



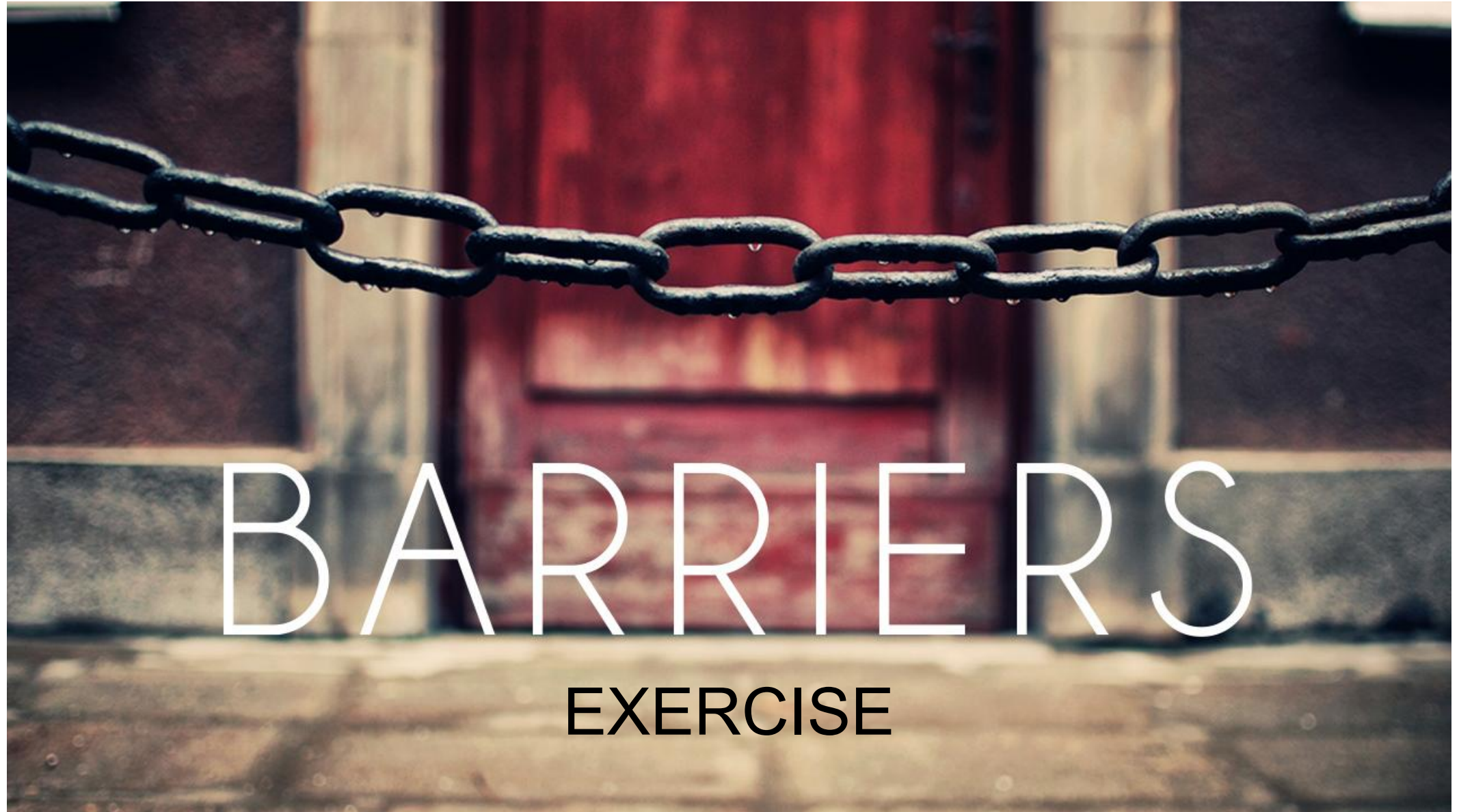
# Domestic Violence

Part 1



# AGENDA

- Housekeeping
- VATS
- Study Guide
- Barriers Activity
- DV – What Is It
- DV – Relationships Defined
- Power & Control Wheel, Cycle of Violence, Chart of Coercion
- DV Tactics & Contributing Factors
- Safety Planning & Safe Housing
- Stalking, Cyber- Stalking, Strangulation
- Telling Amy’s Story



# BARRIERS

EXERCISE

Domestic violence is a **pattern** of intimidation, coercion, and violence that is used to achieve power and control over a partner.



**Domestic Violence means the occurrence of one or more of the following criminal offenses upon a person protected under the Prevention of Domestic Violence Act of 1990:  
Criminal Offenses as of 2018: (19 in total)**

Homicide	Criminal Mischief
Assault	Burglary
Terroristic Threats	Criminal Trespass
Kidnapping	Harassment
Criminal Restraint	Stalking
False Imprisonment	Criminal Coercion
Sexual Assault	Robbery
Criminal Sexual Contact	Contempt of DV Order
Lewdness	Cyber-Harassment

\*Any crime involving risk of death or serious bodily injury to person protected under PDVA.\*

# Homicide

- The crime of one person causing the death of another person.
- An attempted homicide may be part of a final restraining order hearing

