

A SAFETY GUIDE

RESOURCES AND INFORMATION
FOR VICTIMS OF DOMESTIC VIOLENCE



This safety guide contains information and resources that may help you to plan for your family's safety and well-being.

We hope that this information will help and assist you in making choices for yourself and your family.

Remember, if you ever feel threatened or unsafe, your first step should be to call 911 for immediate help.

911
You deserve – and have the right – to live without fear and violence.

This document is available in additional languages. Este documento está disponible en español.
Ang dokumentong ito ay makukuha sa Filipino. 在中國的語言提供這個文件

Confidentiality

The San Francisco Adult Probation Department is available to assist you. Please feel free to contact us. However, please be aware that probation officers have a legal obligation to hold offenders accountable if they break the law or do not comply with probation orders. This may include reporting information to the Court, depending on the circumstances. A list of resources, including confidential counseling and case management services, is provided at the back of this guide.

Victims' Bill of Rights – Marsy's Law

Under the California State Constitution, victims of crime have many rights, including the rights to:

- Be treated with fairness and respect and to be free from intimidation, harassment, and abuse throughout the criminal or juvenile justice process.
- Be reasonably protected from the offender and persons acting on his/her behalf.
- Have your address and other privileged information kept confidential from the offender and persons acting on his/her behalf.
- Attend and speak at the sentencing hearing and other Court proceedings.
- Receive compensation, or "restitution," from the offender for losses or damages you experienced as a result of the crime.
- To have your property returned to you once it is no longer needed as evidence.

What Does Probation Mean for the Offender?

The offender, while on probation, has been mandated to do the following:

- Comply with all laws.
- Comply with any stay-away orders.
- Comply with the probation officer at all times.
- Complete 52 weeks of domestic violence classes.
- Attend all court dates
- Not to possess firearms of any kind.
- Attend parenting programs, substance abuse counseling, or other treatment, if ordered.
- Complete community service hours, if ordered.

If the offender is arrested or cited for crime (not just domestic violence crime), violates the stay-away order, or fails to comply with other requirements, he/she is subject to serious sanctions up to jail or prison time.



Stay-Away Orders

You may be eligible for a stay-away order, also referred to as a restraining order or protective order. The main kinds of stay-away orders are:

Emergency Protective Order (EPO):

An EPO is a short-term order that the police can get for you from a judge 24/7. You are eligible if you fear immediate and present danger of domestic violence, child abuse, child abduction, stalking, elder abuse, or dependent adult abuse, and need protection. An EPO can order the offender to not contact you, move out of your home, to not own a gun, and may also give you temporary care and control of children you have in common with the offender. An EPO lasts 5 business days or 7 calendar days and will give you time to get a longer-term restraining order. If you need an EPO, call 911.

Civil Harassment Restraining Order:

You are eligible for a civil harassment restraining order if you are worried about your safety because you have been stalked, assaulted, sexually assaulted, abused, or threatened by someone who you have not dated and do not have a close family relationship with (such as a neighbor, roommate, friend, uncle, aunt, or cousin). There may be a fee.

Domestic Violence Restraining Order:

A domestic violence restraining order is a longer-term order, which can last up to ten years and can be renewed. It can order the offender to not contact you, move out of your home, not own a gun, not destroy your property, and stay a specified distance away from you (such as 100-150 yards). It can also include custody, visitation, and child support orders for any children you have in common with the offender. You are eligible if you have been stalked, assaulted, sexually assaulted, abused, or threatened by someone who you dated or have a close family relationship with. A domestic violence restraining order is granted by the Court. First, you can get a temporary restraining order for up to 7 days. Then you must attend a court hearing to get the more permanent order. Before the hearing, someone must serve the offender (give the offender notice of your intent to request the restraining order against him/her). There is no fee for the restraining order.

If you ever feel threatened or unsafe, call 911 for immediate help.

