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U.S. Department of Justice
National Institute of Justice

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California Office of Criminal
Justice Planning

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Surviving Domestic Violence

a safety & empowerment guide
for battered women



prepared by:

The Los Angeles Commission on Assaults Against Women

&

The Family Violence Project of Jewish Family Service

Surviving Domestic Violence

a safety & empowerment guide
for battered women

Prepared by:

**The Los Angeles Commission on Assaults
Against Women**

543 North Fairfax Avenue
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of Jewish Family Service**

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Written by:

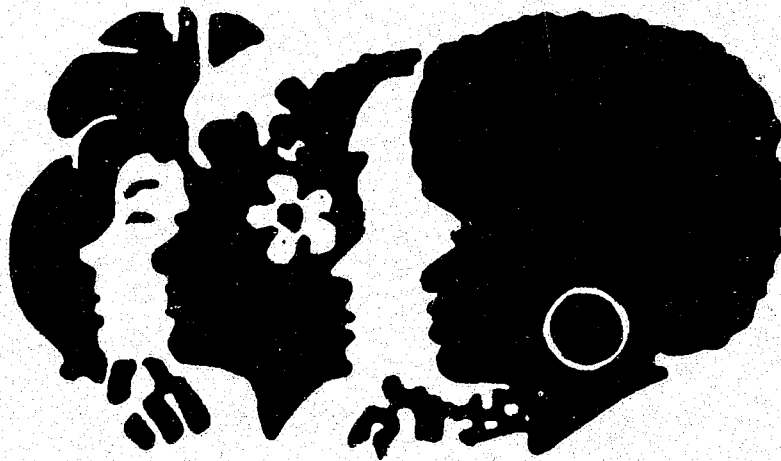
CLAUDIA CUEVAS
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OCJP
Office of Criminal Justice Planning
STATE OF CALIFORNIA, 1989

EMPOWERMENT

- I am not the cause of another's violent behavior.
- I am a worthwhile woman.
- I deserve to be treated with respect.
- I can decide for myself what is best for me.
- I am not alone. I can ask others to help me.



This guide is dedicated to all the battered women and formerly battered women who struggle against violence.

Overview

This is a guide for women who are in abusive relationships and want the abuse to stop. Every woman's situation is different. This booklet is intended to be a guide to making that first step toward safety.

Battering is the use of force to control and maintain power over another person. That force can be physical, verbal, psychological, and/or sexual. It involves intimidating and frightening someone repeatedly over a period of time through verbal threats and beatings. The batterer can be a woman's husband, ex-boyfriend, or lover. He is jealous and controlling.

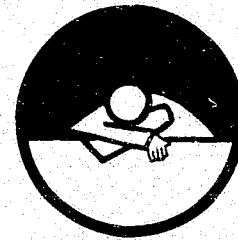
Generally, once a person begins to batter a partner, the violence becomes more severe and frequent unless some kind of intervention occurs.

If you are in an abusive/violent relationship, you are not alone. Over 50% of all women in the United States have experienced an incident of violence in

their marriage or relationship. Recently, Surgeon General Everett Koop said "It (domestic violence) is an overwhelming moral, economic and public health burden that our society can no longer bear." Koop further stated "In this country, no man has a license to beat and get away with it, and no woman is obliged to accept a beating and suffer because of it." You do not have to be legally married to be in a battering relationship. You are protected under the law from your abuser. In this booklet when we use the term married, we mean any marriage-like situation, for instance living together or having children together.

If you feel isolated, alone, scared, and trapped you may be caught in a battering relationship. Nobody "deserves" to be beaten or abused. There is a way out. You can ask for help. Right now you may have several questions. This booklet contains some of the most commonly asked questions and a list of agencies and people that can answer your other questions.

Am I a battered woman?



YES, you may be a battered woman if:

- You are frightened by your partner's temper.
- You feel intimidated by your partner.
- You often give in because you are afraid of your partner's reaction.
- You apologize to yourself or others for his behavior when you are treated badly.
- You find yourself being criticized for daily things, such as your cooking, clothes, appearance.
- You are humiliated or degraded by name-calling, put downs, accusations.
- Your partner makes frequent threats to withhold money, resources, take away the children or have an affair.
- You have been forced or pressured into having sex.
- You have been kicked, hit, shoved, restrained or had things thrown at you by your partner.
- You have been stopped from seeing family or friends.
- You feel isolated and alone.
- You experience a pattern of violence in your relationship.