# Assault

- Most common example is when abuser hits victim or tries to harm a victim
- May occur with or without a deadly weapon
- In some cases, threats to harm may be considered an assault.
- Example: abuser knowingly threatens victim with a gun (whether or not it was loaded) and showed no concern that victim may have been hurt

# Terroristic Threats

- Also called criminal threat It is a crime in every state
- When abuser threatens to commit a crime that would reasonably result in death, terror, serious injury, or serious physical property damage



# Kidnapping

- In the context of domestic violence, this crime may occur for a few minutes up to an extended length of time
- Broadly defined as moving another person a substantial distance by force or fear without the other person's consent
- Aggravated kidnapping meets above definition and is accompanied by serious bodily injury/ransom/carjacking/force, fraud or fear for victim under 14

# Criminal Restraint

- When a abuser keeps victim in a place that puts them at risk of serious bodily injury
- or
- Abuser keeps victim somewhere and will not allow them to leave
- EXAMPLE: abuser locks victim in a room and then begins attacking them
- Also exists in situation of life of servitude against your will

# False Imprisonment

- Abuser is keeping a victim somewhere they do NOT want to be and will not allow them to leave
- Differs from criminal restraint in that risk of serious bodily injury does not need to exist
- EXAMPLE: Victim is restrained from leaving her home because of an abuser's actions but is not injured in any way

# Sexual Assault

- Any situation when an abuser uses force or coercion to sexually penetrate a victim
- Force or fraud refers to situation where victim does not provide consent and/or is physically overpowered by the abuser
- Includes vaginal, anal and oral sex or putting fingers or objects into the vagina or anus. Penetration may be committed by abuser or coerced/ordered to self penetrate

# Criminal Sexual Contact

- Abuser uses force or coercion (includes bullying or violent threats) to commit sexual contact with a victim without consent
- Intentionally touching victims thigh, groin, buttocks or breast without consent. Intent must be to receive personal sexual pleasure or to humiliate a victim

# Lewdness

- Person does something “flagrantly lewd and offensive” in front of another person who does NOT want to see the offensive act
- EXAMPLE: A person who exposes their private parts to a nonconsenting person for their own gratification

# Criminal Mischief

- An abuser who intentionally breaks/destroys /tampers with your personal property (cannot be shared property)
- EXAMPLES: Keying a victim's car, punching a hole in the wall of your home, breaking your cell phone

# Criminal Trespass

- Someone enters or hides out in a building without permission knowing that permission is necessary
- Ignoring elements meant to keep a person out (fence, security guard, locked door)
- Being watched during a time when you have a reasonable expectation to privacy (bathroom, bedroom)



# Harassment

- Intentional behavior which any reasonable person would find annoying / alarming / offensive

## TECHNIQUES

- Communication- phone calls, texts, emails, face to face to excess at inconvenient hours, rudeness and profanity
- Physical- Insulting or offensive acts such as hitting, kicking, pushing & touching. Does not have to cause physical injury
- Acts are repeated with the intention of scaring or seriously annoying a victim

# Stalking

- Unwanted or repeated surveillance using these techniques:
  - Following
  - Staring
  - Interference with belongings
  - Harassment
  - Sending threats
  
- Must include REPEATED behaviors

Can be physical but often done electronically (internet, text, email, spyware,

# Criminal Coercion

- The act of someone trying to make you:
  - Do something or stopping you from doing something using threats of injury to you or someone else
  - Falsely accusing you of committing a crime
  - Exposing a secret that would damage your reputation or credit
  - Using control to force you to testify or not testify in court
  - Force you to do something to damage your health, safety, career or personal relationships

**MORE THAN JUST A THREAT- MUST BE CONNECTED TO TRYING TO GET YOU TO DO SOMETHING**

# Burglary

- Someone breaks into your house or other secured building with the intent to commit a crime when inside
- Person hides out, without permission, in a house or other building with the intent to commit a crime inside
- **EXAMPLE:** A victim's ex-husband breaks into the victim's apartment to steal valuable property

# Robbery

- The act of someone stealing something from you while:
  - hurting you /someone else
  - threatening to hurt you / someone else
  - using force or committing/threatening to commit certain other crimes

# Contempt of a DV order

- Any violation of a domestic violence order-can be Temporary or Final Restraining Order (TRO or FRO)
- Abuser attempts to contact victim by phone, text, email, social media, in person, or by using another person or physically shows up at your home, workplace, etc

# Cyber-harassment

- Using the internet or social media to threaten or harm a victim or their property
- Using internet and social media to post indecent / offensive words or pictures with the intent to cause victim emotional harm or place them in physical danger
- EXAMPLE: abuser uses Facebook, Instagram, Snapchat or other online site to post intimate photographs without permission

Any other  
crime  
involving risk  
of death or  
serious  
bodily injury

- If someone has committed a crime against you that involves risk of death or serious bodily injury, that may constitute an act of domestic violence
- **EXAMPLES:** Arson or neglect of an elderly person who fits the relationship condition



## What is stalking?

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear.

Stalking is serious, often violent, and can escalate over time.

