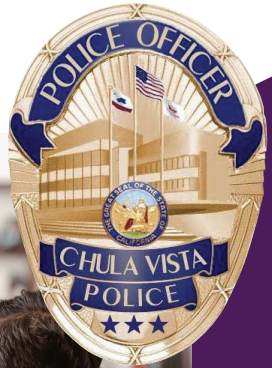


Domestic Disturbances & Loud Arguments

The police were called because of a domestic disturbance. Everyone has disagreements, but not ones so intense that the police are called for help. What happened today is not okay.

The Chula Vista Police Department is taking new actions when responding to domestic violence. We will be checking in with you both in the future to make sure everyone is okay. If you ever need immediate help, CALL 911. The safety and well-being of everyone involved is our priority.

Police take this seriously.



Advice from Police:

Take a Time Out: If you are upset, step away from the situation and take as much time as you need. Leave the room or home and allow your partner to do the same. Don't continue a heated conversation!

Avoid Alcohol and Drugs: Avoid arguments when either of you have been drinking or are under the influence of drugs. Things can quickly get out of hand!

Impact of Domestic Abuse on Children

Just hearing adults yelling is very scary for children of all ages. Babies and young children are affected the most. The fear caused by these arguments is bad for the development of their brains.

For more information, please watch "First Impressions: Exposure to Violence and a Child's Developing Brain."



English:
[www.youtube.com/
watch?v=brVOYtNMmKk](http://www.youtube.com/watch?v=brVOYtNMmKk)



Español:
[www.youtube.com/
watch?v=IC23ysdsh4E#t=82](http://www.youtube.com/watch?v=IC23ysdsh4E#t=82)

Police Department
315 Fourth Avenue
Chula Vista, CA 91910
www.chulavistapd.org



Need immediate help?
Call 911