



Behind Closed Doors

Stopping Family Violence



The Raleigh Police Department's Family Violence Intervention Program is designed to open the doors on this crime and help stop the violence. This initiative brings a coordinated effort through a proactive program of direct law enforcement intervention and referral to support services available in the community.

Domestic Violence

Most Common Form of Family Violence

The most common form of family violence stems from disputes involving spouses or relationship partners, but it can also involve children or other family members. It may include child abuse, elderly abuse, or violence by a child against a parent or siblings.

Family violence also may include child abuse, elderly abuse or violence by a teenager against his or her parent. Family violence includes not only physical assault but also emotional, verbal, or sexual abuse - or a combination of these actions – against one or more members of a household. It is not uncommon for more than one family member to be the victim of abuse. In fact, studies indicate that in homes where spouse abuse occurs, children are abused at a higher than the national average.

Are you a victim of family violence? If you feel helpless, frightened or intimidated by your partner or a family member, you may be in an abusive relationship.

REMEMBER:

- Abuse is NEVER the victim's fault.
- No one deserves to be abused for any reason.
- Abusers are responsible for their own behavior. You can't change them; they can only change themselves.

Sexual Assault and Rape

Sexual assault is any forced sexual activity taken against a person's will. The force may come in the form of actual physical violence or may result from mental or emotional pressure, coercion or manipulation. Whatever the form it takes, the victim may experience fear, pain, confusion, anger and isolation as they struggle to reclaim a normal life. And remember, it doesn't matter whether the attacker is a stranger or someone you know — sexual assault is a crime.

If you think you are the victim of sexual assault or rape:

- Report the crime. Reporting your attacker and prosecuting is the ONLY way to prevent others from being victimized.
- Call 911 immediately. Do not delay calling police.

- Preserve all physical evidence. Please do not take a bath or shower or change your clothes.
- You may want to call a friend, family member or a rape crisis counselor to be with you. The police officer also will be happy to call someone for you.
- Seek medical attention. Victims often are in shock and unable to recognize the extent or severity of their injuries. A medical exam also provides valuable evidence for prosecuting your attacker.

Threats, Harassment and Stalking

Laws are in place to deal with stalking, communication of threats and harassments. In order for these laws to work effectively, incidents MUST be reported to police. Often threats are dismissed as someone simply “blowing off steam,” but you may be in real danger.

If a person threatens to harm you or your family, and you are fearful that they may carry out that threat:

1. Call 911 immediately. The Raleigh Police Department takes such matters seriously and you should, too.
2. Note the day, time and location where you were contacted.
3. Note the exact words spoken, the exact context in which they were stated, and your reasons for believing that you are in danger.
4. Ask witnesses to speak to the responding police officer to help support your allegations and aid in prosecution.
5. If available, preserve all voicemails, letters or other supporting evidence.

The Cycle of Violence

Victims of abuse often feel helpless, frightened, guilty or embarrassed. These emotions, combined with the belief that what happened was not really a crime, often keep victims from taking action to stop the abuse.

Victims hope it won't happen again. Unfortunately, abusers often follow a predictable cycle of violence: Tension builds, violence erupts, and the abuser is apologetic and promises to change. But tension soon begins to build again, reactivating the cycle.

It is never too late to break the cycle. YOU must take action to stop family violence.

Family Violence Involves More Than The Victim

You are not the only victim of violence in your home. Violence is contagious.

Children living in an abusive household often grow to believe that violence is an effective way to gain control of others. A child may identify with the abuser and become abusive in his or her own relationships or may imitate the victim and begin to pair love with abuse.

Children who witness their fathers' violence are more likely to engage in spouse abuse as adults themselves than boys from nonviolent homes. Batters often watched domestic violence occur in their own homes as children or experience physical and/ or sexual abuse themselves.

The point is clear: If YOU don't stop the violence, you will pass that violence on to your children and, perhaps, to your children's children.

Start Helping Yourself and Your Children

- You don't have to take it anymore. You can stop domestic violence through a few simple actions.
- Talk to someone about your situation. Abuse thrives on denial, isolation and secrecy.
- If you decide to leave, choose a safe place to go. If possible, make preparations before you leave; set aside money and important papers where you can get to them quickly and easily.
- Report all incidents of physical abuse and violence immediately by calling 911. Allow a police officer to assist you in obtaining necessary medical treatment, warrants and safe shelter for you and your children.

Taking Legal Action: You Have Rights, Too

The Raleigh Police Department, the Wake County District Attorney's Office and the state courts encourage victims of family violence to take legal action and prosecute those who abuse them. Often, this is the only way to stop the violence and force the abuser to

Taking action against your abuser also helps you, rebuilding your confidence and dispelling your fear. You have rights, too, and you need to defend those rights in court, if necessary.

