



CITY AND COUNTY OF SAN FRANCISCO
OFFICE OF THE DISTRICT ATTORNEY

QUICK TIPS: GETTING HELP IF YOU ARE IN AN ABUSIVE RELATIONSHIP

Domestic violence is an extremely prevalent problem, both in San Francisco and beyond. Nationally, it is estimated that 1 in 4 women experience domestic violence in their lifetime, and 1.3 million women are abused by an intimate partner each year. It is also becoming clear that the cycle of intimate partner violence is beginning with our younger generation. In a recent study, 1 in 5 high school students reported being physically or emotionally abused by a dating partner. If you are in an abusive relationship, you can get help. Below are tips for staying safe in relationships, and what to do if you are in an abusive relationship.

- 1. Know that you are not responsible for the abuse.** Batterers often make their victims feel that they are responsible for the abuse that they are suffering. If you are being abused in a relationship, know that it is not your fault. No one deserves to be in an abusive relationship, no matter what messages you are receiving from your abuser. If you feel unsafe, that is not a healthy relationship.
- 2. Go somewhere safe.** The minute you begin to feel unsafe in a relationship, leave immediately and go somewhere safe. This can mean going to a friend's house, a family member's house, or anywhere away from your abuser. If you are unsure of where to go, there are shelters where you can go to escape your abuser.
- 3. Call the police.** Abuse is illegal, no matter what kind of relationship you are in. If you are being battered or abused, you have the right to call the police. The police can help stop the abuser and ensure that you are safe and that you get necessary services.
- 4. Get a protective order.** A protective order means that the abuser can be arrested if he or she comes near you. Call a hotline number or the police to get more information on obtaining a protective order.
- 5. Know that you are not alone.** Domestic violence happens more than we see. Many people of all genders, ethnicities, sexual orientations, and backgrounds experience abuse. If you are in an abusive relationship, you are not alone.
- 6. Call for help.** If you are in an abusive relationship, help is available. Below are numbers you can call to start receiving assistance and services immediately.

- **San Francisco District Attorney's Office's Victim Services Division:**

San Francisco District Attorney's Office
Hall of Justice, Room 320
Phone: (415) 553-9044

- **La Casa de las Madres toll-free crisis hotlines:**

Crisis Hotline: 1-877-503-1850
Teen Crisis Hotline: 1-877-923-0700