911



The Court may have ordered a stay-away order when the offender was sentenced. You can call us at the Adult Probation Department to find out if there is one. If you need to get a domestic violence or civil harassment restraining order, you can call us or one of the following agencies:

- The District Attorney's Victim Services Division (415-553-9044)
- The Cooperative Restraining Order Clinic (415-255-0165)
- The ACCESS Center of the San Francisco Superior Court (415-551-5880)
- Bay Area Legal Aid (1-800-551-5554)

Once you have a stay-away order, you should:

1. Always carry a copy of your restraining order with you.
2. File a copy of the order with your local police station.
3. If the offender violates the stay-away order, we urge you to immediately call the police and report the violation.

Recognizing the Signs

Domestic violence can take many forms, including physical abuse, emotional abuse, sexual abuse and coercion, reproductive coercion, or financial abuse. Domestic violence can happen in close familial relationships and in opposite-sex or same-sex intimate relationships. It's not always easy to identify domestic violence at first. While some relationships are clearly abusive from the beginning, abuse can be subtle at first and get worse over time. Whether you are still in a relationship with the offender or in another relationship, you might be experiencing domestic violence if the person:

- Calls you names, insults/embarrasses you, puts you down, says you're a bad parent or that you can never do anything right.
- Prevents or discourages you from going to work or school.
- Prevents or discourages you from seeing family members or friends.
- Tries to control how you spend money, where you go, what medicines you take, or what you wear.
- Makes all of the decisions.
- Acts jealous or possessive or constantly accuses you of being unfaithful.
- Gets angry when drinking alcohol or using drugs.
- Hits, kicks, shoves, slaps, chokes or otherwise hurts you, your children, or your pets.
- Threatens you, your children, or your pets with violence or a weapon.
- Threatens to commit suicide or take your children away if you leave.
- Looks at you in ways that scare you.
- Pressures or forces you to have sex or engage in sexual acts against your will.
- Pressures you to use drugs or alcohol.
- Blames you for his or her violent behavior or tells you that you deserve it.

Internet Privacy

An offender can monitor your internet usage in order to control you. Here are some suggestions about how to protect your safety.

Email: If the offender has access to your email account, he/she may be able to read your messages. Even if you believe your account is secure, make sure you choose a password he/she will not be able to

guess. If he/she sends you threatening or harassing email messages, you can print and save them as evidence of this abuse.

Internet Searches: If the offender knows how to read your computer's history of cache file (automatically saved web pages and graphics), he/she may be able to see information you have viewed on the Internet. You can take some steps to clear your history, though these may not completely hide your tracks. Steps on how to do this are available here: <http://www.ncadv.org/protectyourself/InternetSafety.php>

If you're lesbian, gay, bisexual, or transgender, you might also be experiencing domestic violence if the person:

- Threatens to tell friends, family, or colleagues about your sexual orientation or gender identity.
- Tells you that authorities won't help a lesbian, gay, bisexual, or transgender person.
- Says women can't be violent.
- Justifies abuse by telling you that you're not "really" lesbian, gay, bisexual, or transgender.
- Tells you that leaving the relationship means you're admitting that lesbian, gay, bisexual, or transgender relationships are deviant.



Personal Safety Plan

Making a personal safety plan – or simply thinking ahead about what you might do – can help you to plan for your and your family’s needs. Whether you are still in a relationship with the offender, have left him/her, still have some contact such as for child visitation, or are in a new relationship, remember that you have the right to live without fear and violence. Here are some suggestions that have helped people in situations like yours.