There is usually a pattern to the violence. The Cycle of Violence usually has three parts. First, there's a period of time when the batterer gets edgy and tension builds up. Second, the batterer explodes and the abuse occurs. It can last a few minutes or several hours. Third, there's a period of relative calm and making up. The batterer may be sorry or act like nothing happened; but he's interested in making up and may even promise never to do it again. However, the tension almost always starts to build again. You don't have to experience physical violence to be a battered woman. Often the psychological abuse can leave you fearful, helpless and powerless to act in your own behalf.

Battered women are rich, poor, married, divorced, single, from all ethnic groups, every economic level, able bodied or with a disability or in a lesbian relationship. Being a battered woman means that you have common issues with many other women. It is estimated that 8 million women are battered each year.

YOU ARE NOT ALONE.

What does a batterer look like?



There is no special look to a batterer. He can be a doctor, lawyer, judge, mechanic, teacher, or unemployed. He can come from any ethnic or religious group, have several years of college or none and he can be rich or poor. In other words, he can be just about anybody. 95% of the time the batterers/abusers are men. There are some men that are being battered by their female or male partners this booklet will be useful for them too.

There are some behavioral traits that are common. He may have a Dr. Jekyll - Mr. Hyde personality; charming and calm with strangers, friends and neighbors and mean, abusive/violent with family members. Batterers are usually very jealous of everything in your life including friends and family. They make unfounded accusations about who you are going to meet and why. Chances are he has abused or hit other girlfriends. This is important to remember because he will tell you he is beating/abusing you for a reason, but he will always find a reason however small or imaginary.

What will the police do?

In California, spousal corporal punishment (wife beating) is a crime and if there is any physical trauma (black eye, broken bones or bruises), the police can make a felony arrest. Remember, you are not the one pressing charges. It is the State of California or County of Los Angeles that files charges. You are a witness to the crime of wife abuse and the perpetrator was your husband/partner.