Some things stalkers do:

- Follow you and show up wherever you are.
- Send unwanted gifts, letters, cards, or e-mails.
- Damage your home, car, or other property.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or global positioning systems (GPS), to track where you go.
- Drive by or hang out at your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Find out about you by using public records or online search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.
- Posting information or spreading rumors about you on the Internet, in a public place or by word of mouth

**1 IN 4 WOMEN AND  
1 IN 13 MEN WILL BE  
VICTIMS OF STALKING  
IN THEIR LIFETIME.**



# Technology enabling cyberstalkers to torment victims



<https://www.10tv.com/article/technology-enabling-cyberstalkers-torment-victims>

## IF YOU'RE STALKED

### You might:

Feel **fear** of what the stalker will do.

Feel **vulnerable**, unsafe, and not know who to trust.

Feel **anxious**, irritable, impatient, or on edge.

Feel **depressed**, hopeless, overwhelmed, tearful, or angry.

Feel **stressed**, including having trouble concentrating, sleeping, or remembering things.

Have **eating problems**, such as appetite loss, forgetting to eat, or overeating.

Have **flashbacks**, disturbing thoughts, feelings, or memories.

Feel **confused, frustrated, or isolated** because other people don't understand why you are afraid.

These are common reactions to being stalked.

## IF SOMEONE YOU KNOW IS BEING STALKED, YOU CAN HELP.

Listen. Show support. Don't blame the victim for the crime. Remember that every situation is different, and allow the person being stalked to make choices about how to handle it. Find someone you can talk to about the situation. Take steps to ensure your own safety.

We can help.

THE NATIONAL CENTER FOR  
**Victims of Crime**

**Stalking**  
resource center

To learn more about stalking, visit the  
Stalking Resource Center Web site

[www.victimsofcrime.org/src](http://www.victimsofcrime.org/src)

If you are in immediate  
danger, call 911.

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1 left threatening note on car

2 3 e-mails

3 got past security at work

4 followed from work to school

5 4 e-mails

6 3 hang ups

7 called repeatedly, left messages

8 6 hang ups

9 showed up at work

10 broke car window

11 sent flowers

12 4 hang ups

are you being STALKED?



## ARE YOU BEING STALKED?

Stalking is a series of actions that make you feel afraid or in danger. Stalking is serious, often violent, and can escalate over time.

### Stalking is a crime.

A stalker can be someone you know well or not at all. Most have dated or been involved with the people they stalk. Most stalking cases involve men stalking women, but men do stalk men, women do stalk women, and women do stalk men.

#### Some things stalkers do:

- Repeatedly call you, including hang-ups.
- Follow you and show up wherever you are.
- Send unwanted gifts, letters, texts, or e-mails.
- Damage your home, car, or other property.
- Monitor your phone calls or computer use.
- Use technology, like hidden cameras or global positioning systems (GPS), to track where you go.
- Drive by or hang out at your home, school, or work.
- Threaten to hurt you, your family, friends, or pets.
- Find out about you by using public records or on-line search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.
- Other actions that control, track, or frighten you.

You are not to blame for a stalker's behavior.

## THINGS YOU CAN DO

Stalking is unpredictable and dangerous. No two stalking situations are alike. There are no guarantees that what works for one person will work for another, yet you can take steps to increase your safety.

If you are in **immediate danger**, call 911.

Trust your **instincts**. Don't downplay the danger. If you feel you are unsafe, you probably are.

Take **threats** seriously. Danger generally is higher when the stalker talks about suicide or murder, or when a victim tries to leave or end the relationship.

Contact a crisis hotline, **victim services agency**, or a domestic violence or rape crisis program. They can help you devise a safety plan, give you information about local laws, refer you to other services, and weigh options such as seeking a protection order.

Develop a **safety plan**, including things like changing your routine, arranging a place to stay, and having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else. Tell people how they can help you.

**Don't communicate** with the stalker or respond to attempts to contact you.

Keep **evidence** of the stalking. When the stalker follows you or contacts you, write down the time, date, and place. Keep e-mails, phone messages, letters, or notes. Photograph anything of yours the stalker damages and any injuries the stalker causes. Ask witnesses to write down what they saw.

7.5 million people are stalked each year in the United States.

Contact the **police**. Every state has stalking laws. The stalker may also have broken other laws by doing things like assaulting you or stealing or destroying your property.

Consider getting a **court order** that tells the stalker to stay away from you.

Tell **family, friends, roommates, and co-workers** about the stalking and seek their support. Tell security staff at your job or school. Ask them to help watch out for your safety.

Women are stalked at a rate two times higher than men.



## Stalking Safety Plans - What to Include

- What is known about the stalker
- People who might help
- How to improve safety in one's environment
- What to do in case of an emergency

Safety plans need to be re-evaluated and updated continuously as the stalker's behavior, the victim's routines, and access to services and support changes.



***STALKING INCIDENT LOG***

<b>Date</b>	<b>Time</b>	<b>Description of Incident</b>	<b>Location of Incident</b>	<b>Witness Name(s) (Attach Address and Phone #)</b>	<b>Police Called (Report #)</b>	<b>Officer Name (Badge #)</b>

Who is protected under  
the PDVA – Prevention  
of Domestic  
Violence Act

**Victim of Domestic Violence:** person protected by the domestic violence act and includes any person:  
18 years or older or is an emancipated minor, and who has been subjected to domestic violence by:

- Spouse / former spouse / Intimate partner
- Present or former household member

OR

Who, regardless of age, has been subjected to domestic violence by a person:

- with whom the victim has a child in common/is pregnant/anticipates having child in common
- with whom the victim has or had a dating relationship.

