

You have the right to live without fear.

The following steps are recommended to help ensure your safety.

Home Security

- Home security is extremely important! Each door and window should always be locked.
- Install adequate outside lighting.
- A family dog is the least expensive, but the most effective alarm system.
- Change your phone number and keep it unlisted.
- Re-key the locks to your house.
- Keep important phone numbers by the phone and if you have children, teach them how to dial 911!
- Tell your neighbors and employer of your situation for safety purposes.
- If you have a restraining order, keep a copy with you at all times.

Who Can I Call for Help?

Parker Victim Services
303.805.3310

In an Emergency

Call: 911 or 303.841.9800

A Person Involved in a Violent Relationship Often is:

- Afraid of their partner's temper.
- Afraid to leave because their partner has threatened to hurt themselves or others.
- Constantly apologizing for or defending their partner's behavior.

- Afraid to disagree with their partner.
- Isolated from their family and friends.
- Embarrassed in front of others because of their partner's words or actions.

A Person Who Exhibits Violent Behavior in a Relationship Often:

- Has an explosive temper.
- Is possessive or jealous of their partner's time, friends or family.
- Constantly criticizes their partner's thoughts, feelings or appearance.
- Coerces or intimidates their partner into having sex.
- Blames their partner for their own anger.
- Causes their partner to feel afraid on a consistent basis.
- Commits acts of violence against objects, animals, children, and themselves.
- Is unable to handle stress in constructive ways and does not accept full responsibility for their actions.
- Has a criminal history.
- Reports to having been physically or psychologically abused as a child.
- Appears to have a "dual personality": either extreme cruelty or extreme kindness.

Options for Those Involved in an Abusive Relationship

- Get help from someone you trust.
- End the relationship and choose not to see your partner.
- Get involved in counseling for support.
- Set boundaries for yourself.

In a Healthy Relationship, Each Person is Entitled To:

- Have their needs be as important as their partner's needs.
- Be free from blame or responsibility for their partner's behavior or action.
- Be able to voice their thoughts, feelings and opinions.
- Be free from emotional, sexual, financial and physical abuse at all times.
- Change their minds and not feel threatened.
- Spend time with their friends and family and not feel pressured by their partner's jealousy.
- * Live without fear and confusion from their partner's anger.
- * Be treated with respect and never called names.
- * Negotiate conflict and make decisions about the relationship together.
- * Enjoy each other's company and dreams.

Do something positive for yourself, before the relationship gets worse and the abuse increases! Use community resources to get help!

You Don't Deserve To Be Hit!

Safehouses

Douglas County Women's Crisis Center

303.688.1094; 303.688.8484

Legal Court Advocacy

303.688.1094; 303.841.7100

Gateway

303.761.7721; 303.343.1851

Women in Crisis

303.420.6752

Denver Safehouse

303.830.6800

Jefferson County Safehouse

303.237.7704

Colorado Springs Safehouse

719.633.3819

Legal Assistance

Legal Aid

303.837.1313

Metro Lawyers

303.831.8000

Project Safeguard

303.863.7233; 303.341.9160

Counseling Assistance

Contact the Parker Victim Services Unit at 303.805.3310 for counseling referrals.

Don't be afraid to hold the abuser accountable!

Name: _____

Badge # _____

Phone: _____



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Parker, CO 80138
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EMAIL town@parkeronline.org
WEB www.parkeronline.org



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VOICE 303.841.9800
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Personal Safety for Victims of Domestic Violence

*Information you need to
know to stay safe*