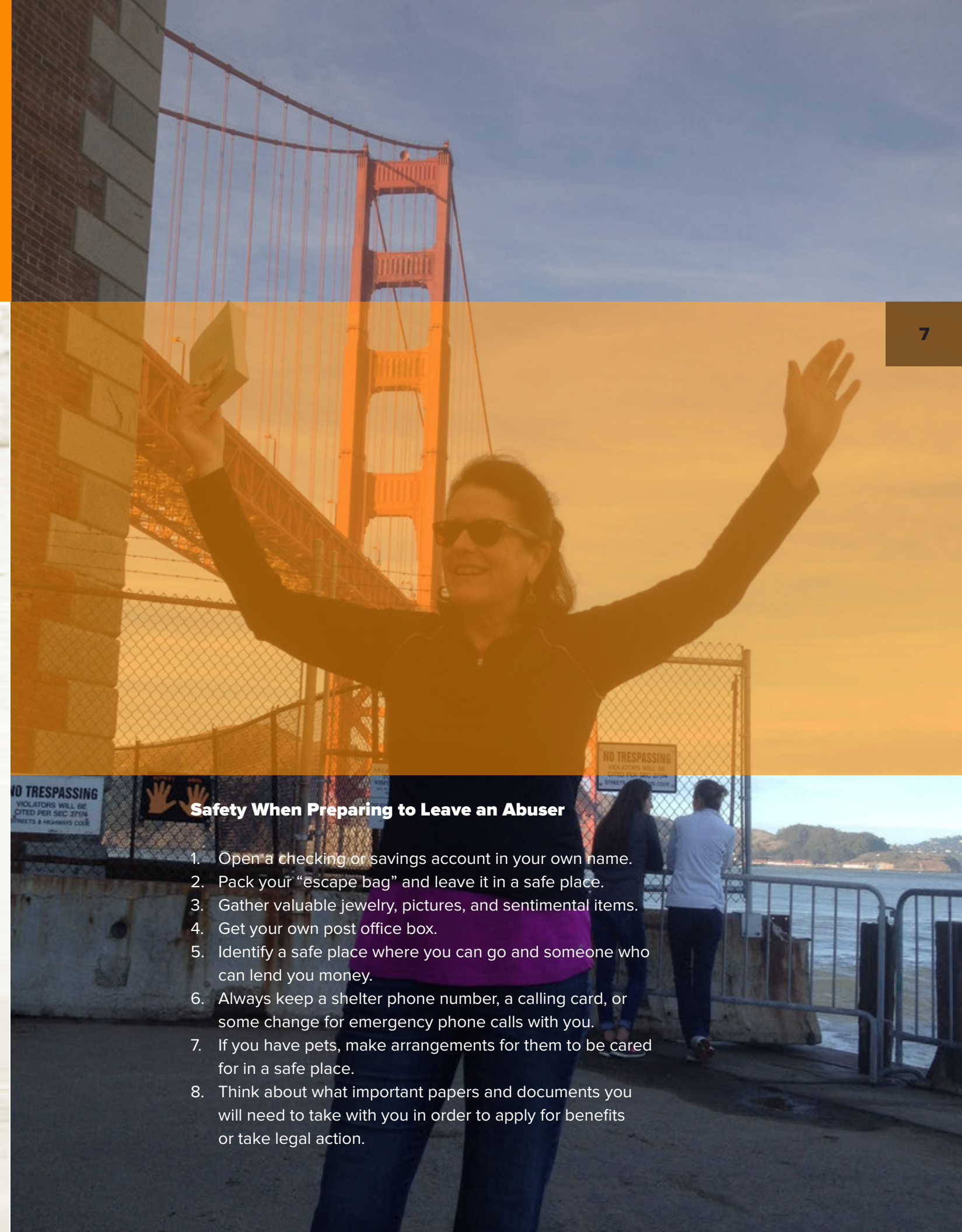
CHECKLIST

If you’re packing an escape bag or preparing to leave, you may need the following, including those for your children:

- Driver’s license
- Passport
- Other identification cards
- Social security card
- Green card/work permit
- Birth certificate
- Bank/financial account statements/pay stubs/W-2s (yours and the offender’s)
- Checkbook
- Money
- Lease/house deed
- Insurance papers (health, life, car, house)
- Car registration
- Medications
- Medical records
- School records
- Marriage license
- Divorce papers
- Custody papers
- Children’s toys
- Pictures
- Jewelry
- Any documentation of abuse (photos, police reports, medical records, etc.)