Who is protected under  
the PDVA – Prevention  
of Domestic  
Violence Act

A victim may be *below* the age of 18.

The domestic violence assailant must be *over* the age of 18 or emancipated at the time of the offense.

A minor is considered emancipated from his or her parents when the minor has:

- Been married
- Entered military service
- Child or pregnant
- De
- clared emancipated by a court / administrative agency



**Mandatory Arrest. A police officer must arrest and take into custody a domestic violence suspect and must sign the criminal complaint against that person if:**

- **The victim exhibits signs of injury caused by an act of domestic violence. N.J.S.A. 2C:25-21a(1).**
- **Victim has suffered bodily injury.**

***Probable Cause:*** When the police officer observes manifestations of internal injury suffered by the victim.

***Probable Cause:*** Where the victim exhibits no visible sign of injury, but states that an injury has occurred.

**There is probable cause to believe that the terms of a no contact court order have been violated (TRO/FRO)**

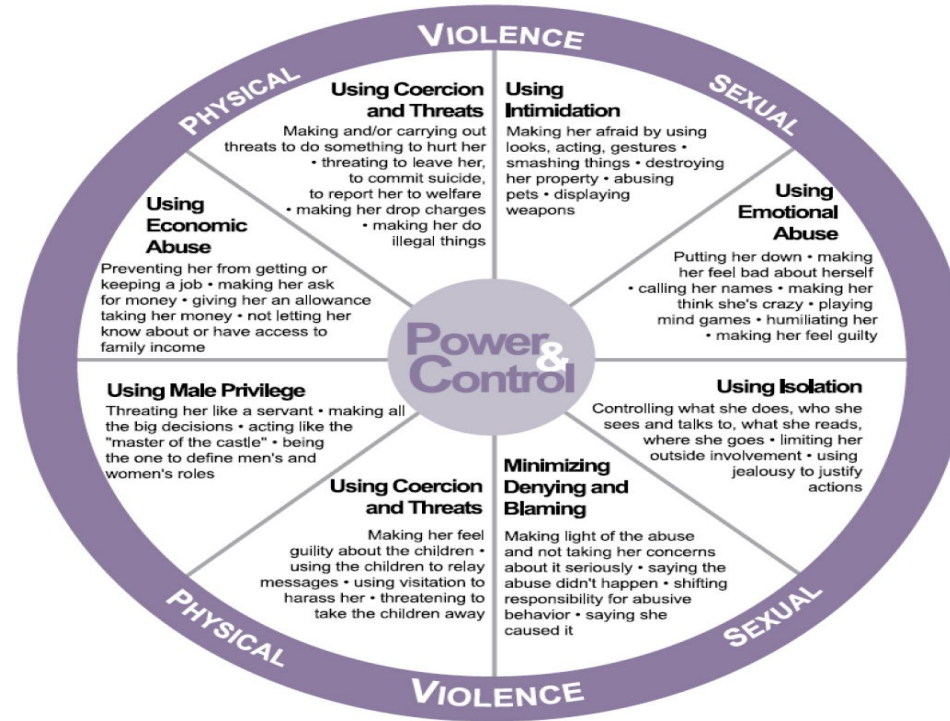
**A warrant is in effect (and outstanding).**