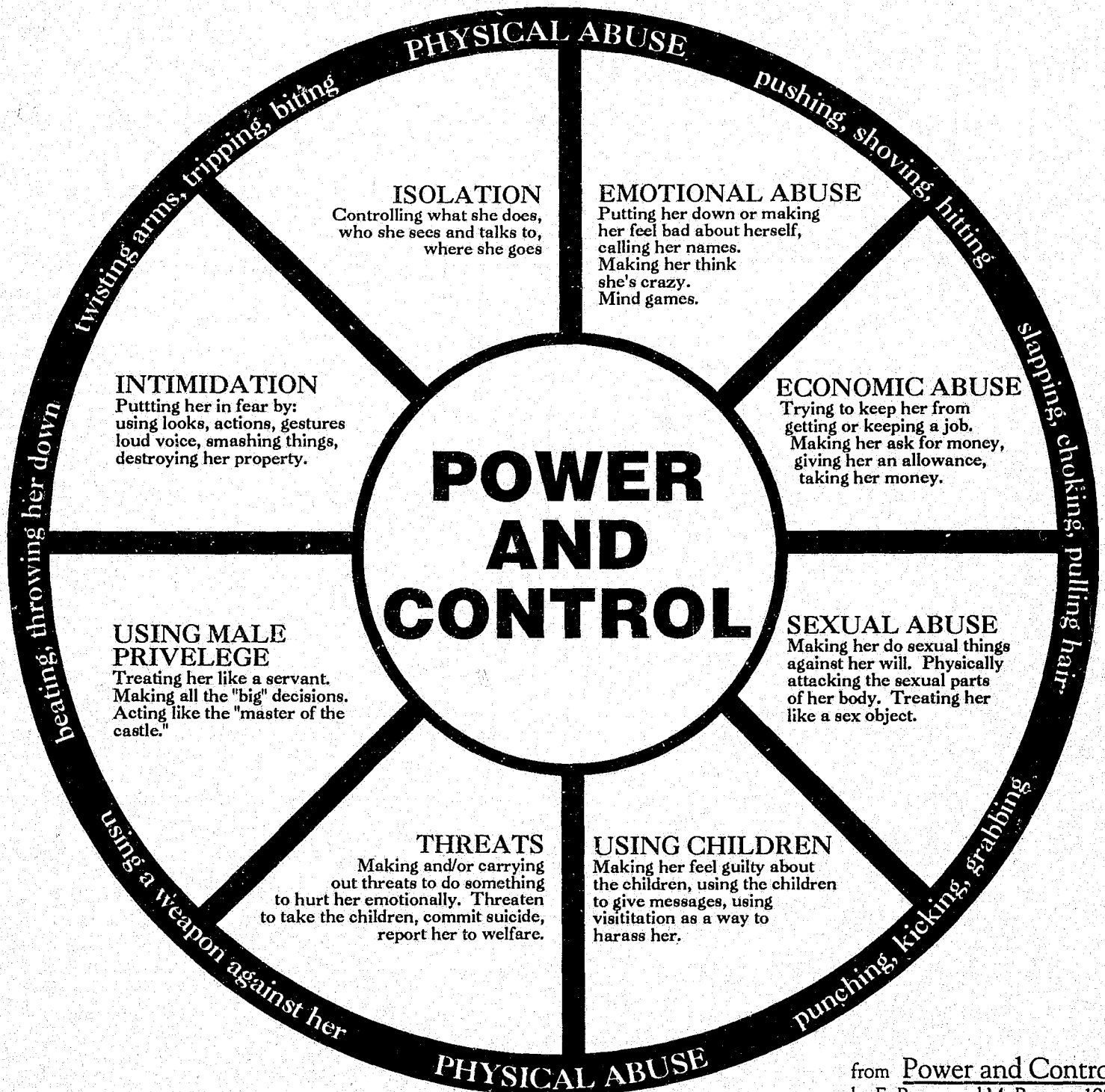
If there is physical harm, the police will make an arrest. If you are still afraid after they have arrested the batterer, you may ask the police to issue an **Emergency Restraining Order**. They will call a judge with the details of the incident and they can get the judge's approval over the telephone. This type of restraining order is also called the **Telephonic Temporary Restraining Order (TTRO)**. This is good until the end of the next court day. This gives you time to get a more permanent order.

If there is not enough evidence to make an arrest, such as physical evidence or another witness, the police will write down the facts in a **Domestic Violence Incident Report**, and this remains on file at the police station. This report is important because it can be used as evidence to prior violence.

What is a restraining order?

There are different types of restraining orders. Now in California, the police may issue an emergency-telephonic restraining order if it is after court hours. The emergency restraining order is good until the close of the next court day. It can be very useful on long weekends and holidays. The Emergency RO, as with other types of restraining orders, is an official notice from the court ordering the restrained party to not harass, call, or otherwise molest you until the fact of the situation can be evaluated by the court. It is an official document of the court but is only as good as it is honored and enforced. If you feel the person you wish to restrain is too dangerous, it is still a good idea to get the restraining order, but also to take other safety precautions. This also means you should honor the order if you need to talk to the restrained person, or if YOU (not him) decide to get back together, you both must have the judge cancel the order. If you try to "trick" him into violating the order, you may not receive the level of protection from the court and police the next time you need a restraining order.

This wheel shows how abusive partners use different forms of sexual, social and psychological abuse to maintain power and control. Once this pattern has begun, it will cycle around again until the threat of physical abuse begins to overshadow all aspects of a battered woman's life.



from Power and Control
by E. Pence and M. Paymar, 1986

What resources are available to me?

Shelters

These are safe houses where you can stay for short periods. You can also bring your children with you. These houses are especially for battered women. Their whereabouts are not known to the general public and so there is little chance of him finding you.

Restraining Orders

These are orders from the court telling the abuser to stay away from you, or he will have to face consequences such as jail. There are restraining orders that force the batterer to move out of the residence - this type of order is called a "kick-out" order.

Police

If you have just been beaten, you can call the police and upon seeing evidence of visible injury, they will arrest the abuser. If you have a restraining order and the abuser violates it, you should call the police...they will arrest him.

Relocate

If you have separated, but he is still bothering you and you fear him, you may need to move to another part or out of the city, or even out of the state. If he knows where you work, he may follow you home from your place of work. You may need to change jobs. If you feel that this is not fair, you're right. It isn't. But it may be the only way to keep yourself safe.