Preliminary Safety Plan Steps to Consider

- Think about what you will say to the offender if he/she becomes threatening or violent.
- If there is an argument, how can you get to a room where there are fewer things that can be used as weapons? How can you avoid getting trapped in the kitchen, bathroom, basement, or garage? Which doors, windows, elevator, or stairwell would you use to get out?
- Pack an “escape bag” with some money, extra set of car keys, a change of clothes, medications, important papers (e.g., birth certificates and social security cards). Can you keep it in a safe place or with someone you trust, such as with a friend, neighbor, or in the trunk of your car?
- Is there anyone – such as a neighbor – that you can ask to call the police if they hear a disturbance coming from your home?
- Do your children know how to use the telephone to contact the police?
- Where can you keep important phone numbers (police, hotlines, friends, shelters) for both you and your children? Can you memorize them?
- Is there a code word or signal you can use with friends, family, or your children to alert them to call for help?
- If you need a place to stay for a while, where can you go? Can you stay with family or friends? Where is an emergency shelter?
- Use your instincts and judgment. In some dangerous situations, it may be safest to give an abuser what he/she wants to calm him/her down.



Safety When Preparing to Leave an Abuser

1. Open a checking or savings account in your own name.
2. Pack your “escape bag” and leave it in a safe place.
3. Gather valuable jewelry, pictures, and sentimental items.
4. Get your own post office box.
5. Identify a safe place where you can go and someone who can lend you money.
6. Always keep a shelter phone number, a calling card, or some change for emergency phone calls with you.
7. If you have pets, make arrangements for them to be cared for in a safe place.
8. Think about what important papers and documents you will need to take with you in order to apply for benefits or take legal action.



Leaving an abuser can be a dangerous time. Resources are available to help you get out of the relationship.



Safety After Leaving an Abuser

- Change the locks on your doors as soon as possible.
- If you've left your home and need to go back to get your belongings, get a police escort.
- Avoid staying alone.
- Develop a safety plan with your children for times when you are not with them.
- If you have to meet the offender, meet in a public place; bring a friend.
- Plan what you'll do and how to get away if confronted in public.
- Inform your children's school, day care, etc., about who has permission to pick up your children.
- Inform someone at work of your situation. Include the security officers at work and provide them with a picture of the offender.
- Tell neighbors and the landlord that the offender doesn't live with you, and ask them to call the police if they see him/her near your home.
- If you have a stay-away order, keep it with you at all times. Call 911 if the offender violates the order. Let family members, friends, and neighbors know about the stay-away order.
- Change your phone number. Request an unlisted/unpublished number from the telephone company.
- Screen your calls. Have someone screen your telephone calls at work.
- Don't tell the offender where you live and don't call him/her from a landline at home.
- Have someone escort you to and from your car, bus, or train.
- Use a variety of routes to come and go from home.
- Save and document all contacts, messages, injuries or other incidents involving the offender.

Where Can I Go for More Information or Help?

There are many services in the community available to help you. Below is a partial list.

General

Police & Ambulance Emergency Assistance	911
Help Link (Community Resource Hotline)	800-273-6222

24-Hour Crisis Lines

Adult Protective Services (APS)	24/7 Reporting: 800-814-0009
Asian Women's Shelter	1-877-751-0880
Child Protective Services	24/7 Reporting: 415-558-2650
CA Youth Crisis Line	800-843-5200
Elder Friendship Line	415-752-3778
National Domestic Violence Hotline	800-799-SAFE (7233)
Rape Treatment Center	415-821-3222
Riley Center, St. Vincent de Paul Society	415-831-3535
SF Women against Rape (SFWAR)	415-647-7273
SF Suicide Prevention Crisis Line	415-781-0500
San Mateo County Community Overcoming Relationship Abuse (CORA)	1-800-300-1080
Sister Me Home	866-292-9688
WOMAN, Inc.	415-864-4722

Criminal Justice Intervention

Adult Protective Services (APS)	415-557-5230
	24/7 Reporting: 800-814-0009
Child Protective Services (CPS)	800-856-5553
SF Adult Probation Department	415-553-1706
SF County Jail	415-575-4410
SF Public Defender's Office	415-553-1671
SF District Attorney's Office	415-553-1751
SF DA Child Abduction Unit	415-551-9553
SF DA Victim Services	415-553-9044
SF Police Dept. General Works	415-553-9098
SF Police Dept.: Non-Emergency	415-553-0123
SF Police Dept. DV Response Unit	415-553-9225
State Department of Child Support Services	415-356-2700
Youth Guidance Center	415-753-7500