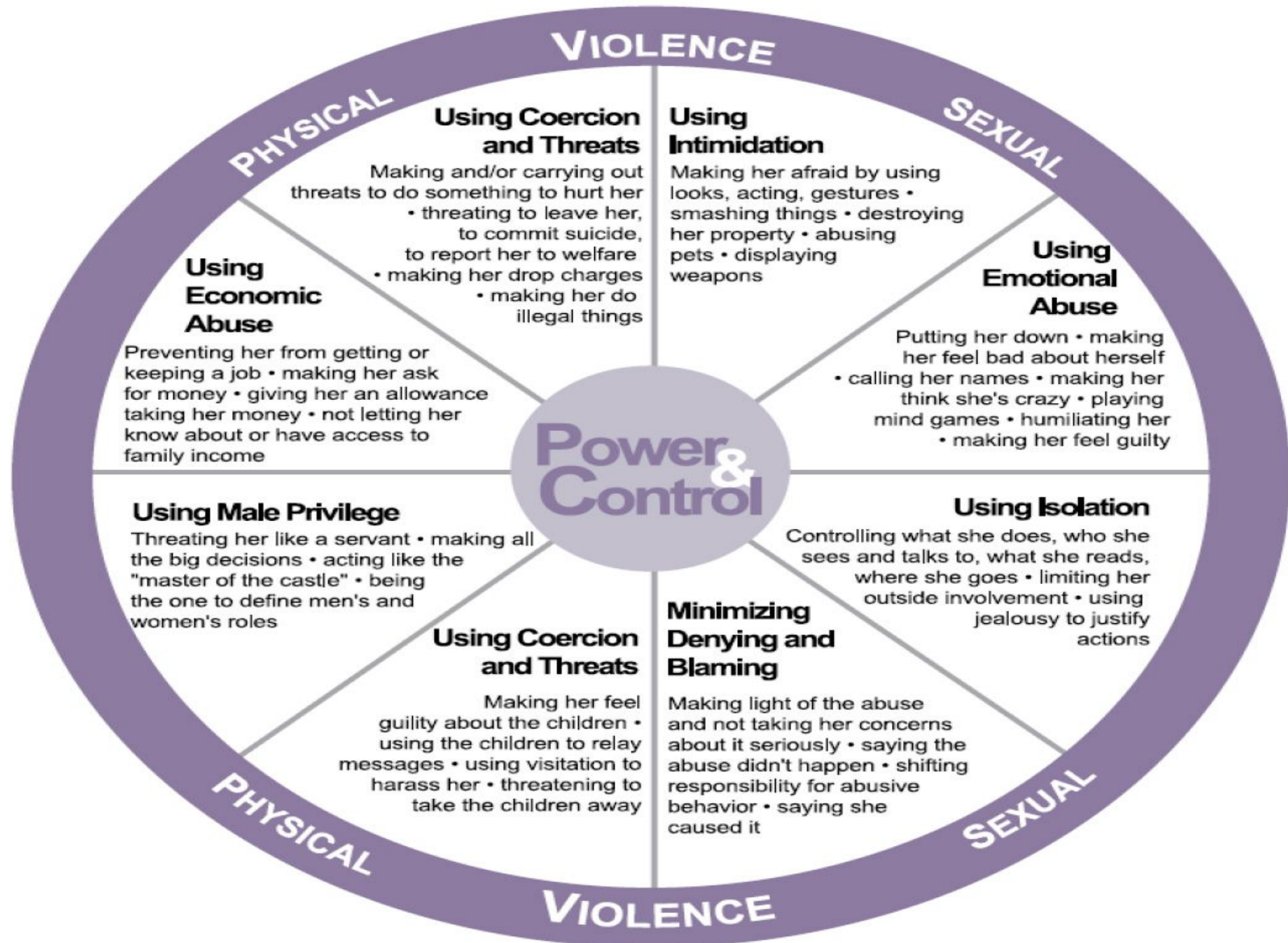
**Probable cause to believe that a weapon has been involved in the commission of an act of domestic violence.**

*Discretionary Arrest. A police officer may arrest a person or may sign a criminal complaint against that person, or may do both, where there is probable cause to believe that an act of domestic violence has been committed but none of the conditions in Section II.*