I'm scared...

And you have every reason to feel this way. You know your partner best and what he is capable of doing. You may fear that if you try to make changes to try and leave, that the violence could become worse. You may well be right. Perhaps in the past you spoke back to him or told a friend about the abuse and he found out and beat you. You have learned that the consequences for trying to take care of yourself by trying to end the violence is MORE violence. This guide has been written for you so that you can see that there are other choices available to you which you may not yet have tried. You can explore some of those ways which may help you develop a safety plan.

Monitored Visitation of the Children

If he has visitation rights or joint custody, you have the right to request an arrangement (through Conciliation Court) whereby your safety is protected (for example, through monitored visits, or exchanging the children in a public place, etc.)

Self-Defense Training

You can take a self-defense class and learn how to become assertive and build your confidence. There are classes especially geared for women.

Home Safety

Safeproof your home. Make sure your locks are strong deadbolts. Engage your neighbor's help. Let them know they can call the police if they hear fearful noises or see him hanging around your premises.

Documents

Keep originals or copies of important papers in a safe, accessible place.

Why do I stay?

You feel dependent, you fear loneliness, fear not being able to take care of yourself or the children. You fear he will hurt you more. You love the man, hope he will change, believe what he says. You learned that good wives are supposed to be able to make the marriage work. Your family, his family, the police, the legal system all turned their backs on you and said to go back and try harder. You are afraid.

How do I develop a safety plan?

Think about ways to make yourself safer. To begin with, have you thought about what you will do the next time he is violent? Do you have places to go? Friends? Relatives? Have you checked out whether or not you could stay with them if there was an emergency? Are there places he wouldn't think to look to find you? Have you thought about taking a self-defense workshop? Have you thought about what self-defense moves are best to use on your partner? Sometimes getting away is the best thing to do. Other times, not saying anything and planning your escape for later is safer. Think about it. Only you know what is best. If you can predict when the next beating will occur, can you plan to be out of the house for a few days? Remember, calling the police is an important option.

Being assertive might not have worked

**SELF-DEFENSE
BEGINS WITH
SELF-RESPECT.**

in the past, or perhaps you experienced more severe beatings when you fought back. On the other hand, these might be just the skills you need to protect yourself in the future. You are the best judge of your situation, and you should carefully consider which elements of self-defense will be most useful for you.

You might be frightened of your own anger - that if it were unleashed, it would be too powerful. Many battered women have fantasies of killing their partner so that he will finally stop beating them. Self-defense training can help you focus your anger into controllable skills that will protect you at whatever level you need.

For you, self-defense might mean awareness of yourself, your environment, your batterer, resources, and the misconceptions and realities about battering. It can mean learning to trust yourself, to figure out your own best solutions, to discover ways you can make yourself safer. These might be very practical, such as coming up with a safety plan or knowing of resources in the community like hotlines, shelters, and the uses of restraining orders. Physical self-defense might mean literally walking out the door making the courageous decision to leave an abusive relationship, rather than staying to "fight it out." It

would be to your advantage to develop a complete range of options and strategies to keep your self safe.

Self-defense & the Law

The law in most states says that a woman may use "reasonable force" to defend herself. This means what the average person would consider reasonable for self-protection under the circumstances.

Legally, she may use only the degree of force necessary to protect herself in the situation; she may not over-react (for example, punching someone for asking the time), use excessive force (for instance, continuing to attack someone who is already incapacitated), or retaliate (seek revenge after an assault).

Interpretations of this reasonable force standard can vary. For instance, it has meant that a woman can use a gun to defend herself only if she is being held at gunpoint. She would be required to prove that she had no other options, could not flee, and was in danger of death or serious injury when she used the gun. If she is unable to prove this, she could be arrested.

In other cases, a woman in fear of her life who uses a gun has been considered to have used reasonable force against a larger assailant, even if he is unarmed. The force is considered reasonable because of the size and strength difference between them.

If I fight back, can I be arrested too?

If a woman retaliates after the assault, even if she is in fear of her assailant's return, she faces the likelihood of being arrested. A California law that went into effect January, 1986, requires police to make an arrest when they respond to a domestic violence call if there is any evidence of physical injury. If a woman has fought back in self-defense and has injured her abuser, she could be arrested.

