refugee and immigrant women. Services include counseling, support groups, safety planning and legal advocacy. The staff is bilingual in Amharic, Cambodian, Ilocano, Lao, Russian, Tigrigna, Vietnamese, Chinese (Mandarin and Cantonese), Romanian, Ukrainian, Hmong, Thai, Oromo and Somali.</td>
</tr>
<tr>
<td>Seattle Counseling Service for Sexual Minorities</td>
<td>(206) 323-1768</td>
<td><a href="http://www.seattlecounseling.org">www.seattlecounseling.org</a></td>
<td>Ongoing support groups and resources for gay men who are currently in or have been in a violent intimate relationship. The staff is bilingual in Spanish.</td>
</tr>
<tr>
<td>Seattle Indian Health Board</td>
<td>(206) 324-9360</td>
<td><a href="http://www.sihb.org">www.sihb.org</a></td>
<td>Support groups, advocacy services for Native American and Alaska Native victims of domestic violence.</td>
</tr>
<tr>
<td>United Indians of All Tribes — Youth &amp; Family Services</td>
<td>(206) 723-2825, ext 28</td>
<td><a href="http://www.unitedindians.org/programs.html">www.unitedindians.org/programs.html</a></td>
<td>Domestic violence and sexual assault support services, individual and group counseling, referral and advocacy for Native American youth and families.</td>
</tr>
<tr>
<td>YWCA East Cherry Branch</td>
<td>(206) 568-7845</td>
<td><a href="http://www.ywcaworks.org">www.ywcaworks.org</a></td>
<td>Specialized programs for African-American women and teens. Services include counseling, support groups, safety planning, legal advocacy.</td>
</tr>
</tbody>
</table>
### Youth Resources

<table>
<thead>
<tr>
<th><strong>Auburn Youth Resources</strong></th>
<th>(253) 939-2202</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.ayr4kids.org">www.ayr4kids.org</a></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Central Youth and Family Services</strong></th>
<th>(206) 322-7676</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.therapeutichealth.org">www.therapeutichealth.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Child Protective Services (24 hrs)</strong></th>
<th>(800) 562-5624</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.dshs.wa.gov">www.dshs.wa.gov</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Childhelp USA – National Child Abuse Hotline</strong></th>
<th>(800) 422-4453</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.childhelp.org">www.childhelp.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Consejo Counseling and Referral Service</strong></th>
<th>(206) 461-4880</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.consejo-wa.org">www.consejo-wa.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Federal Way Youth &amp; Family Services</strong></th>
<th>(253) 835-9975</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.valleycities.org">www.valleycities.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Friends of Youth Shelter</strong></th>
<th>(206) 236-5437</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.friendsofyouth.org">www.friendsofyouth.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Kent Youth &amp; Family Services</strong></th>
<th>(253) 859-0300</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.kyfs.org">www.kyfs.org</a></td>
<td></td>
</tr>
</tbody>
</table>

### Kids’ Clubs

Free group programs in King County for kids affected by domestic violence at the following locations:

<table>
<thead>
<tr>
<th><strong>Domestic Abuse Women’s Network (DAWN)</strong></th>
<th>(425) 656-4305 ext. 245</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.dawnonline.org">www.dawnonline.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Jewish Family Service – Project DVORA</strong></th>
<th>(206) 461-3240</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.jfsseattle.org">www.jfsseattle.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>New Beginnings</strong></th>
<th>(206) 522-9472</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.newbegin.org">www.newbegin.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Eastside Domestic Violence Programs (EDVP)</strong></th>
<th>(425) 746-1940</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.edvp.org">www.edvp.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Mercer Island Youth &amp; Family Services</strong></th>
<th>(206) 236-3525</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.ci.mercer-island.wa.us/yfs">www.ci.mercer-island.wa.us/yfs</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Northshore Youth &amp; Family Services</strong></th>
<th>(425) 485-6541</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.northshore.org">www.northshore.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Northwest Network of Bisexual, Trans, Lesbian &amp; Gay Survivors of Abuse</strong></th>
<th>(206) 568-7777</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.nwnetwork.org">www.nwnetwork.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Renton Area Youth &amp; Family Services</strong></th>
<th>(425) 271-5600</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.rays.org">www.rays.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Ruth Dykeman Youth &amp; Family Services</strong></th>
<th>(206) 243-5544</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.rdcc.org">www.rdcc.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Southeast Youth &amp; Family Services</strong></th>
<th>(206) 721-5542</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.seyfs.org">www.seyfs.org</a></td>
<td></td>
</tr>
</tbody>
</table>
### Youth Resources

