

# YWCA San Gabriel Valley

eliminating racism • empowering women

## Safety Strategies If you are in an abusive relationship...



- Think of a safe place to go if an argument occurs – avoid rooms with no exits (bathrooms) and rooms with weapons (kitchen).
- Make a list of safe people to contact.
- Keep change for pay phones with you at all times.
- Memorize all important phone numbers.
- Establish a “code word or sign” so that family, friends, or co-workers know when to call for help.
- Think about what you will say to your partner if he/she becomes violent.
- Pack a bag with important things you’d need if you had to leave quickly (documents, keys, cash) and put it in a safe place or give it to someone you trust.
- Teach your children to not get in the middle of an abusive episode.
- Teach your children how to get to safety, to call 911, to give your address and phone number to the police.
- Teach your children who to call for help.

## Safety Strategies If you recently left an abusive relationship...



- Change your phone number, make it unlisted, and block caller ID.
- Use an answering machine and screen calls.
- Get a different cell phone so that you can’t be traced by the abuser.
- Save and document all contacts, messages, injuries or other incidents involving the abusive partner.
- Change locks if the abusive partner has a key.
- Avoid staying alone.
- Keep your cell phone with you at all times.
- Plan how to get away if confronted by the abusive partner.
- Plan an escape route in the house and teach it to your children.
- If you have to meet the abuser, do it in a public place.
- Shop and bank in new places and vary your routine.
- Notify school, work, and family contacts. Make sure they know not to give your contact information to anyone.
- Ask your neighbors to call the police if they see the abuser at your house.
- Keep a copy of your court order with you.
- Use a computer the abuser can’t access or hack into.

## What Keeps Victims From Leaving Abusers?



Victims do leave abusers, though there are many challenges, and it can take multiple tries before a victim is successful in leaving

## The Challenges...

1. Fear of the abuser
2. Increased Abuse – Abusive partners are often more difficult after the victim leaves
3. Lack of resources.
4. Children – The abuser’s threats to take the children away.
5. Promises of reform by the abuser
6. Sex-Role Conditioning – The teaching that it is a woman’s responsibility to stay with her partner.
7. Religious beliefs and values
8. Social acceptance & reinforcement of violence against women.
9. Love for the abuser and feelings of guilt for leaving

## How You Can Help WINGS

**Request a Presentation** – Learn about the issues facing community residents and the help available through WINGS.

**Intern or Volunteer** – Positions in the domestic violence program require a 40-hour training program that we offer periodically throughout the year.

**Make a Cash Contribution** – This can be done via cash, check, credit card, on-line ([www.ywcasgv.org](http://www.ywcasgv.org), “donate” button) or a matching gift via an employer.

**Leave a Bequest in Your Will** – This can take many forms, including a specific dollar amount, a percentage of your estate, or a gift of stocks or other securities.

**Give an In-Kind Gift of Products or Services** – Donating specific needed items helps the YWCA SGV reduce operating costs and gives you a tax credit for market value.

**For information, please contact  
the YWCA San Gabriel Valley at 626-960-2995  
or [info@ywcasgv.org](mailto:info@ywcasgv.org).**

**Thank you for your support!**



# wings

**WOMEN IN NEED  
GROWING STRONG**

**DOMESTIC VIOLENCE PROGRAM**

**24-hour Crisis Helpline (626) 967-0658**

# ywca

**SAN GABRIEL VALLEY**

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eliminating racism  
empowering women

# toward a violence free future

## YWCA San Gabriel Valley

Founded in 1935, the YWCA San Gabriel Valley has been a long-standing community partner. We work at the individual and community levels to achieve our mission of eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

We are an independent 501(c)(3) nonprofit and an affiliate of the YWCA USA and a member of the World YWCA movement.

The YWCA SGV is committed to providing women, girls, seniors and their families with the information they need to manage the critical issues in their lives. We achieve this through our multi-lingual community education and service programs in the San Gabriel and Pomona Valleys.

Our services, provided at no charge, are supported through grants and contracts from cities, counties, the state and federal government; businesses; private foundations; event fundraisers; and through contributions by community residents. Partial funding for the domestic violence program is provided by the Department of Social Services.

## Domestic Violence Services

The WINGS (Women in Need Growing Strong) Domestic Violence Program began in 1979 and operates the second largest domestic violence shelter in Los Angeles County. WINGS' goal is to help domestic violence victims and their dependent children move out of crisis and toward safety and autonomy.

We provide safe emergency shelter, support groups, individual assistance and provide or help families access longer term transitional housing. We also help victims access financial support, medical and legal assistance, job development skills for stable employment, transportation and child care. We serve over 5,000 people annually.

Through educational presentations, WINGS staff reach out to people in crisis and raise awareness of the entrenched, overlooked, and widespread social problem of domestic violence.

**Our 24-hour Crisis Helpline is  
(626) 967-0658.**

## What is Domestic Violence?

Domestic violence is a pattern of abusive behaviors used to establish power and control over an intimate partner, often leading to the threat or use of violence. Abuse is any controlling, hurtful act, word, or gesture that injures another's body or emotions.

## Why Do Abusers Batter?

To establish and maintain power and control over the victim.

## Are you or someone you know being emotionally or physically abused?

### For yourself...

- Does your partner shove, hit, shake or slap you?
- Does your partner make light of the abuse, insist that it didn't happen, or shift the responsibility for his/her abusive behavior, blaming you for it?
- Does your partner continually put you down, call you names, or humiliate you?
- Does your partner intimidate you through looks or actions, destroy your property, or display weapons?

- Does your partner control what you do, who you see or talk to, and where you go, limiting your involvement outside the relationship?
- Are you made to feel guilty about the children, or has your partner threatened to take the children away?

### For family and friends...

- Does she/he appear anxious, depressed, withdrawn, and reluctant to talk?
- Does the partner criticize her/him in front of you, making remarks that make you feel uncomfortable when you're around the two of them?
- Do you see or hear about repeated bruises, broken bones, or other injuries that reportedly result from "accidents"?
- Does the partner try to control her/his every move, make her/him account for time, and accuse her/him of having affairs?
- Is she/he often late or absent from work, has she/he quite a job altogether, or does she/he leave social engagements early because the partner is waiting?

