

# What Can I Do?

## Victim:

There are resources for Domestic Violence Victims in Kern County:  
Restraining Orders  
Counseling  
Victim Compensation  
Legal Assistance  
Please see "Resources" on the back of this brochure.

## If you plan to leave-

### Create a Safety Plan:

Make arrangements ahead of time for your escape. You may need to leave suddenly so have a few things packed and ready for you at a different location such as:

- ◆ Drivers License/ID Cards/Social Security
- ◆ Medical cards/ insurance
- ◆ Money
- ◆ Passports
- ◆ Birth Certificates
- ◆ Custody Papers
- ◆ Protection Orders
- ◆ Clothes
- ◆ Baby formula/diapers
- ◆ Medicine/Prescriptions



Police can escort you back to your house later to pick up other items you may need.

## Family member or Friend:

If you want to help someone who is being abused, the resources in this brochure are specifically for Domestic Violence Victims. The victim must be ready to leave his/her abuser. Be supportive and ready to help when they ask for it.

## Resources

⇒ **Alliance Against Domestic Violence and Sexual Assault**

24 Hour Hotline Crisis Intervention  
(661) 327-1091

⇒ **Domestic Violence Hotline:** 1-800-799-7233

⇒ **District Attorney's Victim Services Unit:**  
1215 Truxtun Ave. 3rd Floor  
(661) 868-2400

⇒ **ASPIRE**— a phone app that looks like a newsfeed but can notify a designated person when you need help.

⇒ **Greater Bakersfield Legal Assistance**  
615 California Ave  
Bakersfield CA 93304  
(661) 334-4673



To contact the

**Kern County Sheriff's Office:**

Emergency: **9-1-1**

Non-Emergency: **(661) 861-3110**

Non-Emergency Outlying Areas:

**1-800-861-3110** Sheriff's Report Desk

(Bakersfield only): **(661) 391-7471**

**Text : KERNSHERIFF to 888777**

[WWW.NIXLE.COM](http://WWW.NIXLE.COM)

## Domestic and Teen Dating Violence



## Resource Information

This brochure is a publication of the  
Kern County Sheriff's Office  
Crime Prevention Unit  
(661)391-7559  
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# Domestic Violence

Domestic Violence affects nearly one in every three intimate partner relationships. It affects every race, culture, economic class, educational background, age and sexual orientation.

Domestic Violence occurs when an individual exerts POWER and CONTROL over his/her intimate partner using PHYSICAL, EMOTIONAL or PSYCHOLOGICAL abuse.

## A serious problem

Approximately

25% of all violence-related hospital emergency room visits by women are a result of domestic violence.

- 50% of spousal abuse offenders in state prison had killed their victims.
- Girls and women between the ages of 16 and 24 experience the highest rate of intimate partner violence.
- Nearly 10% of high school students report being hit, slapped or physically hurt by their boy/girlfriend.
- Violent behavior typically begins between the ages of 12 and 18 years old.
- Homicide is the leading cause of death in pregnant women. Teens (15-19) are most at risk.

## Drug and Alcohol Link

### Research shows:

Alcohol and drug abuse increase the likelihood of DV.

Substance abusers are violent more frequently and inflict more serious injuries.

Drinking precedes family violence in 25-50% of all DV cases.



## Cycle of Violence



The Cycle of Violence is never-ending. A minor incident escalates into an explosion of violence. After which the abuser apologizes and promises never to do it again. Over time, tension begins to grow again and the victim is “walking on egg shells” to avoid another incident which inevitably happens again.



## Why stay?

It is not always easy to leave an abuser. There are a wide range of factors that make it difficult to leave such as:

- Shame, guilt
- No support system
- Abuse seen as normal/ family history
- Lack of resources/awareness of resources
- Culture
- Fear of loneliness
- Religion
- Hope abuser will change

**If you have suffered Domestic Violence it is not your fault**

## Abusive Relationship Quiz

Does Your Loved One:

1. Use force against you in an argument?
2. Display extreme jealousy or insecurity?
3. Keep track of you, your cell and e-mails?
4. Have an explosive temper? (Angers easily, road rage)
5. Abuse drugs or alcohol?
6. Break things or hit objects?
7. Discourage your relationship with family and friends?
8. Blame others for his/her problems?
9. Humiliate or call you hurtful names?
10. Deny you sleep, medicine or medical attention?
11. Control all of the finances, expecting an account of every penny spent.
12. Physically hurt you, your children or your pets?
13. Force you to have sex against your will?
14. Have a history of abuse?
15. Threaten to use a weapon against you?



If you answered “yes” to any of these questions, You may be in an abusive relationship. Seek help from a trusted professional immediately.