

PERSONAL SAFETY PLAN:

Planning to leave can be very difficult. If you decide to leave, remember to find a person or place where you can leave additional money, car keys, clothes, and copies of documents.

Other items to bring:

- Restraining order
- Identification
- Birth certificates and important documents.
- Medications/prescriptions
- Money, credit cards, debit cards, check book

CHILD SAFETY

Leaving might increase violence towards you, but it can also increase violence towards the children. The risk of kidnapping, suicide, and homicide may rise.

Teach your children:

- Not to open the door
- How to call 911 and give the address or directions
- Leave the house and seek help if the abuser shows up.

It's important to inform teachers, childcare providers, and family of who has permission to pick up the children.

OUR SERVICES:

Advocacy for Domestic Violence and Sexual Assault

Youth Prevention Programs:

Safe Dates: A teen dating violence prevention program.

Raíces:

A Program that promotes discussions and activities around gender-based violence in the Latino/a community.

Community and Family Services:

Living in Peace Transitional Housing Program

ACT: Program for Parents that teaches positive parenting skills.

Mi Arco Iris: A program for children who have witnessed domestic violence

Wisconsin Regional Anti-Human Trafficking Program

Provides advocacy for victims of sex and or labor trafficking throughout the state of Wisconsin.

We believe in you. You're not alone. We are here.

UMOS Latina Resource Center
24-hour support line

(414) 389-6510

<https://www.umos.org>

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Latina Resource Center

A path to your safety, wellness, and empowerment

If you or someone you know is or has been a victim of domestic violence, sexual assault and/or human trafficking – you have the right to safety and to receive services regardless of your legal status.

Monday through Friday from 8am-5pm

(414) 389-6500

24-hour support line

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SIGNS OF AN ABUSIVE RELATIONSHIP

Signs of an abusive partner or relationship:

- Doesn't let you work or keep your job.
- Doesn't let you make important decisions.
- Uses children as intermediaries to maintain control.
- Minimizes the abuse.
- Controls what you do, who you can see, who you can talk to, what you can read, and where you can go
- Insults you with offensive nicknames.
- Provokes fear through their looks, actions, and gestures.
- Threatens to leave you, threatens to commit suicide or with false reporting to law enforcement.

Signs of a healthy partner or relationship:

- Respectful of your friends and family.
- Doesn't try to control your life.
- Doesn't pressure you into any commitment or sexual activity when you're not ready.
- Feels comfortable to talk about problems and emotions.
- Your partner values your beliefs, opinions and who you are.
- Makes family decisions together.
- Ensures that economic decisions benefit the both of you.
- Support and understand each other.

WHEN THE RELATIONSHIP ENDS

- Consider obtaining a restraining order
- Change the locks and reinforce the doors.
- Seek safety immediately, such as: the home of a friend, shelter, etc.
- For your safety, inform your employer about the situation
- Get in contact with UMOS Latina Resource Center to obtain support and services.

DECIDING TO LEAVE CAN BECOME THE MOST DANGEROUS MOMENT

INDICATORS TO TAKE INTO ACCOUNT WHEN DECIDING TO LEAVE:

- Threatens to kill you, your children, or your family.
- Possession of a firearm or threats to use it against you.
- An increase of violence and serious incidents of abuse.
- Obsession for you; the abuser says that they "can't live without you"
- Unpredictable changes in behavior.
- Homicidal or suicidal fantasies.

YOUR RIGHTS AS A VICTIM

- Report incident to law enforcement.
- Seek medical attention.
- Access to legal courts to seek justice.
- Seek access to shelters
- Seek support services for yourself and your children.

HOW CAN AN ADVOCATE HELP YOU?

- Assist with obtaining temporary restraining order.
- Support and transportation to court hearings.
- Crisis intervention.
- Establishing a safety plan that meets personal needs.
- Connecting client's with resources.
- Provide legal defense.
- Provide emotional support.
- Assist with reporting incidents of abuse to law enforcement.
- Assist with completing crime victim compensation application.