The police officer working with your case will explain the legal options available to you. Information also is available from community agencies and private attorneys.

Among your legal options are:

Emergencies — 911

Call 9-1-1 immediately whenever you fear for your life and/or you have been physically attacked or threatened.

Warrants

You may obtain a warrant 24 hours a day from the Wake County Magistrate's Office. The police officer assisting you or the magistrate on duty can help you with the procedure for bringing charges against your abuser for his/her arrest.

Emergency Restraining Order

You may apply for an emergency restraining order from the Wake County Clerk of Courts Office, Wake County Courthouse Monday through Friday from 8:30 a.m. to 5 p.m. The order is good for 10 days. At that time, it must go before a judge for review.

Domestic Violence Protection Order

Unlike the 10-day limitation of the emergency restraining order, this one-year restraining order requires a formal court hearing.

Resources To Help Against Family Violence

Every Raleigh police officer is trained to respond proactively to incidents of family violence and help get you the help you need. In addition, the Raleigh Police Department's Family Violence Intervention Unit can provide additional services. These include victim assistance on all reports of family violence, assistance in obtaining warrants and restraining orders and referral to various community resources the victim may need.

To contact the Raleigh Police Department's Family Violence Intervention Unit, telephone 919-996-3555 Monday through Friday from 8 a.m. to 4 p.m.

Get the help he or she needs. Without assistance, many of these abusers will continue the cycle of violence, hurting their families and themselves.

Helen Wright Center for Women **919.833.1748**
Shelter, shower and meal available 24 hours a day on weekends and 9 p.m.-6 a.m. weekdays.

Catholic Social Ministries Counseling Service..... **919.790.8533**
Individual, couple and family counseling, regardless of religious affiliation. Available Monday-Friday, 8:30 a.m.-5 p.m., and evenings by appointment.

East Central Community Legal Services..... **919.828.4647**
Free legal advice and assistance for qualified applicants. Available Monday-Friday, 8 a.m.-5 p.m.

Hopeline **1.877.235.4525/919.231.4525**
Confidential 24-hour telephone hotline offering supportive listening and resource information.

Interact **919.828.7740**
Services for the support and safety of victims of domestic violence or rape/sexual assault with 24-hour counseling and hospital or court advocacy. Also, 24-hour emergency shelter for battered women and their children.

Kiran **877.NC.KIRAN**
Services are geared for South Asian victims of domestic violence. Monday - Friday, 9 am - 9 pm.

N.C. Council For Women **919.733.2455**
Statewide referral service for victims of rape and domestic violence. Available Monday-Friday, 8 a.m.-5 p.m.

N.C. Victim Assistance Network..... **919.831.2857**
Information and referral service for victims of violent crime. Assist in completion of victim compensation claims and victim impact statements. Available Monday-Friday, 8 a.m.-5 p.m.

N.C. Dept. of Crime Control & Public Safety.....919.733.7974
Victim and Justice Services Office oversees the state’s Crime Victims Compensation Program and Rape Victims’ Assistance Program. Available Monday-Friday, 8 a.m.-5 p.m.

N.C. Department of Human Resources.1.800.662.7030/919.855.4400
Statewide toll-free information and referral service. (CARELINE) Available Monday-Friday, 8 a.m.-5 p.m.

Raleigh Rescue Mission.....919.828.9014
Food, temporary lodging and 24-hour emergency shelter.

SAFEChild919.743.6140
Strategies, activities and programs to provide parents and primary caregivers the support and tools they need to effectively nurture their children.

Salvation Army919.834.6733
Financial assistance with rent and utilities. Clothing, food and educational classes. 24-hour service provided for women with children.

SAVAN1.877.627.2826
Statewide Automated Victim Assistance and Notification
A free, anonymous, computer-based telephone program that provides crime victims with information and notification about their cases.

Triangle Family Services.....919.821.0790
Offering individual, group, marriage, family, child and adolescent family counseling. Available Monday-Friday, 8 a.m.-5 p.m.

Also available through Family Services:
DOSE: Domestic Offenders Sentence To Education. 919.821.0790
This 32-week program is offered in a group setting to help men learn alternatives to dealing with emotions without the use of violence against their female partners. Men may be referred to the program by the courts or come to the program voluntarily.

Women’s Center919.829.3711
Supportive counseling for female victims of rape or domestic violence. Also offers monthly domestic violence legal clinics and a day shelter for the homeless and abused.



For more information about family violence
and your rights, contact:

**Raleigh Police Department Family
Violence Intervention Unit 5245
Green's Dairy Rd.
Raleigh, NC 27616**

Telephone:
919.996.3555

Monday through Friday, 8 a.m. to 4 p.m.
919.996.3335

after business hours and on weekends or call:

Officer _____

Phone # _____

Case # _____

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