

RESOURCES

PA Office of the Victim Advocate
800.563.6399 or OVA.PA.GOV

PA Coalition to Advance Respect
(PCAR)
800.692.7445 or PCAR.ORG

Find Your local Rape Crisis Center
888.772.7227

PA Coalition Against Domestic
Violence (PCADV)
717.545.6400 or PCADV.ORG

Find Your Local Domestic
Violence Program
PCADV.ORG/FIND-HELP

24-Hour National Hotline
800.799.SAFE (7233)

PA ChildLine
800.932.0313 or DHS.PA.GOV



Pennsylvania
**Commission on Crime
and Delinquency**



P.O. Box 1167
Harrisburg, PA 17108-1167



(717) 705-0888



Fax # (717) 772-4331



ra-davesupport@pa.gov



Find Local Support
& More Resources at
PCV.PCCD.PA.GOV

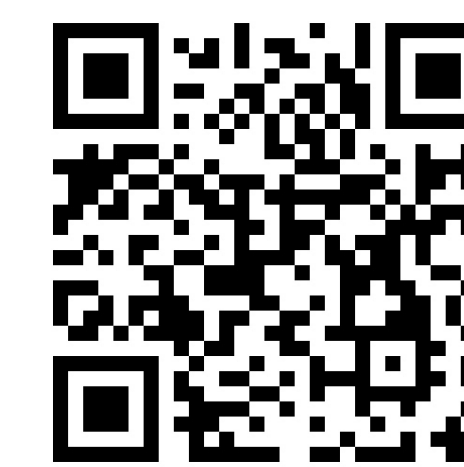
- Learn More About Victims' Rights
- Locate Help In Your County
- Apply for the Victims Compensation Assistance Program (VCAP) & File Claims with Dependable Access for Victims' Expenses (DAVE)
- Learn More About the Address Confidentiality Program
- Apply to Receive Alerts From The PA Statewide Victim Notification System (PA SAVIN)
- Download the PA Crime Victims App

YOU ARE NOT ALONE

YOUR LOCAL AGENCY IS READY TO HELP
**SCAN THE QR CODE TO FIND YOUR
LOCAL AGENCY**



PCV.PCCD.PA.GOV



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You Deserve Safety



*Recognizing Domestic
Violence & Finding Support
in Pennsylvania*



Pennsylvania
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and Delinquency**

IT'S HARD TO SEE, BUT You Are Not Alone

SIGNS YOU MIGHT BE EXPERIENCING ABUSE

- Your partner calls you names or puts you down
- Things moved really fast at the beginning—maybe too fast
- They text or call constantly to check on you
- They threaten to hurt you, your pets, family, or friends
- They blame you for their angry behavior
- You feel like you've lost touch with close friends and hobbies
- They control your money or ruin your credit on purpose

Remember: *Abusers are experts at control. Leaving can be the most dangerous time. That's why planning and support matter so much.*



SIGNS SOMEONE YOU CARE ABOUT NEEDS HELP

- Their partner puts them down in public
- They seem scared of making their partner angry
- They make excuses for bruises or injuries
- Their partner acts jealous or controlling
- They've stopped seeing friends and family
- They seem sad, worried, or different than before



HOW TO HELP SOMEONE YOU CARE ABOUT

Watching someone you love go through abuse is heartbreaking. Here's how you can help:

- Listen without judging. *Let them talk when they're ready.*
- Believe them. *It took courage to tell you.*
- Let them make decisions. *They need to feel in control of their life.*
- Remind them it's not their fault. *No one deserves abuse.*
- Help them connect with an advocate. *Professionals know how to help safely.*
- Be patient. *Leaving takes time and planning.*

Important to Know: *Abuse can be more than just physical or emotional. Sexual, financial, and digital abuse are a few other forms abuse can take.*

Making A Safety Plan

A safety plan is a simple way to help keep yourself safe. It's made just for you so make sure to mention your home, work, school, and daily life. Think of it as your personal safety guide.

