

## WHAT SHOULD I DO IF THERE IS VIOLENCE IN THE HOME?

If a person in your home hurts you or your children, it is important that you seek help:

1. Talk to somebody you trust: a friend, neighbor, family member, or your caseworker.
2. Call 911 if you are in immediate danger. Police will come to your home and protect you and your children.
3. If you do not speak English, call National Domestic Violence Hotline: 1-800-799-7233. The calls are free. Tell the operator what language you speak. The interpreter will tell you what you can do and where to find help in your city.

*Calls to Domestic Violence Hotlines are CONFIDENTIAL. You do not have to tell your name. The operator will not tell anybody about your call.*

**For more information on the Internet about violence in the home in refugee communities, please visit:**

[www.endabuse.org](http://www.endabuse.org)

[www.atask.org](http://www.atask.org)

[www.apiahf.org/apidvinstitute](http://www.apiahf.org/apidvinstitute)

[www.tapestri.org](http://www.tapestri.org)

[www.mosaicservices.org](http://www.mosaicservices.org)

[www.hotpeachpages.net](http://www.hotpeachpages.net)



*The web sites above include additional information in many languages spoken by refugees.*

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### CONTACT INFORMATION:

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**[www.refugees.org](http://www.refugees.org)**



## Violence in the Home



**[www.refugees.org](http://www.refugees.org)**

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

### **WHAT IS VIOLENCE IN THE HOME?**

Violence in the home is often called abuse. Abuse happens when a person does something to hurt or scare another person over and over again. Abuse includes hurting a person's body, hurting her feelings, or making her do things that makes her feel bad or that she doesn't want to do. Abuse is also about trying to make a person feel like she is not smart or strong, or unable to make decisions about her own life.

### **WHO CAN BE ABUSED?**

Anyone can be abused: adults, children and the elderly. In families where abuse is happening, women, children, and the elderly are most often being hurt.

### **CHILDREN**

Children who witness violence at home feel scared and sad. Very often, they believe that their behavior causes that violence. It is unhealthy for children to live in a violent home. Children who see violence in their homes often have trouble at school, start using drugs and alcohol and may become violent themselves.

### **ARE YOU BEING ABUSED?**

You are being abused if somebody in your home:

- pushes, slaps or punches you,
- threatens to kill or hurt you,
- threatens to take your children away,
- criticizes and humiliates you all the time,
- does not let you see your family and friends,
- forces you to have sex when you don't want to,
- does not let you work and have your own money,
- does not allow you to learn English or learn to drive,
- threatens to send you back to your country, and
- takes away your immigration documents.

### **IT IS A CRIME**

Violence in the home should not be kept secret. Physical or sexual violence against family member is against the law in the United States. Police and courts protect all victims of violence in the home. Special protection is given to children, women, and the elderly. A person who is violent in the home may be arrested.

### **IT IS NOT YOUR FAULT**

If you are abused, it does not mean that you are not a good wife or mother. A person who abuses you wants to control your life.

### **YOU ARE NOT ALONE**

If somebody in your family abuses you, you should know that you are not alone. Over two million women are abused by their husbands and boyfriends in the United States each year.

If you know somebody who is being abused, let them know that there is help available:

- 911 Emergency Assistance: police and ambulance.
- Domestic Violence Shelter: safe and free housing for women and their children.
- Temporary Protection Order: Family Court Judge may order that violent person must leave his home and stay away from his spouse and children.
- Legal Assistance: victims with low income may receive a free attorney who will help them with legal matters, such as protection order, custody, child support, or divorce.