If you are arrested for fighting back, make sure the police report clearly states you were defending yourself against an assault. Get medical treatment as soon as possible and have the record clearly state how you received the injuries.

Safety strategies for battered women

- Keep an extra set of house and car keys hidden somewhere safe so that you can leave quickly.
- In a safe place that is accessible to you 24-hours a day (but probably not in your home), keep some money, important phone numbers, identification, copies of essential legal papers for yourself and your children, a change of clothes, immigration papers, needed medications, and anything else you would want for yourself and your children.
- Keep emergency telephone numbers handy; hotlines, etc.
- Find a trustworthy person you can call on in an emergency, and develop some plans together about contacting the police or finding a temporary place.
- Take appointment books, calendars, doodles, address books, etc. Hide or destroy anything that might give him a clue to where you might go.
- Take small saleable items; TV's, cameras, jewelry, radios, etc. to sell or pawn.
- Take favorite toys for kids.

Consider setting out food for animals left behind, moving furniture into storage, hiding weapons, not leaving a note. Don't leave clues to your whereabouts.

Did you know that...

- Battering is the single major cause of injury to women, exceeding rapes, muggings, and even auto accidents.
- 40% of women homicide victims are killed by their male partners or husbands.
- 60% of battered women are also raped in their marriages.
 - 80% of men who batter commit no other crimes.
- 68% of boys aged 11-20 who commit murder, murder the man who was beating their mother.
 - 90% of battered women report that their children have witnessed their battering.
 - 95% of the victims of spousal abuse are women.

"I couldn't believe it was happening again. He'd been so sweet and loving and we'd really have a good time together. Then things would start to change. He'd start criticizing me, get suspicious and jealous of everyone I'd come in contact with. He'd start calling me names. I'd feel like I was walking on egg shells, feeling nervous and tense, not knowing when or what would set him off. And then something would, anything - something I would say or do, and he'd blow, he'd just come at me. He was always sorry, make promises that he'd never do it again. He would be so sweet. I'd never tell anyone about it. I was ashamed and embarrassed and I really didn't think anyone would believe me anyway. Then one day, I happened to be watching one of those daytime talk shows and there was a program on battered wives and I listened. I realized that I was one of them, that I wasn't alone, that the abuse wasn't isolated incidents but a pattern. I realized it wasn't going to get better for me unless I took care of myself, and that I needed to talk about it...that was my first step...to get help."

- A Battered Woman

Change is scary...

The thought of a major change, such as leaving him, can be overwhelming. There are so many things to consider. You may have thought about doing so a million times before, but there was always something to keep you there.

With support, help and the right information, making changes is easier. Use this guide and call some of the numbers listed here. You will see that change is possible. The first step is up to you.

How can I get help?

You are not alone. There are people in the community who understand what's happening to you, and are available to help you. Whether you decide to remain in the relationship or leave, you can get help.

Here are some different types of resources (for local referrals, see last page)

Battering Hotlines

24 hour availability. Your call will be treated confidentially and you can remain anonymous.

Counseling Centers

There are short-term and long-term counseling programs specifically for battered women. Call a battering hotline for a referral.

Support Groups

Battered Women support groups are for women who want to explore different options. Groups meet from 10 weeks or longer and some are drop in.

Safe Shelter

Shelters provide a safe haven away from the violence so that you can figure out what your next steps will be. Their location is confidential. Different shelters provide a range of services such as counseling, legal help, financial assistance and emotional support.

Most shelters have a time limited stay and accommodate young children.

Batterers Programs

Treatment programs are an option for abusive partners to learn how to control themselves. They can be court mandated.

Police

If your partner has physically abused you, he has committed a crime and the police have the authority to arrest. They also have the ability to get a temporary restraining order.

Friends and Family

Now is the time to reach out to your good friends for help. If you feel embarrassed or believe that no one would understand, think about how you would want to help a friend, if she was in the same situation as you.

Legal

There are legal resources in the community including a place to obtain a free restraining order. If you do not have any money, do not let that stop you from getting help. Many resources are free or on a sliding scale.



What do I look for in a counselor/therapist?

