

Learn More About Preventing Family Violence

LOCAL ORGANIZATIONS

**Solano County
Office of Family Violence Prevention**
707-784-7789

Solano Family Justice Center
707-784-7635
www.solanocounty.com/stoptheviolence

Solano County Health and Social Services
www.solanocounty.com
Help Line: 211

LIFT3 Support Group and DV Shelter
www.lift3supportgroup.com
707-398-6865

Children's Network/Family Resource Centers
www.childnet.org
707-421-7229

Child Protective Services
800-544-8696

Adult Protective Services
800-850-0012

NATIONAL ORGANIZATIONS:

National Domestic Violence Hotline
www.ndvh.org
1-800-799-SAFE (800-799-7233)
TTY (800-787-3224)

National Youth Violence Prevention Center
www.safeyouth.org
1-866-SAFEYOUTH (1-866-723-3968)
TTY 1-888-503-3952

Prevent Child Abuse America
www.preventchildabuse.org
1-800-CHILDREN (1-800-244-5373)

National Center on Elder Abuse
www.ncea.aoa.gov
(1-888-436-3600)

PLEASE READ:

This brochure has been created to provide basic information about the importance of family violence prevention. Please consult a professional counselor if you have further questions or are in need of additional help.

Communities Working Together To Prevent Family Violence



Solano County Office of Family Violence Prevention

The key to promoting strong families and
reducing family violence in Solano County



Building brighter futures,
One family at a time.

Family Violence Affects The Whole Community

*It takes a caring, concerned community
to prevent family violence and
build a brighter future.*

Creating A Safe Community—

- Encourage your family, friends, and neighborhood watch or block association to become as concerned with watching out for family violence as they are with burglaries and other crimes.
- Support safe places in your community such as churches, shelters, police stations, etc.
- Expand education efforts to increase positive attitudes toward nonviolence.
- Participate in public awareness campaigns that focus on family violence prevention.
- Invite speakers who can address family violence issues to your church, professional organization, civic group, or workplace.
- Ensure that law enforcement is well informed about family violence issues and its effects on children.
- Organize after-school programs for children.
- Seek family violence survivors' input when planning activities to ensure their views and needs are clearly represented and understood.



Individuals Helping Families And The Community



Everyone in the
community has a
role to play.

Find yours and get
started TODAY!

How Can I Help?

There are many ways you can help, but the greatest thing an individual can do is volunteer their time to help support families and victim service agencies. Below are some of the local organizations in Solano County that need your help.

- Solano Family Justice Center
707-784-7635
- LIFT3 Support Group and DV Shelter
www.lift3supportgroup.com
- Catholic Social Services
www.csssolano.org
- Local Family Resource Centers (FRCs)
www.childnet.org

For more information visit the Solano County Office of Family Violence Prevention's website:
www.solanocounty.com/stoptheviolence.

Speak Out Against Family Violence

Advocate for policies and programs that help prevent family violence. Contact your local, state, and/or national officials. For example:

- Get involved with the Solano Partnership Against Violence (SPAV) Advisory Board to advocate for family violence prevention.
- Attend city council meetings and talk to council members about family violence issues.
- Call or write to candidates running for office.
- Write to U.S. Senators and Congress members.



What You Can Do to Help A Victim of Domestic Violence

Family violence can be one of the most difficult issues to discuss, but it is critical to talk about it. Before you speak with a victim, here are some key points to consider—

- Don't confront a victim if they are not ready to talk about the abuse.
- Don't judge, but do emphasize your concerns for their safety.
- When talking with a victim don't "push" them into making decisions they are not ready to make.
- Encourage them to seek help from local law enforcement, an attorney, or a counselor.
- Help connect the victim to resources in your community that help victims of abuse.
- Gently express your concerns that the violence is affecting their children.
- Encourage and help them create a Safety Plan for themselves and their children.
- Understand that the most dangerous time for a victim of domestic violence is when they are leaving an abusive relationship. Trust that they know their situation best and when it is safest to leave. Never pressure them to leave.
- Be a mentor for children and/or families

Most importantly let them know you believe them and offer your support. Just knowing there is someone supporting them can make a great difference to a victim.

Domestic Violence and Effects on Children

When we think of domestic violence we sometimes tend to focus on the adults and often overlook the impact on children who witness the abuse. Children in the home are also often being physically, verbally or emotionally abused. It is important to understand the effects this abuse has on children.

- Family violence creates a home environment where children live in constant fear and chaos.
- Children who are exposed to domestic violence are more likely to exhibit behavioral and physical health problems including depression, anxiety, and violence towards peers. They are also more likely to attempt suicide, abuse drugs and alcohol, run away from home, engage in teenage prostitution, and commit sexual assault crimes.
- Children who are victims of or witnesses to violent crimes are at an increased risk for delinquency, adult criminality and violent behaviors.
- Men who were exposed as children to their parents' domestic violence are twice as likely to abuse their own wives than sons of nonviolent parents.
- To find out more information about the effects of family violence on children visit the Solano County Office of Family Violence Prevention's website at www.solanocounty.com select Department: Family Violence Prevention



Reporting Family Violence

Too many people continue to believe that domestic violence is a private matter between a couple rather than a criminal offense that merits a strong and swift response. Neighbors should contact the police when they hear violent fights in their neighborhoods.

When should I report family violence?

Call the police if you see or hear evidence of family violence. Take action!

How do I report family violence?

You should call 9-1-1 to contact police in a situation where you need an immediate response - if family violence is happening now or if anyone is in immediate danger contact the police.

If you suspect that family violence is occurring in the home, but do not feel that anyone is in immediate danger you may also contact your local Family Resource Centers to learn more about services that can help. For more information contact (707) 421-7229.

What happens after I report it?

Law enforcement will investigate the report. Depending on the findings of the report the family may be referred to local organizations to help resolve the violence and reduce the chances of it occurring again. Law enforcement may remove the offender from the home to protect the victim and children. In many cases, legal action may be taken to ensure the safety of the victim and their children. The victim may pursue a restraining order to keep the offender away from her/himself and the children.



What is a Safety Plan?

A Safety Plan assists victims who are not yet ready or able to leave their batterer by providing a list of activities and resources to have on hand in the event of a subsequent violent episode.

SAFETY PLAN

Call

Call 911....If you are in immediate danger.

Teach

Teach your children how to dial 911 in case of an emergency.

Tell

Tell a family member or friend what is happening in your home or relationship.

Keep

Keep important information with you at all times (bank account numbers, shelter phone numbers, spare keys, medical record numbers, social security numbers, etc).

Prepare

Prepare a bag and keep it at a friend's or family member's home. The bag should contain: money, clothing, copies of important documents such as photo identification for you and your children, driver license, marriage license, birth certificates, house and car keys, and health insurance information.

Know

Know exactly where you are going to go and how you will get there. Remember, you might need to leave in a hurry.

~To learn more about safety plans contact the Solano County Office of Family Violence Prevention~