

# 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. 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 463-5363
  - Building 1 Room 202
- **Down Town Public Safety**
  - 541-463-4949
  - After Hours 541-954-8058
- **Women's Space**
  - Crisis Line 541-485-6513
  - 1-800-281-2800
  - Main Office 541-485-8232
  - Victim Service 514-682-4523
- **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  
Address Line 3  
Address Line 4  
Phone: 541-463-5558  
Emergency Line: 541-463-5555

E-mail: someone@example.com



# Lane Community College Public Safety



## Domestic Violence Awareness



Public safety 541-463-555  
Emergency ext. 5555

## Have A Plan

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- 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 friends or family members 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

## LCC Public Safety

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