<table>
<thead>
<tr>
<th><strong>Southwest Youth &amp; Family Services</strong></th>
<th><a href="http://www.swyfs.org">www.swyfs.org</a></th>
<th>(206) 937-7680</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Step Up - Kent and Bellevue</strong></td>
<td></td>
<td>(206) 296-7841</td>
</tr>
<tr>
<td>Individual and group counseling for youth, ages 13-17, who assault their parents/caretakers. Also provides support groups for the parent/victim.</td>
<td></td>
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</tr>
<tr>
<td><strong>Teen Link Crisis Line (6-10 pm)</strong></td>
<td></td>
<td>1-866-TEENLINK (833-6546)</td>
</tr>
<tr>
<td><strong>Vashon Youth &amp; Family Services</strong></td>
<td><a href="http://www.vyfs.org">www.vyfs.org</a></td>
<td>(206) 463-5511</td>
</tr>
<tr>
<td><strong>YWCA Children’s Domestic Violence Program</strong></td>
<td><a href="http://www.ywca.org">www.ywca.org</a></td>
<td>(425) 226-1266 ext. 1029</td>
</tr>
<tr>
<td>10-week program for children who have experienced domestic violence.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>YWCA – East Cherry Peer Advocate Program</strong></td>
<td><a href="http://www.ywca.org">www.ywca.org</a></td>
<td>(206) 568-7845</td>
</tr>
<tr>
<td><strong>Youth Eastside Services (YES)</strong></td>
<td><a href="http://www.yes.org">www.yes.org</a></td>
<td>(425) 747-4937</td>
</tr>
<tr>
<td>Individual and group counseling for teens who are victims of dating/relationship violence or sexual assault. Individual, family and group counseling for youth experiencing problems at home, in school or in the community. Serves youth, ages 6 – 20.</td>
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<td></td>
</tr>
</tbody>
</table>

### Sexual Assault Resources

<table>
<thead>
<tr>
<th><strong>King County Sexual Assault Resource Center (KCSARC)</strong></th>
<th><a href="http://www.kcsarc.org">www.kcsarc.org</a></th>
<th>(425) 226-5062</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information, support, counseling and education for victims of sexual assault, including confidential advocacy and a 24-hour crisis line to answer medical, legal or other questions. All ages served.</td>
<td></td>
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</tr>
<tr>
<td><strong>Harborview Medical Center – Center for Sexual Assault &amp; Traumatic Stress</strong></td>
<td><a href="http://www.hcsats.org">www.hcsats.org</a></td>
<td>(206) 744-1600</td>
</tr>
<tr>
<td>Medical care, crisis intervention, counseling and support for sexually abused children and their families, rape victims and battered women.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Communities Against Rape and Abuse (CARA)</strong></td>
<td><a href="http://www.cara-seattle.org">www.cara-seattle.org</a></td>
<td>(206) 322-4856</td>
</tr>
<tr>
<td>Provides drop-in support group for women survivors of sexual assault.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Children’s Response Center</strong></td>
<td>serves East King County</td>
<td><a href="http://www.childrensresponsecenter.org">www.childrensresponsecenter.org</a></td>
</tr>
<tr>
<td>Provides services and support for children and youth under the age of 18 who have experienced sexual assault or other traumatic events. Services are also available for non-offending family members and children and youth who display sexual behavior problems.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Our Sister’s House</strong></td>
<td>serves Pierce County</td>
<td>(253) 383-4275</td>
</tr>
<tr>
<td>Provides legal and community advocacy to victims of domestic violence and sexual assault.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Legal Resources

