

## IMPORTANT NUMBERS

### 24-hour Services

#### Emergency Dispatch: 911

**Domestic Violence Resource Center  
Crisis Line**  
503.469.8620 • 866.469.8600 toll free

**Portland Women's Crisis Line**  
503.235.5333 • 888.235.5333 toll free

**National Domestic Violence Hotline**  
800.799.SAFE

**Sexual Assault Resource Center Crisis Line**  
503.640.5311

**Washington County Non-Emergency Police Dispatch:**  
503.629.0111

### Other Resources

Child Abuse Hotline: 503.681.6917

Child Abuse Report Line: 503.648.8951

Oregon Legal Services: 503.648.7163

National Child Abuse Hotline: 800.4ACHILD

Oregon VINE: 877.674.8463

Oregon Crime Victims' Compensation Program:  
503.378.5348

Washington County District Attorney's Victim  
Assistance: 503.648.8698

Washington County Mental Health Crisis Line:  
503.291.9111

## PROTECTIVE ORDERS

Domestic Violence Resource Center's Protective Order Advocacy Program assists in obtaining restraining orders (new, modification, renewal), civil stalking orders, and elder/disabled abuse protective orders.

A **restraining order** may be obtained after only one initial abusive contact. There are no fees to file a restraining order.

You are eligible to obtain a restraining order against the following people:

- o Someone you are married to or used to be married to;
- o Your adult relatives, either by blood, marriage or adoption;
- o Someone you are currently living with or used to live with in a sexually intimate relationship within the last two years;
- o Someone with whom you have had a sexually, intimate relationship with in the last two years, but never lived with.
- o If you are under the age of 18, you can obtain a restraining order against someone over the age of 18, if that person is someone you are or were married to, or if you have ever had a sexual relationship with that person within the last six months.
- o Those over the age of 65 or disabled persons are excepted from these criteria. The application process in these cases is simplified. No qualifying relationship required, but petitioner must be elderly or disabled, and one incident of abuse is required.

The requirements to qualify for a restraining order against another person are:

- o The incident must have occurred within the last six months; and/or
- o Caused you bodily injury; and/or
- o Attempted to cause you bodily injury; and/or
- o Placed you in fear of imminent bodily injury; and/or
- o Caused you to engage in a sexually, intimate relationship by force or by threat of force.

A **stalking order** requires 2 or more unwanted contacts by someone knowingly alarming or coercing another person or member of that person's immediate family or household. There is no qualifying relationship required for stalking as with restraining orders.

**Location:** Washington County Courthouse in downtown Hillsboro, OR

**Office hours:** Monday - Friday, 8:00 a.m. - 12 p.m. and 1:00 p.m. - 4:00 p.m. For a same-day restraining order, arrive before 10:30 a.m. Appointments are not necessary.

**Phone:** 503.846.3020 or 503.846.3830

**Fax:** 503.846.3040.



DOMESTIC VIOLENCE  
**RESOURCE  
CENTER**



**www.dvrc-or.org**  
**toll free crisis line 866.469.8600**  
**crisis line 503.469.8620**

phone 503.640.5352 fax 503.648.6905  
P. O. Box 494, Hillsboro, OR 97123  
email dvrc@dvrc-or.org

## YOU MAY BE A VICTIM OF DOMESTIC VIOLENCE IF YOUR PARTNER:

- o ignores and discounts your feelings
- o withholds approval as a form of punishment
- o puts you down as a parent, lover, or worker
- o wants to know your whereabouts at all times
- o demands all your attention and time
- o withholds money from you
- o isolates you from friends and family
- o humiliates you in front of others
- o blames you for his/her misfortunes and mistakes
- o gives you orders
- o ignores your opinions and wishes
- o makes you feel trapped or crazy
- o puts you down and calls you names
- o bursts out in anger unpredictably
- o makes you feel like you're walking on eggshells
- o makes your friends and family concerned for you and your safety
- o yells at you
- o tells hostile jokes about your gender
- o insults you
- o threatens you with violence
- o grabs, pushes, shoves, slaps, shakes, kicks, punches, chokes or otherwise hurts you
- o pressures you for sex

### We can help.

Call our 24-hour crisis line:

**503.469.8620 • 866.469.8600 toll free**

## SAFETY PLAN

### I. Safety during an explosive incident

- o If an argument is unavoidable, stay in an area where you have access to an exit.
- o Practice getting out of your home safely.
- o Keep a packed bag at your relatives' or friends' home.
- o Tell trustworthy neighbors about the violence. Ask them to call the police if they hear or see any disturbance.
- o Devise a code word to use with your children, family, friends, and trustworthy neighbors when you need the police.
- o Plan where you will go if you have to leave.
- o Trust your instincts and judgment.

### II. Safety when Preparing to Leave

- o Establish your independence. Open savings and credit card accounts in your name only.
- o Leave money, extra keys, copies of important documents, extra medicine and clothes with someone you trust so you can leave quickly.
- o Determine safe people you can stay with or borrow money from.
- o Keep hotline phone numbers and change or a calling card on you at all times for emergency phone calls. Most crisis lines do accept collect calls and 911 is free.
- o Review and rehearse your safety plan.

### III. Safety in your Own Home

- o If possible, obtain a restraining order.
- o Change the locks on your doors.
- o Install locks on your windows. (Renters check

with your landlord first.)

- o Discuss and practice a safety plan with your children for when you are not with them.
- o Inform your children's caregiver who has permission to pick up your children.
- o Inform neighbors and landlord that your partner no longer lives with you and to call the police if they see him near your home.

### IV. Safety with a Restraining Order

- o Keep your protective order on you at all times, and give a copy to a trusted neighbor, friend or family member.
- o Call the police if your partner violates the protective order.
- o Think of alternative ways to keep safe if the police do not respond right away.
- o Inform family, friends, neighbors and health care providers that you have a restraining order in effect.

### V. Safety on the Job and in Public

- o Decide who at work you will inform of your situation, include building security.
- o Provide a picture of your batterer.
- o Screen your telephone calls.
- o Devise a safety plan for leaving work.
- o Have someone escort you when leaving and wait with you until you are safely en route.
- o Use a variety of routes to go home.
- o Rehearse what you would do if something happened while going home.

### VI. Your Safety and Emotional Health

- o If you are thinking of returning to a potentially abusive situation, discuss alternatives with some-

one you trust or call our **24 hour crisis line at 503.469.8620 or toll free 1-866.469.8600.**

- o If you have to communicate with your partner, determine the safest way to do so.
- o Have positive thoughts about yourself and be assertive with others about your needs. Read books, articles and poems that help you feel stronger.
- o Decide who you can freely and openly talk to who can give the support you need.
- o Attend a support group to gain support from others and to learn more about yourself and your relationships.

### VII. Internet and computer safety

All computer and online activity may be monitored. It is safer to use a computer in a public library, at a trusted friend's house, at an internet cafe, or any other public terminals.

### CHECKLIST: WHAT YOU SHOULD TAKE WHEN YOU LEAVE

**Identification:** driver's license, children's birth certificates, social security card, welfare identification, work permit/green card

**Financial:** money and/or credit cards, checkbooks and/or ATM cards

**Documents:** medical records for you and your children, restraining order/stalking order, lease, rental agreement, house deed, car registration, health and life insurance cards, divorce papers, custody papers

**Other:** house and car keys, medications, jewelry, address book, phone card, small toys for children