

DOMESTIC  
VIOLENCE  
IS LIFE  
THREATENING  
AND  
IT IS AGAINST  
THE LAW



DALLAS POLICE DEPARTMENT  
Domestic Violence Unit  
1400 S. Lamar St.  
Dallas, TX 75215  
214-671-4304

Protect Yourself  
Know the law and your rights

**Help is Available**

If you are in immediate  
Danger or need to report a  
Criminal act, call

**911**

For information on:  
Protective Orders

Call:

(214) 653-3528

For shelter or counseling help, call

Family Place

(214) 941-1991

Genesis Women's Shelter

(214) 389-7750

Salvation Army

(214) 424-7208

New Beginning Center

(972) 276-0057

Dallas Police Department

Family Violence Counselor

(214) 671-4304

**THE DALLAS POLICE DEPARTMENT**

**Domestic Violence Unit**

The Domestic Violence Unit is a specialized investigative office created to respond to the problem of domestic violence in the City of Dallas. Since its creation in 1987, the Unit has worked diligently to curb the problem of domestic violence by investigating and preparing cases against persons responsible for domestic assaults.

In addition to the investigative duties, the Unit is involved in training and community education related to domestic violence. Officers from the Domestic Violence Unit regularly provide training to other police agencies by sponsoring seminars on domestic violence and presenting in-service classes for area police officers on their responsibilities in domestic violence cases.

Domestic violence is a crime which can victimize any person regardless to race, gender, or background. The Dallas Police Department and the Domestic Violence Unit stand committed to direct intervention on behalf of all victims of domestic violence.

**Community Involvement**

The Domestic Violence Unit actively works to prevent violence through its association with community groups. The unit is also involved in community education programs related to domestic violence and participates in workshops and conferences aimed at broadening public awareness of the tragedy of this type of crime. The Unit is closely associated with organizations that deal directly with the problem of domestic violence. Its representatives meet regularly with the City of Dallas Domestic Violence Task Force, Lawyers Against Domestic Violence and area women's shelters, to share information and coordinate efforts and resources.

## Are you in an abusive relationship?

Many people associate abuse with physical violence only. Abuse does not have to be just physical in character. It can be verbal, or emotional as well and can be just as devastating as a physical assault. Abuse, in any form, is an action of control.

**Physical abuse:** use of strength  
To inflict pain or control.

- Pushing
- Choking
- Forced sex
- Attacks with weapons or other objects
- Slapping
- Pulling hair
- Punching

**Verbal abuse:** words used  
To hurt or control.

- Name calling
- Insults
- Threats
- Sarcasm

**Emotional abuse:** actions to  
Intimidate and Control.

- Intense jealousy
- Checking up on you
- Accusations
- Frequent criticism

## Why do women stay in abusive relationships?

- Economic dependence
- Fear of physical danger
- Fear of retaliation
- Emotional dependence
- Religious or cultural belief
- Fear of losing children
- Hope that he will change
- Fear of involvement in court process
- Blames alcohol or some other problem for the abuse
- Believes she can make the relationship work
- Unaware of choices
- Belief that violence is normal in a relationship
- Ambivalent about life change



## If you are concerned About your relationship, Ask yourself:

**Are there attempts by your partner to keep you under control?**

- Are decisions made for you?
- Is your time monitored?
- Are you isolated from family and friends?

**How does your partner respond to your success?**

- Seems threatened?
- Appears jealous?
- Makes you quit jobs or causes you to lose your job?

**Are you or others blamed for your partner's problems?**

- Never takes responsibility
- Accuses you of not supporting career or family decisions.
- Accuses you of taking over.

**Have you been hit or threatened?**

- Even a genuine apology does not excuse the assault.

If you answered "yes" to any of these questions, you may be in abusive relationship.

you may be in abusive relationship.

**Help is available.**



## An abusive relationship affects you!

Apart from physical danger, abuse can lead to such mental health problems as:

- Sleeplessness
- Nervousness
- Depression
- Loss of appetite

Frequent abuse can destroy self-esteem and can lead you to:

- Accept abuse as a normal aspect of a relationship.
- Believe that you are responsible for