

St. Louis Circuit Attorney's  
VICTIM SERVICES

## Intimate Partner Violence



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## WHAT IS INTIMATE PARTNER VIOLENCE?

Intimate partner violence involves behaviors used by one person in a relationship to **control the other**.

Partners may be married or not married; heterosexual, gay, or lesbian; living together, separated or dating.

### **Examples of abuse include:**

- name-calling or putdowns
- keeping a partner from contacting their family or friends
- withholding money
- stopping a partner from getting or keeping a job
- actual or threatened physical harm
- sexual assault
- stalking
- intimidation
- threats against children
- keeping partner pregnant

### CYCLE OF VIOLENCE

The cycle can happen hundreds of times in an abusive relationship. Each stage lasts a different amount of time in a relationship. The cycle may undergo various changes. It is important to remember that not all domestic violence relationships fit the cycle. Often, as time goes on, some stages may disappear.

## ITEM CHECKLIST

Money  
Keys to car, house, work  
Extra clothes  
Medicine  
Birth certificates  
Social security cards  
School and medical records  
Bankbooks, credit cards  
Driver's license  
Car registration

Passports, green cards, work permits  
Lease/rental agreement  
Mortgage payment book, unpaid bills  
Insurance papers  
Order of Protection, divorce papers, custody orders  
Address book  
Pictures, jewelry, etc. (things that mean a lot to you)  
Items for your children (toys, blankets, etc.)

### **WARNING:**

***Abusers try to control their victim's lives. When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse. Take special care when you leave. Keep being careful even after you have left.***

IF YOU CONSIDER LEAVING  
YOUR ABUSER, THINK  
ABOUT...

1. Four places you could go if you leave your home.
2. People who might help you if you leave. (Think about people who will keep a bag for you and/or lend you money.)
3. Make plans for your pets.
4. Keeping change for phone calls or get a cell phone.
5. Opening a bank account or getting a credit card in your name.
6. How you might leave. Try doing things that get you out of the house - taking out the trash, walking the family pet, or going to the store. Practice how you would leave.
7. How/If you could take your children with you safely.
8. Putting together a bag of things you use everyday. Hide it where it is easy for you to get to it.

PERSONALIZED  
SAFETY PLAN

- Call the National Domestic Violence Hotline at 1-800-799-SAFE or call our local hotline at Safe Connections at 531-2003. Every woman's situation is different, and a crisis counselor will help you create your own personalized safety plan.
2. Get a cell phone.
  3. Get an Order of Protection from the court. Keep a copy with you at all times.
  4. Changing the locks
  5. Enhancing your security system.
  6. Tell friends and neighbors that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or children.
  7. Tell people who take care of your children the names of people who are allowed to pick them up.
  8. Tell someone at work about what has happened. Ask that person to screen your calls. Think about and practice a safety plan for your workplace. This should include going to and from work.