# The wheel makes the pattern, intent and impact of violence visible

## POWER AND CONTROL WHEEL







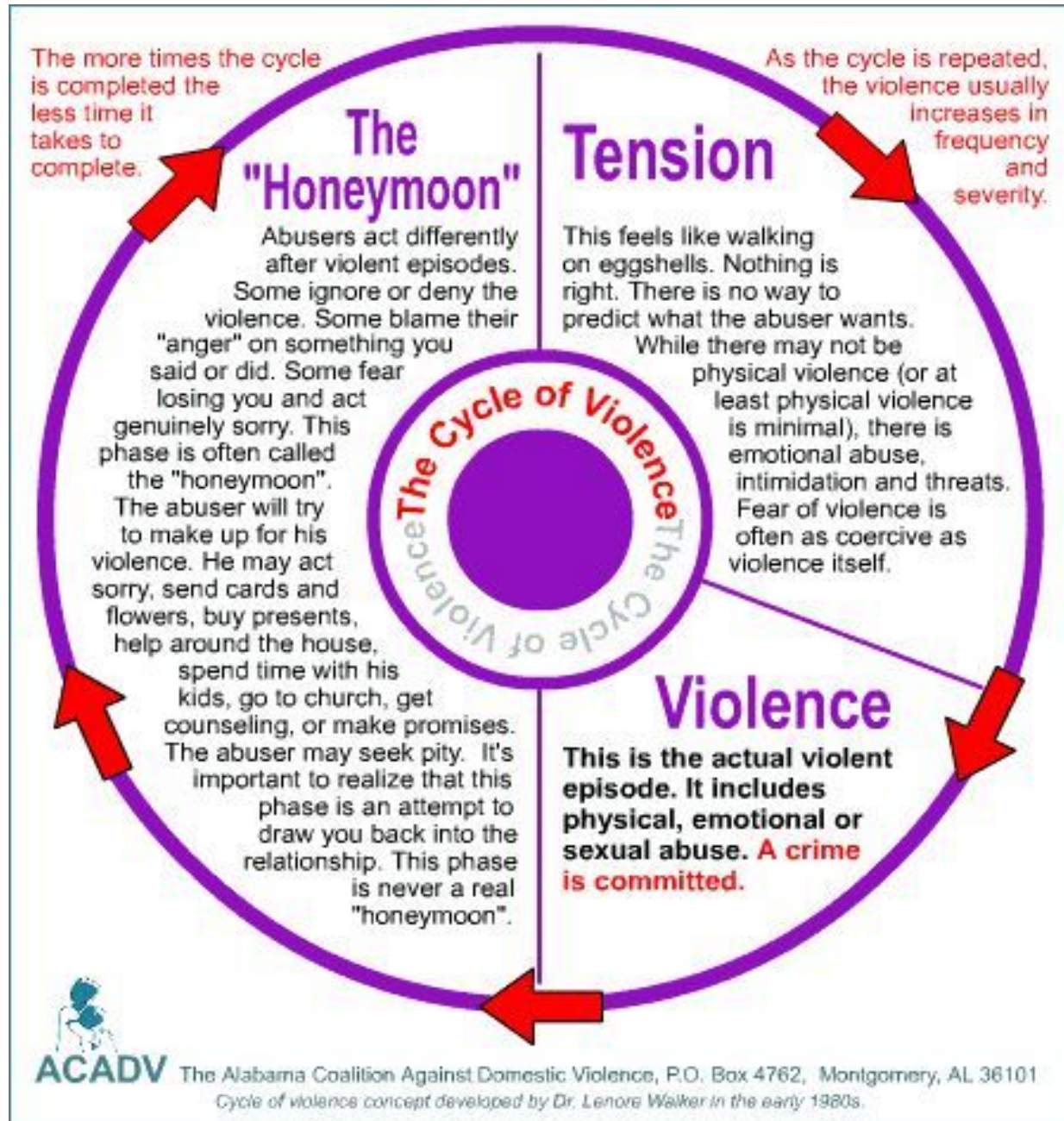
# The Cycle of Violence

The cycle was developed by Dr. Lenore Walker in 1979 to describe the phases an abusive relationship moves through towards violence.

It can happen hundreds of times in an abusive relationship. Each stage lasts a different amount of time; every relationship looks a bit different.

The total cycle can take anywhere from a few hours to a year or more to complete

*It is important to remember that not all domestic violence relationships fit the cycle. Often, as time goes on, the 'making-up' and 'calm' stages disappear.*



Biderman's Chart of Coercion is a tool developed to explain the methods used to break the will or brainwash a prisoner of war. Domestic violence experts believe that batterers use these same techniques.

<b>General Method</b>	<b>Effects and Purposes</b>
<b>Isolation</b>	<p>Deprives victim of all social support (for the) ability to resist</p> <p>Allows victim to be present at all times to keep home environment stable and non-threatening</p> <p>Makes victim dependent upon abuser</p>
<b>Control or Distortion of Perceptions</b>	<p>Fixes attention upon immediate predicament; fosters introspection</p> <p>Eliminates information that is not in agreement with the abuser's message</p> <p>Punishes actions or responses that demonstrate independence or resistance</p> <p>Abuser manipulates by being charming, seductive, etc. to get what is wanted from victim and becomes hostile when demands are not met</p>
<b>Humiliation or Degradation</b>	<p>Wakens mental and physical ability to resist</p> <p>Heightens feelings of incompetence</p> <p>Induces mental and physical exhaustion</p>
<b>Threats</b>	<p>Creates anxiety and despair</p> <p>Outlines abuser's expectations and consequences for noncompliance</p>
<b>Demonstrating Omnipotence or Superiority or Power</b>	<p>Demonstrates to victim that resistance is futile</p>
<b>Enforcing Trivial Demands</b>	<p>Demands are often trivial, contradictory and non-achievable</p> <p>Reinforces who has power and control</p>
<b>Exhaustion confusion</b>	<p>The abuser uses sleep deprivation to keep victim in a state of</p>
<b>Occasional Indulgences</b>	<p>Provides positive motivation for conforming to abuser's demands</p> <p>Victim works to "earn" these indulgences in an effort to increase self-esteem</p>

# BIDERMAN'S CHART OF COERCION



## What you need to take when you leave

### Identification

- Driver's license
- Birth certificate
- Children's birth certificates
- Social security cards

### Financial

- Money and/or credit cards (in your name)
- Checking and/or savings account books

### Legal Papers

- Protective order
- Lease, rental agreement and house deed
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you & your children
- School records
- Work permits/green card/visa
- Passport
- Divorce and custody papers
- Marriage license

### Other

- Medications
- House and car keys
- Valuable jewelry
- Address book
- Pictures and sentimental items
- Change of clothes for you & your children
- Other

## About The Hotline

The National Domestic Violence Hotline is the only national organization that directly serves victims of domestic abuse, their friends and family. Highly-trained, expert advocates are available 24/7 by phone to talk with anyone who is affected by physical, emotional, verbal, sexual or financial abuse. The Hotline also offers an online chat service at [www.thehotline.org](http://www.thehotline.org) that is available every day from 7 a.m. – 2 a.m. CST.

Our services are **completely free and confidential**. We offer lifesaving tools, immediate support and hope to empower victims to break free of abuse.



CALL 24/7

1.800.799.SAFE (7233)



TTY 24/7

1.800.787.3224



CHAT

every day 7 a.m. – 2 a.m. CST

[www.thehotline.org](http://www.thehotline.org)

The National Domestic Violence  
**HOTLINE**

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)



FREE  
CONFIDENTIAL

24/7/365

1.800.799.SAFE (7233)

## Safety Planning

*Safety Plans Can Save Lives*

- Identification
- Financial
- Legal Papers
- Other





## What is a Safety Plan?

A safety plan is a **personalized, practical plan** that includes ways to remain safe while in an abusive relationship, while you're planning to leave or after you leave. Safety planning involves how to cope with emotions, tell friends and family about the abuse, take legal action and anything else relevant to your unique situation. A good safety plan will have all of the vital information you need, and it will help walk you through different scenarios.

At The Hotline we **safety plan with victims**, friends and family members — anyone who is concerned about their own safety or the safety of someone else.