You don't have to do it alone. Talk with someone you trust to make a plan that works for you. Scan the QR code to visit **THEHOTLINE.ORG** to create your own Interactive Safety Plan



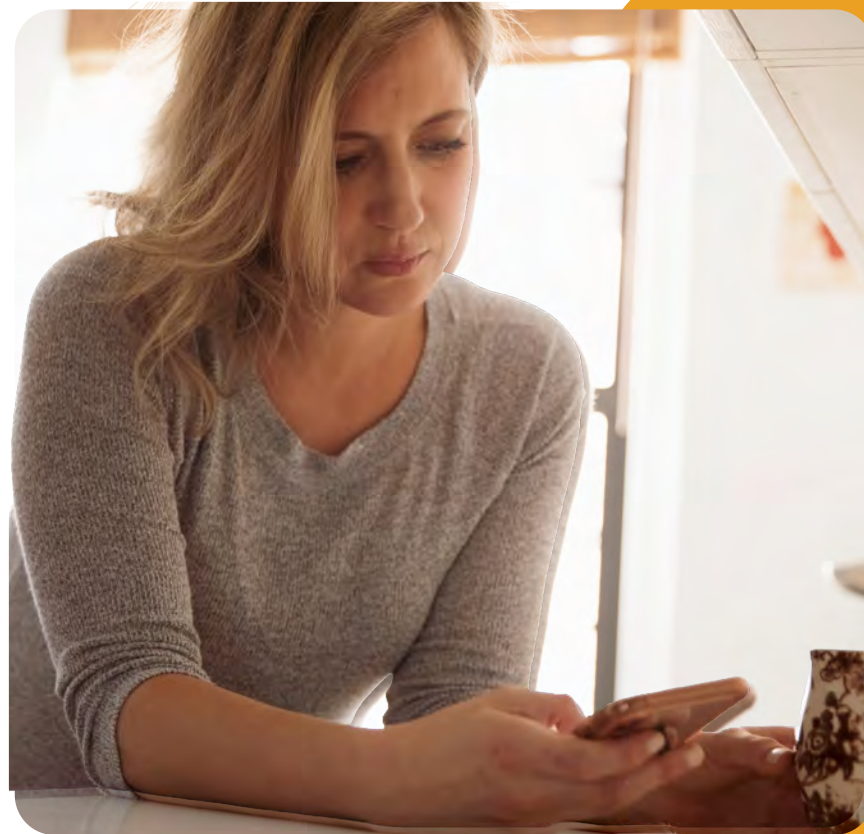
If you start to notice warning signs or think a friend might be in danger, it helps to be ready. Keep a small "go bag" with important items so you can leave quickly and safely.



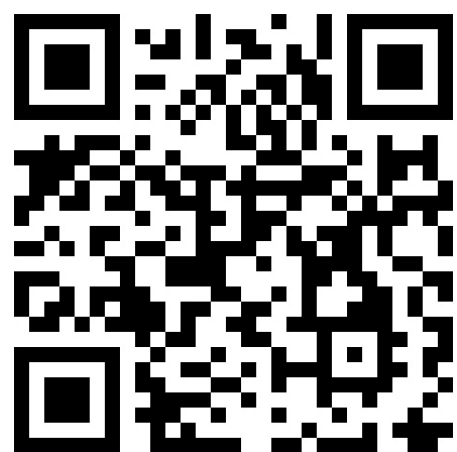
Be Prepared

YOUR GO BAG COULD INCLUDE:

- ✓ Important Papers
 - Birth certificates and social security cards
 - Driver's license and/or passports
 - Marriage, divorce, or custody papers
 - Legal protection or restraining orders
 - Health insurance cards and medical records
 - Car title, registration, and insurance documentation
- ✓ Money & Communication
 - Cash and prepaid credit cards
 - Prepaid cell phone
- ✓ Personal Items
 - Current medications and prescriptions for yourself and your children
 - Clothing and hygiene products
 - Keepsakes
 - Spare set of keys and extra phone charger



Keep Your Go Bag Somewhere You Can Easily Access. Some ideas: *in the trunk of your car, near your front door, or at a trusted friend's house. Keep your phone charged and your car full of gas, just in case.*



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