You are not the one who needs to be "cured". However, you do need help; to make life safer for you (and your children); to enable you to make decisions regarding your life and how you want to live it. So you may decide to get help. But what sort of help?

Therapists are not the only people who can help you. Hotlines and shelters have trained peer counselors who can help you. Many are formerly battered women and they know what is happening to you and how you feel. Receiving support, understanding and practical help from peer counselors or from a support group may be the only help you need to get you through your crisis period. If, however, you feel that you need long-term assistance with such problems as depression, anxiety or anger, you may wish to talk to a therapist. Look for someone who is a listener, experienced in this field, and lets you know that abuse is not acceptable no matter what the provocation. Consider someone who can understand your culture and how it affects your situation. A good

counselor will respect you and will allow you to make your own decisions.



Alerts

You may wish to reconsider using a therapist who: insists on seeing you and your abusive partner together (especially at the beginning of therapy); or if the therapist tells you what you should or should not do (e.g. the therapist insists you must leave the relationship to get treatment). There is a difference between helping you to make decisions, which is empowering, and making decisions *for you*, which is taking power away from you. Couple counseling is not effective in abusive relationships. It is generally not safe for you to speak freely when you are afraid of your partner. Make sure you feel comfortable with whomever you ultimately choose to help you.



When do I need a lawyer?



Although a prosecutor will take cases in which there is a crime against the state, and there are many legal actions you can take without a lawyer, there are situations in which you will want the special knowledge of a private attorney.

If you are ending a marriage or separating from the father of your children or have major financial issues, you will have important legal questions to settle. This may be the time you will want to hire a lawyer.

Often, the abuser has hired one and it can create an imbalance in power for you to be without your own attorney.

If you are not sure that you want a separation or divorce, a legal consultation can help you by giving you information about what your options are and what the process would be. Many agencies offer low cost consultations.

Before Hiring An Attorney:

Before your first appointment with the attorney, there are things for you to think about. You may have very mixed feelings about what to do, because you may love, hate and fear your partner. A private attorney has very little time or ability (often) to help you with your emotional issues and will charge a great deal of money to listen to you. If you want help in sorting out your feelings, a counselor or friend can help. Some questions to think about:

- Do I want a legal separation or divorce?
- Do I want custody of the children?
- How much child support do I need?
- What type of custody and visitation arrangement do I want?
- About the property...what is important to me?

Interviewing The Lawyer

If possible, take a friend or advocate with you to the lawyer's office. It may be difficult to understand and remember everything the lawyer needs to tell you. Your friend can take notes and help you remember things you wanted to ask. If you need to ask the attorney to slow down or repeat things or explain again, do so! Write things down if you need to.

Questions To Ask The Lawyer

1. Are you familiar with domestic violence situations?
2. What is your fee? What does it include?
3. Will you send an itemized bill at least once a month?
4. Will you answer my questions even if they seem unimportant or difficult to you?
5. Can you explain what the legal process will be? What possible delays, obstacles, etc. might occur?
6. What role will I have in decision making?

Your Rights

Whatever your legal issues are, it is important to remember that the lawyer works for you. You have a right to have a genuine effort made on your behalf. Lawyers are obligated to act with competence and care in representing clients and are required to do so within the bounds of the law. You have the right to courtesy and respect. You have the right to prompt return phone calls. You are entitled to act as if your case is important - which it is!

You have a right to change lawyers. If you do change attorneys, you have a right to expect that your former lawyer pass on all records. You may request copies of all documents pertinent to your case be sent to you. There is no reason why you should understand legal terminology, so ask.

Continually review what you want, consult with friends, advocates at shelters or other domestic violence agencies and then make up your own mind about what is best for you and your children. Listen to the information and advice that your attorney gives you. Think it over, talk it over, and make up your own mind.

Legal Help Doesn't Include Emotional Support

When you are in court with your lawyer, she or he is concentrating on the legal issues and often is not available for emotional support. Having a friend, relative or advocate with you in court can provide that emotional support.

Is it my fault?

All couples and family members have arguments. This is sometimes how we resolve a problem. However, any form of violence, intimidation or other abusive behavior is not acceptable. This only creates further problems.

No one deserves abuse. It is not your fault that he hits you or calls you names or withholds money from you. He may say that you provoke him - but he is responsible for his behavior...drunk or sober.

