



Pierce County

Senior Information & Assistance

DOMESTIC VIOLENCE

Police, Sheriff or Medical Emergency – Call 911

Pierce County Domestic Violence Help Line – (253) 798-4166

Pierce County Domestic Violence Help Line (24 hours) – 1-800-764-2420

Pierce County Prosecuting Attorney Domestic Violence Unit – (253) 798-7446

Family Renewal Domestic Violence Shelter/Safe House (24 hours) – (253) 475-9010

Sexual Assault Center of Pierce County (24 hours) – (253) 474-7273

YWCA Women's Shelter (24 hours) – (253) 383-2593

Statewide Domestic Violence Hotline – 1-800-562-6025

Domestic violence knows no age!

What is Domestic Violence?

Domestic violence is a confrontation between family or household members involving physical harm, harassment, sexual assault, or reasonable fear of physical harm. Family or household members include spouses/former spouses, those in (or formerly in) a dating or unmarried relationship, including gay/lesbian couples; adults related by blood or marriage; and those who have a child in common or legal parent-child relationship.

Domestic violence is a pattern of behavior used by an individual to establish and maintain control over another individual. It can include physical abuse, sexual abuse and emotional abuse. Abusive behavior can involve the following:

- Threatening physical harm
- Deprivation of food, sleep, money, medical assistance
- Hair pulling, biting, kicking, pushing or punching
- Isolation
- Intimidation with a weapon
- Dangerous driving to intimidate
- Restraining someone from leaving
- Forced sexual contact
- Unwanted touching
- Name Calling
- Discouraging relationships with family and friends
- Destruction of the victim's possessions and/or pets

Not all of these behaviors are crimes, but they are all abusive!

What to do if you are a Victim of Domestic Violence

1. Call 911 and report the incident. You do not need to be able to speak English. The 911 operator will be able to assist you. Write down the police report/incident number and keep with your records.
2. Seek medical attention if necessary. Have injuries documented and photographed.
3. Go to a safe place, such as a domestic violence shelter.
4. Tell someone you trust about the abuse: a family member, friend, victim advocate or co-worker. You do not need to face abuse alone.
5. Make a safety plan, call the Domestic Violence Help Line or a local domestic violence program for more information.
6. File for a Domestic Violence Protection Order that will tell your abuser to stay away.

When you decide to get help, find a support system that works for you. The support system can be a family member, friend, co-worker, your community of faith, or local domestic violence program. They can help you devise a safety plan and find you a safe place to stay.