

Signs of Domestic Violence

Isolation

Controlling who they see/talk too, what they read or where they go.

Intimidation

Using looks, actions or gestures. Smashing or destroying property. Animal abuse. Displaying weapons.

Threats

Threats of violence against you or your property, threats of suicide, and threats of taking your children away are all signs of abuse.

Emotional Abuse

Put downs, name calling, making you think you're crazy, manipulating you into thinking their behavior is not abuse.

Alcohol Abuse

A lot of time domestic abuse is over looked when there is alcohol abuse because people tend to think it's situational and use excuses like, "it only happened because they were drunk."

Inconsistent Injuries and Inconsistent

Explanations of Injuries

Are signs someone is being abused.

RESOURCES

- **On Campus**
 - Public Safety (541) 463-5558
 - Emergency (541) 463-5555
 - Building 13 Public Safety Office
 - Women's Center (541) 463-5363
 - Building 1 Room 202
- **Down Town Public Safety**
 - (541) 463-6267
 - After Hours (541) 954-8058
- **Women's Space**
 - Crisis Line (541) 485-6513
 - 1-800-281-2800
 - Main Office (54) 485-8232
 - Victim Service (541) 682-4523
- **Sexual Assault Support Services**
 - Crisis Line (541) 343-7277
 - Business (541) 484-9791
- **Legal Services**
 - Lane County Courts (541) 682-4011
- **Contact your local DHS to report Domestic Violence**

LCC Public Safety, Building 13

LCC Public Safety 4000 E 30th
Eugene, Oregon 97405

Phone: (541) 463-5558
Emergency Line: (541) 463-5555

E-mail: lccpublicsafety@lanecc.com



Lane Community College Public Safety



Domestic Violence Awareness



Public safety (541) 463-5555
Emergency ext. 5555

Have A Plan

- Have your car keys and phone on you
- Know where you are going
- Know who you are going to call
- Make sure you have a bag/purse/wallet

Go To A Safe Place

- Go to a friend's or family member's house, someone you can trust
- Women's Space
- **If the situation is dangerous** go straight to Public Safety, the Police, or a Hospital

Are You Ready To Go?

- Important documents such as ID, Birth Certificate, Social Security Card, Passport, Medical Records, something with your name and address on it. (if you have children get their important papers too)
- House keys, car keys
- Cash, credit/debit cards, checks
- Important phone numbers, cell phone, charger
- Emergency bag
- Extra clothes for you and kids (if any)
- Toothbrush, brush, deodorant, daily essentials
- Small first-aid kit, pain reliever
- Extra phone charger
- Anything important you can't live without

* By having these items gathered in a safe place, such as an emergency bag, there will be no hesitation if you need to make an emergency leave. You can leave with peace of mind, knowing you have everything you need. This will reduce your risk of returning back to a dangerous situation due to forgotten items.

Be Prepared To Escape

- Keep your gas tank above ½ tank at all times
- Lock your car doors
- Have your keys in your hand and ready to unlock your car as your walking to the car
- Look in and around the car before you get in
- Know your route and safe places on your route, avoid back roads or long country roads
- Keep extra oil, jumper cables or jump pack, flash light, camera and first aid kit

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