## Why is having a Safety Plan important?

A thorough safety plan can provide **clarity and strength** for a person living in an abusive relationship. For family and friends of an abuse victim, a safety plan is a powerful tool for providing emotional support or physical safety. Should a situation ever escalate to life-threatening, a safety plan can become **absolutely essential to survival**.

Our advocates provide assistance with safety plans for a variety of situations, such as:

**Safety planning while living with an abusive partner.** A safety plan could include identifying the safest places in your home, practicing how to get out of the house safely, keeping weapons locked away and/or letting a support network know about the situation.

**Safety planning with children.** When children are involved, it's important that a safety plan outline ways to keep the children safe. This could include teaching them how to call 911, identifying a "safe room," planning for unsupervised visits and/or planning for safe custody exchanges.

**Safety planning with pets.** A pet is often a cherished member of the family, and safety plans can include them, too. Safety planning with pets might include taking steps to prove ownership of your pet, finding temporary care with a vet, friends or family and/or finding a shelter that accepts pets.

**Safety planning during pregnancy.** Pregnancy can be an especially dangerous time for women in abusive relationships. Safety planning could include speaking with health care providers, how to physically protect yourself in a violent situation and/or finding ways to receive the support and care you need.



Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion or gender. If you or someone you know is in an abusive relationship, or if you have questions about abuse, we can help.

1-800-799-SAFE (7233)  
thehotline.org



love is respect org  
1-866-331-9474  
loveisrespect.org  
text "loveis" to 22522

## Safety Planning

*Safety Plans Can Save Lives*

- Planning with children
- Planning with pets
- Planning during pregnancy





## You have a right to be safe!

*No one deserves to be hit or threatened. If you are being hurt by someone you love, consider making plans to help keep yourself and your children safe. Here are some suggestions that have helped other people in situations like yours.*

### Safety during an explosive incident

- Practice getting out of your home safely. Identify which doors, windows, elevator or stairwell to use.
- Pack a bag and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence, and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends and neighbors when you need the police.
- Decide and plan where you will go if you ever have to leave home.
- Use your instincts and judgment. In some dangerous situations, it may be safest to give the abuser what they want to calm them down.

### Safety when preparing to leave

- Open a checking or savings account in your own name.
- Leave money, an extra set of keys, copies of important documents and extra clothes and medications in a safe place or with someone you trust.
- Open your own post office box.
- Identify a safe place where you can go and someone who can lend you money.
- Always keep the shelter phone number, a calling card or some change for emergency phone calls with you.
- If you have pets, make arrangements for them to be cared for in a safe place.

**Remember: You are the expert of your situation. Use these tips only if you feel safe doing so.**

### Safety with a protective order

- If you or your children have been threatened or assaulted, you can request a protective order from the District/County Attorney's Office.
- Always keep your protective order with you.
- Call the police if your partner violates the protective order.
- Inform family members, friends and neighbors that you have a protective order in effect.
- Think of alternative ways to keep safe if the police do not respond immediately.

### Safety in your own residence

- If you stay in your home, lock your windows and change the locks on your doors as soon as possible.
- Develop a safety plan with your children for times when you are not with them.
- Inform your children's school, day care, etc. about who has permission to pick up your children.
- Inform neighbors and the landlord that your partner no longer lives with you, and that they should call the police if they see him/her near your home.
- Never tell the abuser where you live. Never call the abuser from your home because the abuser may find out where you live.
- Request an unlisted/unpublished number from the telephone company.

### Safety on the job and in public

- Inform someone at work of your situation. Include the security officers at work and provide them with a picture of your partner.
- Have someone screen your telephone calls at work.
- Have someone escort you to and from your car, bus or train.
- Use a variety of routes to come and go from home.

## Safety Planning

*Safety Plans Can Save Lives*

- During an Incident
- When preparing to leave
- With a TRO/FRO
- In your residence
- At place of employment
- In public





# SAFE HOUSING

\*Contact hotline staff when considering safe housing for victim & do not make promises\*

- Safe Housing is reserved for those in IMMEDIATE danger
- Safe Housing is a communal environment
- Safe Housing might not be right for everyone
- Safe Housing requires Safe House Request to be completed & approved by a SERV Supervisor
- Safe Housing usually starts with victims county of residency
- Safe Housing is temporary and goal oriented



# Tech Safety App

*Your Technology. Your Privacy. Your Safety.*

Tech Safety App

<https://techsafetyapp.org/home>



Strangulation is one of the most lethal forms of domestic violence.

Abusers often use non-fatal strangulation as a tactic to terrorize and control their victims by holding over them the literal power of life and death.

Research into domestic violence fatalities shows that an abuser's attempt to strangle the victim can be a dramatic predictor of future lethality in intimate partner violence cases.