Housing/Shelter/Rental Assistance

A Man's Place (Shelter) • 399 Fremont St, SF 94105	415-908-0100
A Woman's Place (Shelter • 1049 Howard Street, SF 94101	415-487-2140
A Safe Place-Shelter for Battered Women (Shelter in Oakland) PO Box 23006, Oakland, 94623	510-536-7233
Asian Women's Shelter (DV Shelter) • 3543 18th Street #19, SF 94110	24/7: 1-877-751-0880
Cameron House (DV Shelter) • 920 Sacramento St. SF 94108	415-781-0401
Center for Domestic Peace (Shelter in Marin) • 734 A Street, San Rafael, 94901	415-457-2464
Chronicle Season of Sharing Fund (Senior Rental Assistance) PO Box 7988, SF 94120-7988	415-557-6484
Community Overcoming Relationship Abuse (San Mateo) 2211 Palm Ave, San Mateo, 94403	24/7: 1-800-300-1080
Compass Connecting Point (Family Services) • 995 Market St, SF 94103	415- 442-5130
Diamond Youth Center • 536 Central Avenue, SF 94117	1-800-887-1020
Jewish Family & Children's Services (Transitional Housing) 2150 Post St, SF 94115	415-449-1200
La Casa de Las Madres (DV shelter) 1663 Mission Street Ste 225, SF 94103	Adults: 887-503-1850 Teens: 887-923-0700
Larkin Street Youth Center • 1138 Sutter St, SF 94109	415-673-0911
Prenatal Family Community Resource Center (Rental/Housing) 995 Market Street Ste 1010, SF 94103	415-546-6756
Riley Center, St. Vincent de Paul Society (DV Shelter) 1175 Howard Street, 2nd Floor, SF 94103	415-255-0165
Rosalie House (DV Shelter)	415-225-0167
SF Domestic Violence Consortium	415-626-8709
SF Housing Authority (Low Income Housing) • 2698 California St, SF 94115	415- 567-7918
Sister Me Home (Shelter in San Leandro) • 1395 Bancroft Ave, San Leandro, 94577	1-866-292-9688
WOMAN, Inc. (DV Shelter Clearing House) • 333 Valencia St Ste 450, SF 94103	24/7: 415-864-4722

Counseling/Case Management Services

Asian Perinatal Advocates - Family Support Services 10 Nottingham Pl, SF 94133	415-206-5450
Asian Women's Shelter • 3543 18th Street #19, SF 94110	24/7: 1-877-751-0880
Central American Resource Center (CARECEN) • 1245 Alabama St, SF 94110	415-824-2330
Community Overcoming Relationship Abuse 2211 Palm Ave, San Mateo, 94403	24/7: 1-800-300-1080
Community United Against Violence (CUAV) (LGBTQ) 427 South Van Ness, SF 94103	415-333-HELP (4357)
Donaldina Cameron House (Asian Women) • 920 Sacramento St , SF 94108	415-781-0401
Felton Institute • 1500 Franklin St, SF 94109	415-474-7310
GLIDE Women's Center • 330 Ellis St., SF 94102	415-674-6000
Instituto Familiar de La Raza	415-229-0500
Jewish Family and Children's Services • 2150 Post St., SF 94115	415-449-1200
La Casa de Las Madres • 1663 Mission Street Ste 225, SF 94103	Adults: 887-503-1850 Teens: 887-923-0700
Richmond Area Multi Services (12+ Languages Available) 3626 Balboa St, SF 94121	415-668-5955
Riley Center, St. Vincent de Paul Society • 1175 Howard Street, 2nd Floor, SF 94103	415-255-0165
SF Domestic Violence Consortium	415-626-8709
SF Women Against Rape (SFWAR) • 3543 18th St #7, SF 94110	24/7: 415-647-7273
Shalom Bayit (Jewish Women) • PO Box 10102, Oakland, 94610	510-451-8874
Survivor Restoration Program (SF Sheriff's Dept.) • 120 14th St, SF 94103	415-734-2312
WOMAN, Inc. • 333 Valencia St Ste 450, SF 94103	24/7: 415-864-4722

