



Safety Planning

- Tell someone you trust what is happening.
- Have car keys, children's birth certificates, extra money, checks, and other important papers in a safe, hidden place.
- Keep a cell phone hidden. DVS can provide a free 911 cell phone.
- Make a plan for what you will do if you have to leave home, even if you may never use it.
- Talk to your children about what to do when things get scary.
- Trust your own instincts and judgment.
- If you have a protection order, carry it with you at all times.

Protection Order Clinic

A protection order may provide safety by restraining the abuser from harassing or threatening you and your children.

For more information call:

(509) 735-1295 or (509) 947-6222 for Spanish

Benton County Courthouse

Monday-Friday 11:00-1:00
7320 W. Quinault, Kennewick

Mission

The mission of Domestic Violence Services of Benton & Franklin Counties is to advocate for and empower domestic violence victims by providing free, safe and confidential shelter and support services.

Services

As a member of the Washington State Coalition Against Domestic Violence, Domestic Violence Services (DVS) is dedicated to providing a wide array of services to victims of domestic violence in our community.

- 24-hour crisis line & advocacy
- Emergency shelter
- Women's support groups
- Legal advocacy
- Children's program (in shelter)
- Community education & training
- Emergency 911 cell phone

All services are free and confidential.

How you can help

- Donate your time.
- Donate money.
- Donate used cell phones.
- Donate household products such as towels, silverware, bedding, pots, pans, etc.

Domestic Violence Services

OF BENTON AND FRANKLIN COUNTIES

24-Hour Crisis Line & Shelter

(509) 582-9841 or (800) 648-1277

Business Office

3311 W Clearwater Ave, Suite C140
Kennewick, WA 99336
(509) 735-1295 Fax: (509) 736-0649
www.dvsbf.org





Do you...

- Feel scared or unsafe around your partner?
- Make excuses for your partner's behavior?
- Avoid doing things that would cause a conflict?
- Always do what your partner wants you to?



Domestic Violence

It's not the victim's fault

The perpetrator is responsible for their behavior and is the only one who can stop the abuse.

It's about power and control

Perpetrators use intimidation, isolation, control resources, and/or manipulate the legal system to maintain dominance in the relationship.

It's not just physical abuse

It takes many forms including emotional, verbal, spiritual, and/or financial abuse.

It's a pattern of behavior

It is not an isolated incident, but a series of events. The relationship may not be bad all the time, but it usually gets worse.

It's NOT caused by anger, alcohol use, or mental health issues

These may escalate the abuse or increase risk for victims, but are not the cause of abusive behavior. Perpetrators choose to be abusive.

Does your partner...

- Regularly criticize you, call you names or put you down?
- Embarrass or humiliate you in public?
- Treat you roughly – grab, pinch, shove, bite, choke, or hit you?
- Threaten to hurt your friends, family, pets or themselves?
- Destroy or steal your belongings?
- Threaten to deport you or not submit immigration papers for you?
- Control your access to money or a car?
- Prevent you from going where you want, when you want?
- Deny you food, clothing, sleep or medications?
- Have affairs or accuse you of being unfaithful?
- Threaten to "out" you or criticize your sexuality?
- Force you to have sex or to engage in sexual acts that you are not comfortable with?
- Deny, minimize, make excuses, and blame others for their behavior?
- Monitor and control your relationships with friends, family, and social groups?

How to help someone

- Reach out. Let your friend know you are concerned.
- Don't judge or criticize.
- Remain patient, open-minded and supportive.
- Take time to listen.
- Don't pressure your friend to leave.
- Respect your friend's decisions.
- Ask, "How would you like me to help and/or support you?"
- Help your friend make a safety plan.
- Agree on a secret code word that can be used in case of an emergency.
- Call the DVS Crisis Line for information and resources.