

Make it Stop

You can help stop domestic violence.



Please call the police.



Information offered by the
Chula Vista Police Department

www.chulavistapd.org

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People in the photographs are models.

DOMESTIC VIOLENCE occurs in your community. Learn to recognize, respond and report. Research shows calling the police to report these incidents helps prevent future domestic violence.

If you answer yes to one of the following questions, please take action.

- Have **YOU** been a victim?
- Have you **WITNESSED** domestic violence happen to family members, friends, co-workers, or neighbors?
- Have you **HEARD** domestic violence occurring in neighboring homes?

The Chula Vista Police Department urges you to call the police to report any domestic violence incident. Contact the police department by dialing 911.

RECOGNIZE ABUSE

DOES YOUR PARTNER:

- Discourage relationships with others?
- Track all of your time?
- Anger easily and take it out on you?
- Control all the finances?
- Physically harm or threaten you?



DO YOU:

- Feel afraid of your partner much of the time?
- Believe you deserve to be hurt or mistreated?
- Feel emotionally numb or helpless?

If the answer is yes to any of these questions, you may be in an abusive relationship. It's time to get help.

If you don't feel comfortable calling the police, please talk to someone. Part of the abuser's power comes from secrecy. Go to a neighbor or call South Bay Community Services at (800) 640-2933.

Visit <http://www.ncadv.org/protectyourself/MyPersonalSafetyPlan.php> for a safety plan you can tailor to your needs.



WANT TO LEAVE?

A domestic violence victim may break a lease by giving the landlord 30 days notice and a copy of the police report. (*Cal. Civ. Code §1946.7*).