No one deserves to be hit...EVER!

Can I be raped by my husband or boyfriend?

Yes, a woman can be raped by her husband, boyfriend, or partner. We define rape as any sexual intimacy forced on one person by another. This means that if your partner does something sexual to you or makes you do something sexual which you don't want to do, it is rape. This includes the use of objects, bestiality, voyeurism, and multiple partners. The legal definition of rape is forced sexual intercourse obtained by threat of force or when consent is impossible (if you are asleep or drugged, etc.) Marital rape is illegal in California.

Many people still believe that a man has a "right" to his wife or girlfriend anytime he wants. It is your body and you have a right to say "yes" or "no."

Many battered women feel that if they say "no," their partner will be more abusive, so they say "yes" out of fear. You may have felt pressured into having sex out of fear, and may never have considered this rape.

Rape by one's partner is one of the most devastating experiences in an abusive relationship. It undermines your self-esteem and feelings of self-worth.

It is often extremely painful to acknowledge that your husband/partner is not respecting you as a woman, not caring about your feelings.

The rape can occur during a violent episode, immediately after the violence or as part of the making-up, "honeymoon" period in the cycle of violence. In many cases, it is the primary way that the abuser exercises power and control on a daily basis.

Marital Rape

After a rape it is important that you receive medical attention. You might be in shock and not know that you have been injured. If you think you might be pregnant, you can discuss this with the doctor.

If you have questions or have been raped by a boyfriend or husband, call your local hotline.

MARITAL RAPE IS A CRIME!

I'm a teenager, can I be abused?

Abuse among teenage girls and women by their boyfriends is common. Between 25 and 40% of teenagers have been assaulted by their boyfriends. About 80% of the assaults involve pushing, shoving, slapping, or grabbing. Sometimes the violence is worse and happens when the abuser is drunk.

Young women sometimes hit their boyfriends. It could be that you have hit your boyfriend. Perhaps you even started it, in which case he has blamed you for the fight. You certainly need to look at your own behavior and seek help because any form of violence is not acceptable. However, just as you are responsible for your behavior, he is responsible for his. Blaming you is another way of control.

When young men are violent, they can do much more damage and often use other means of abuse to control and have power over you (such as putting you down and dictating where you are allowed to go and whom you may see).

Violence prone men believe that it is all right to force sex on women. They think that if they have spent money on her or if she has kissed him that they are entitled to have sex with her. However, if anyone disregards your wishes and forces you to have sex- that is rape. If this has happened to you, you may have felt confused, especially if he told you that you "led him on". Your body belongs to you and no one has the right to hit or violate it in any way. If you have said "no" to some form of abuse and were ignored, then your boyfriend was not respecting your wishes and was only thinking of himself.

You may feel that his possessiveness and jealousy are signs of his love and therefore, feel complimented by it. Over time, however, you may feel suffocated by his constant attention and presence and may become scared by his intrusiveness. After abusing you (especially at the beginning of the relationship) he may apologize and bring gifts or flowers and promise never to hurt you again. This pattern will repeat itself and get more dangerous over time. The violence does not end with marriage; nor will it stop if you become pregnant. It will only get worse.

(excerpts taken from Ginny NiCarthy and Sue Davidson, You Can Be Free.)

Danger Signals:

- He is overly possessive, extremely jealous and calls to check up on you several times a day.
- He often seems to lack his own interests and goals and is overly dependent on the relationship, insisting on becoming more and more involved. He may even follow you around.
- He discourages your outside interests and friendships, and attempts to isolate you from family and friends.
- He decides what you will do and when. He needs total control.
- He has poor communication skills and refuses or is unable to settle differences with words.
- His violence increases with the use of alcohol and drugs.

(From Nancy Ruhe, Executive Director of Parents of Murdered Children)

Wife beating is finally against the law.



If your husband beats you, call the police.

Wife beating is finally against the law.

Now when your husband beats you, you can call the police and have him arrested.

Then the police will tell you how to reach us - the Los Angeles Commission on Assaults Against Women.

We care about your safety and we'll give you the support you need.

Arrest - more than any other course of action - causes a wife beater to change his ways. So when he beats you, we urge you to call the police. Because the best way to help yourself - and to help him - is to have him arrested.

