

## *If you become a victim of Domestic Violence:*

- Call 911 for emergency services.
- Make sure you are safe.
- Whenever you believe you are in danger, leave, and take your children if possible.
- Take important items such as cash, house and car keys, birth certificate, children's immunization records, vehicle registration, medical records, and pet vaccination records.
- Get medical attention. Don't try to treat yourself, you may be injured much more seriously than you realize.
- Save all the evidence/proof you can. You may even want to take photographs of your injuries. Whether or not you file charges now, you may later change your mind and will then need proof that you have been assaulted.
- Seek assistance. Whether or not you file charges against your batterer, you may need to talk to a professional about your situation.
- Contact Operation Care's 24-hour crisis line at 209-223-2600 or 1-800-675-3392..



**Tel: 209-223-2897**

**24-Hour Domestic Violence  
Crisis Line:  
209-223-2600**

## **Our Mission**

To provide domestic violence and sexual assault support services, crisis intervention and education to our community.

## **Our Vision**

We believe in the value and dignity of individuals, and that people have a right to live in a safe, secure environment, free from violence. Operation Care provides individuals with the opportunities and tools to end the cycle of violence.



Sexual Assault & Domestic Violence Support Services  
Since 1980

**Tel: 209-223-2897**

**24-Hour Crisis Line:**

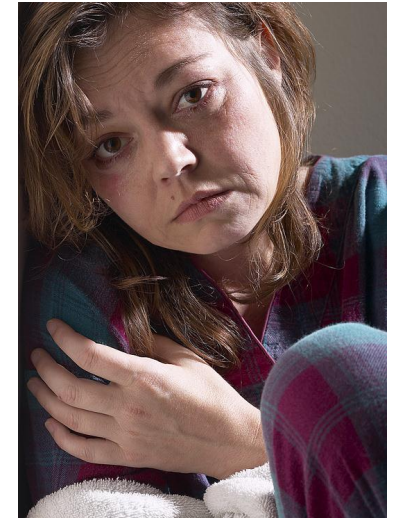
**209-223-2600**

**Toll free: 800-675-3392**

619 New York Ranch Road  
Jackson, CA 95642  
Fax: 209-223-2987  
[www.operationcare.org](http://www.operationcare.org)

## **Domestic Violence**

*It shouldn't hurt to go home*



— *What is Domestic Violence?*

— *The Cycle of Violence*

— *Where to go for help*



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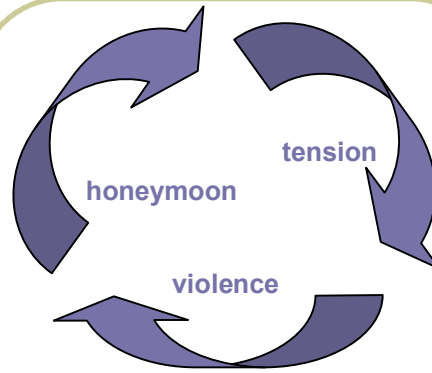


## What is Domestic Violence?

Domestic violence is defined as abuse, mental or physical, of one person by another person with whom the abused has a significant and intimate relationship.

Violence in relationships can take a number of forms. The different types of abuse include:

- **Physical Abuse**– Actual pushing, shoving, hitting, slapping, choking, hair-pulling, punching, kicking, burning or other unwanted physical contact.
- **Verbal Abuse**– Actual threats of harm to you or someone else, threats to take children away, yelling, screaming, put-downs, name-calling, and sarcasm are some examples of verbal abuse.
- **Emotional Abuse**– Control, extreme jealousy, possessiveness, threats to commit suicide, listening in on your private conversations, and intimidation.
- **Isolation**– Controlling behaviors such as not allowing you to work, have money, talk to family, or make friends. Taking the car keys away and not allowing you to leave the house are also forms of Isolation.
- **Denial of Rights**– Not allowing privacy, forcing you to go without food or water, denial of medication, or any other denial of basic human rights.
- **Sexual Abuse**– Forcing you to have sex or perform unwanted sexual acts. Withholding sexual contact to control you or forcing you to have sex with someone else are types of Sexual Abuse.



### *The Cycle of Violence*

**Tension Building Phase**– During this phase, there is a sense of increasing tension in the relationship. As the tension increases, episodes of verbal and emotional abuse increase as well as the feelings of isolation and denial of rights. There is a constant feeling of walking on eggshells throughout this time.

**Acute Battering Phase**– The tension building phase ends in an explosion of violence, which can include sexual assault. Following the physical abuse, a state of physical and psychological shock may occur. The batterer may discount the episode, underestimate the injuries, and blame their partner for the abuse.

**Honeymoon Phase**– The batterer will express sorrow and may shower their partner with compliments, love, praise, and gifts, promising it will never happen again. They may promise to receive help saying they cannot live without them. This may lead to the partner blaming themselves and feeling guilty for what led up to the abuse.

### *Where to go for help:*

You do not have to stay in a Domestic Violence situation. Operation Care provides a safe, confidential shelter for you and your children.



### *Our Safe House Shelter Provides:*

- Safety and protection from violence for you and your children
- Resources to create a non-violent life
- Respectful, non-judgmental support
- Confidentiality
- Time and space to rest
- Support in making decisions
- Freedom to choose

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