## Non-Fatal Strangulation



Loss of consciousness can occur within 5 - 10 seconds. Death within minutes.<sup>2</sup>



are strangled manually (with hands).<sup>3</sup>



report losing consciousness.<sup>4</sup>



are strangled along with sexual assault/abuse.<sup>5</sup>  
9% are also pregnant.<sup>4</sup>



of strangled women believed they were going to die.<sup>6</sup>

And odds for homicide increase **750%**

for victims who have been previously strangled, compared to victims who have never been strangled.<sup>7</sup>

**HOWEVER...**  
Oftentimes, even in fatal cases, there are **NO EXTERNAL SIGNS** of injury.<sup>3</sup>

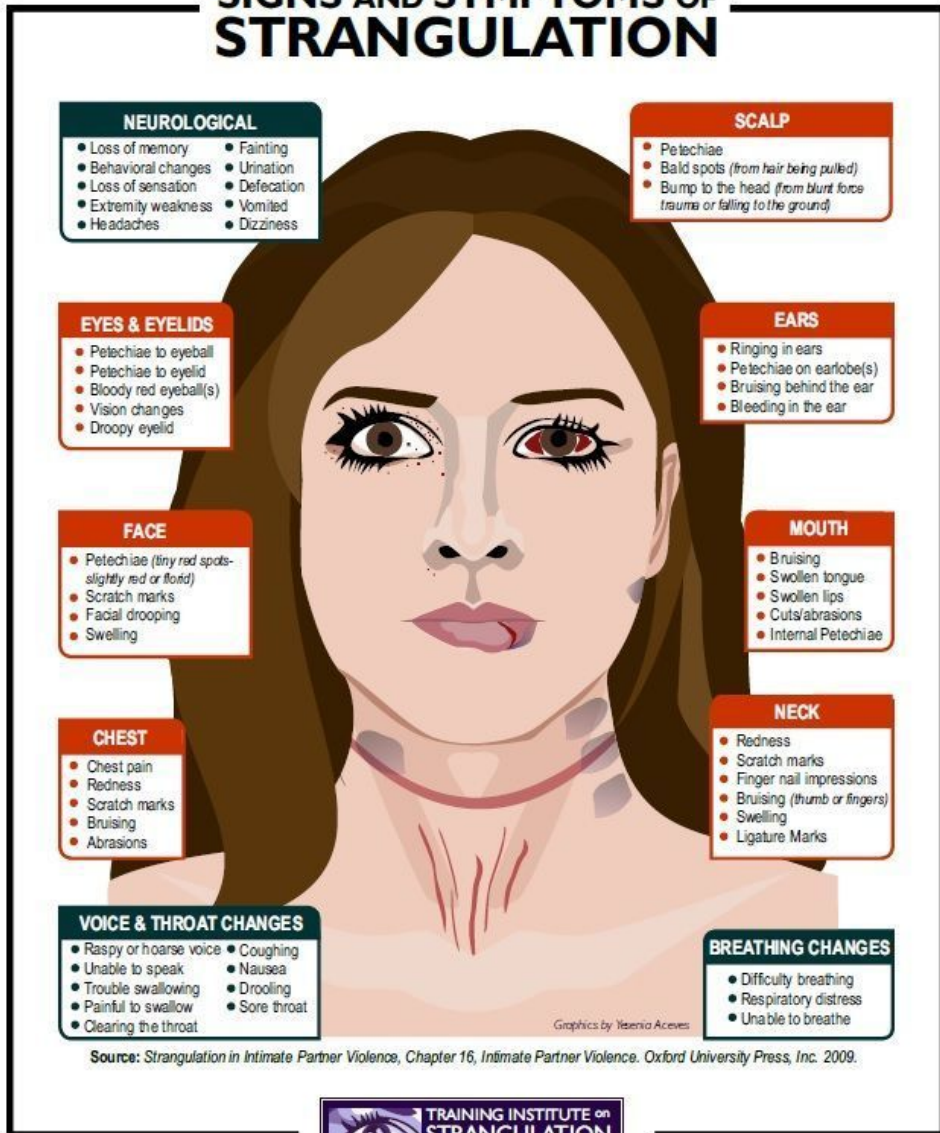


Only half of victims have visible injuries



Of these, only 15% could be photographed

# SIGNS AND SYMPTOMS OF STRANGULATION



NJ Domestic Violence Law:  
(Amending N.J.S.2C:12-1) signed November 13, 2017

- Strengthens penalties for those who strangle domestic partner(s)
- NJ judges impose a longer prison sentence and higher fine
- DV experts believe nonfatal strangulation is a leading precursor to domestic homicide
- Training Institute on Strangulation Prevention, “68 percent of domestic violence victims experience near-fatal strangulation by their partners.”

## Telling Amy's Story

Hosted by actress and advocate Mariska Hargitay, and narrated by Detective Deirdri Fishel, "Telling Amy's Story" follows the timeline of a domestic violence homicide that occurred on November 8, 2001.

Detective Deirdri Fishel  
Narrator



## Roleplay

- You arrive at the police department for a DVRT activation.
- It's after hours and the entrance is locked.
- There is a red phone with a sign that says “pick up the phone for help”
- When you pick up the receiver, phone begins to ring, and then an operator says “911 police communications, how can I help you?”
- What do you say/do? What do you say when an officer lets you in?
- Things to consider:
  - Say D- V –R- T not “divert”
  - Introduce yourself briefly to officer
  - Ask for a piece of info about victim before you speak to him/her

## Roleplay

- You arrive at the police department and the officer takes you to the private room where the victim is waiting
- Officer opens the door and says to the victim “here’s the SERV person I told you about”
- What are your next steps?
  
- Things to consider:
  - Ask permission
  - Be strategic about set up of room-power dynamics
  - Briefly discuss why you are there
  - Don’t forget to review confidentiality and reasons you may have to break it