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Website</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>King County Bar Association – Lawyer Referral and Information Service</td>
<td><a href="http://www.kcba.org">www.kcba.org</a></td>
<td>(206) 267-7010</td>
</tr>
<tr>
<td>Eastside Legal Assistance Program (ELAP)</td>
<td><a href="http://www.elap.org">www.elap.org</a></td>
<td>(425) 747-7274</td>
</tr>
<tr>
<td>Domestic Violence &amp; Family Law Legal Clinic</td>
<td><a href="http://www.newbegin.org/get-help/legal-clinic">www.newbegin.org/get-help/legal-clinic</a></td>
<td>(206) 783-2848</td>
</tr>
<tr>
<td>King County Family Law Facilitator</td>
<td><a href="http://www.kingcounty.gov/courts/Familycourt/facilitator.aspx">www.kingcounty.gov/courts/Familycourt/facilitator.aspx</a></td>
<td>(206) 296-9092</td>
</tr>
<tr>
<td>King County Superior Court Family Court Services</td>
<td><a href="http://www.kingcounty.gov/courts/FamilyCourt.aspx">www.kingcounty.gov/courts/FamilyCourt.aspx</a></td>
<td>(206) 296-9400</td>
</tr>
<tr>
<td>Neighborhood Legal Clinic Program</td>
<td><a href="http://www.kcba.org/legalhelp/NLC/clients.aspx">www.kcba.org/legalhelp/NLC/clients.aspx</a></td>
<td>(206) 340-2593</td>
</tr>
<tr>
<td>Northwest Immigrant Rights Project</td>
<td><a href="http://www.nwirp.org">www.nwirp.org</a></td>
<td>(206) 587-4009</td>
</tr>
<tr>
<td>Northwest Justice Project</td>
<td><a href="http://www.nwjustice.org">www.nwjustice.org</a></td>
<td>(206) 464-1519</td>
</tr>
<tr>
<td>Northwest Women’s Law Center</td>
<td><a href="http://www.nwwlc.org">www.nwwlc.org</a></td>
<td>(206) 621-7691</td>
</tr>
<tr>
<td>Protection Order Advocacy Program</td>
<td>your.kingcounty.gov/proatty/ (look for protection orders)</td>
<td>(206) 296-9547 Seattle</td>
</tr>
<tr>
<td>Safe Havens Supervised Visitation and Safe Exchange Program</td>
<td><a href="http://www.ci.kent.wa.us/humanservices">www.ci.kent.wa.us/humanservices</a></td>
<td>(253) 856-5140</td>
</tr>
</tbody>
</table>

**Legal Assistance:**
- Evaluates need for legal assistance and refers to an attorney or appropriate community resource.
- Provides family law, self-help divorce and domestic violence clinics to low-income persons who qualify.
- Free 1-hour legal consultation. Call for appointment, Wed. 1-3 pm only.
- Provide forms for filing a dissolution, legal separation, child support modification, family law motion, restraining order or contempt motion. Facilitators are not attorneys and cannot give legal advice.
- Offers parenting plan evaluations; domestic violence assessments; mediation and parent seminars for families undergoing divorce, paternity or domestic violence. Most clients have family law cases pending in King County Superior Court. Offers some adoption services.
- Free 30 minute consultation with an attorney. Legal representation not offered. Available in several locations.
- Provides immigration-related legal advice, information, representation and education to low-income Washington State residents.
- Screens for eligibility for assistance with civil legal issues. Provides a cross-cultural domestic violence legal clinic and some limited representation to low-income victims of domestic violence. Accepts referrals from domestic violence advocates and social workers only – clients should not refer themselves.
- Free legal information and referral to attorneys in private practice, self-help resources and family law packets.
- Provides advocacy assistance with domestic violence protection order petitions and hearings in King County. Protection Order forms can also be found online at www.protectionorder.org or at www.courts.wa.gov.
- In Kent, offers supervised visitation and exchange of children impacted by domestic violence.