Counseling/Case Management Services – LGBTQ

Community United Against Violence (CUAV) • 427 South Van Ness, SF 94103	415-333-HELP (4357)
WOMAN, Inc. • 333 Valencia St Ste 450, SF 94103	24/7: 415-864-4722

Counseling/Case Management Services – Seniors

Adult Protective Services (APS)	415-557-5230 24/7 Reporting: 800-814-0009
Asian Pacific Islander Legal Outreach • 1188 Franklin St Ste 202, SF 94109	415-567-6255
Elder Friendship Line • 3330 Geary Blvd # 2W, SF 94118	415-752-3778
Institute on Aging • 3330 Geary Blvd, 2W, SF 94118	415-750-4180
Senior Information and Referral • 875 Stevenson St, SF 94103	415-626-1033

Health Services

Behavioral ACCESS (Medical/Mental Health Referral) 1380 Howard St. 1st Floor, SF 94103	1-800-750-2727
Lyon-Martin Health Services • 1748 Market St Ste 201, SF 94102	415-565-7667
Rape Treatment Center • 2727 Mariposa St Ste 100, SF 94110	415-206-3222
SF Domestic Violence Consortium	415-626-8709
SF General Hospital • 1001 Potrero Ave, SF 94110	415-206-8000
Talk Line for Parents • 1757 Waller Street, SF 94117	24/7: 415-441-5437

Health Services – Children and Adolescents

Asian Perinatal Advocates - Family Support Services • 10 Nottingham Pl, SF 94133	415-206-5450
Child Protective Services	415-558-2650
Central YMCA • 220 Golden Gate, SF 94102	415-885-0460
Child and Adolescent Support Advocacy and Resource Center (CASARC) 995 Potrero Ave, SF 94110	415-206-8386
Horizons Unlimited • 440 Potrero Ave, SF 94110	415-487-6700
Kids' Turn (Divorced Families) • 1757 Waller St, SF 94117	415-777-9977
La Casa de Las Madres • 1663 Mission St Ste 225, SF 94103	877-923-0700
New Generation Health Center • 625 Potrero Ave, SF 94110	415-502-8336
Teenage Pregnancy & Parenting Program • 2730 Bryant Street 2nd Flr, SF 94110	415-695-8300
SF General Hospital: Child and Adolescence Sexual Abuse Resource Center (CASARC) • 995 Potrero Ave, Bldg 80, SF 94110	415-206-4478

Where Can I Go for More Information or Help? *(continued)*

Legal Assistance

Access Center (SF Superior Court) • 400 McAllister St., Rm 519, SF 94102	415-551-5880
Asian Pacific Islander Legal Outreach • 1121 Mission St, SF 94103	415-567-6255
Bar Association (Volunteer Legal Services • 301 Battery St 3rd Floor, SF 94111	415- 982-1600
Bay Area Legal Aid • 1035 Market St, 6th Floor, SF 94103	1-800-551-5554
Community United Against Violence (CUAV) (LGBTQ) 427 South Van Ness, SF 94103	415-333-HELP (4357)
Cooperative Restraining Order Clinic	415-864-1790
The Homeless Advocacy Project • 1360 Mission St Ste 201, SF 94103	415-575-3130
Justice & Diversity Center • 301 Battery St, 3rd Floor, SF 94111	Intake: 415-989-1616 415-982-1600
La Casa de Las Madres (DV shelter) • 1663 Mission Street Ste 225, SF 94103	Adults: 887-503-1850 Teens: 887-923-0700
La Raza Centro Legal • 474 Valencia St, SF 94103	415-575-3500





Protecting the Community,
Serving Justice, and Changing Lives



San Francisco Adult Probation Department

*Protecting the Community, Serving Justice,
and Changing Lives*

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