L.A. Commission on Assaults Against Women.

213 • 392 • 8381

24 hr. Battered Women's Hotline

Referrals:

Los Angeles Commission on
Assaults Against Women
24 hr. (213) 392-8381
TTD (213) 651-4610
Self-Defense (213) 651-3147

The Family Violence
Project of JFS
(818) 908-5007
(213) 651-3660

National Coalition Against
Domestic Violence
1-800-333-SAFE

Elder Abuse Hotline
1-800-992-1660

Southern California Coalition
on Battered Women
(213) 578-1442

Shelters:

Center for Pacific Asian Families
(Pacific Asian Languages)
(213) 653-4042

East Los Angeles Shelter
(24-hour Spanish) (213) 268-7564

Haven Hills
(info on bed availability in the L.A. area)
(818) 887-6589

Haven House, Pasadena
(also Programs for alcohol related battering)
(213) 681-2626

Su Casa
(Handicap Access - Lakewood)
(213) 402-4888

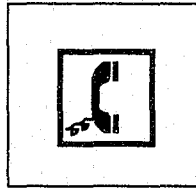
Free Spirit Shelter, Los Angeles
(213) 937-1312

Jenesse Center, Los Angeles (Southern Area)
(213) 755-6836

Rainbow, San Pedro
(213) 547-9343

1736 Family Crisis Center, Hermosa Beach
(213) 379-3620

Sojourn, Santa Monica
(213) 392-9896



Valley Oasis, Lancaster
(805) 945-6736

WINGS, West Covina
(818) 967-0658

Women's and Children's
Crisis Shelter, Whittier
(213) 945-3939

YWCA Women's Shelter, Long Beach
(213) 437-4663

Legal:

Los Angeles Bar Association Barristers
Domestic Violence Counseling Project
(213) 624-3665

Los Angeles Free Clinic
(213) 653-1990

Proteccion Legal Femenina/Legal
Protection for Women
(213) 267-1697

Books to read:

You Can Be Free,
by Ginny NiCarthy and Sue Davidson, The Seal Press

**The Ones Who Got Away: Women
Who Left Abusive Partners,**
by Ginny NiCarthy, The Seal Press

**Chain Chain Change: For Black Women
Dealing With Physical and Emotional Abuse,**
by Evelyn C. White.

**Mejor Sola Que Mal Acompañada: For the Latina in an
Abusive Relationship/Para La Mujer Golpeada,**
by Myrna Zambrano

The Battered Woman,
by Lenore Walker

**Mommy and Daddy are Fighting:
A Book for Children About Family Violence,**
by Susan Paris

**Women's Self Defense: A Complete
Guide To Assault Prevention,**
by The Los Angeles Commission
on Assaults Against Women, 1988
call to order (213) 655-4235

PLEASE SHARE THE INFORMATION
IN THIS BOOKLET.

Community Action as a Self-Defense Strategy

Violence against women affects us all individually, and it also affects the entire community of women. We can make our response much more powerful by exercising community as well as individual assertiveness. The two cannot be separated. All women are a little safer every time one of us learns self-defense. And each of us is better protected when the community acts with strength and unity to oppose violence.

We can join the local rape hotline, or volunteer at a battered women's shelter. We can band together to protest images of anti-woman violence in the media and arts, unfair court decisions, and unsafe conditions at work or school. We can demand changes in the legal system to better protect us. We can organize protection for ourselves. We can also encourage those who are working to end this violence by recognizing their efforts, supporting them financially when possible, and publicizing their work.

Whatever our differences, the fact is that we are already united by our common vulnerability to assault. How much better it would be if what brought us together was the unshakeable determination to resist the violence against us! Breaking down the barriers which divide us is no small task, but the rewards are enormous. It is vitally important for each woman to make community assertiveness part of her personal self-defense strategy. This is essential if our community is to be a safer place for all women. The causes of anti-woman violence are in the society as a whole, and so is its cure.

(From WOMEN'S SELF-DEFENSE: A COMPLETE GUIDE TO ASSAULT PREVENTION by L.A.C.A.A.W.)

Thank You . . .

L.A.C.A.A.W. and The Family Violence Project of J.F.S. wish to thank the volunteers and staff and battered women from our agencies who have helped with this project.