

## ABOUT SAFEHOME

Safehome is the only domestic violence agency in Johnson and Miami County, and the largest in the state of Kansas. It is our mission to break the cycle of domestic violence. Our core purpose is to empower survivors and their children to live a life free of abuse. All of our services are confidential and completely free of charge. We do not want there to be a single barrier, monetary or otherwise, that would cause someone to stay in a violent situation. Safehome is here to help people who are in extremely difficult circumstances, to be able to explore options and receive support. We will never tell an individual what to do but rather offer options and resources in a loving, trusted, safe space where they can heal and begin a life free from violence.



## SAFEHOME SERVICES

### 24-Hour Hotline

Calling the Hotline is the first step in accessing any of Safehome's services. One of our trained advocates will talk with you about your situation, questions, fears, needs, or concerns in a non-judgmental and safe space. Our staff will help you make a safety plan and connect you to services.

### Domestic Violence Shelter

### Individual & Group Counseling

### Court & Legal Assistance

If you or someone  
you know needs help,  
call our 24-Hour Hotline:

**(913)262-2868**

**[www.safehome-ks.org](http://www.safehome-ks.org)**

**@safehomeks**



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**LOVE  
SHOULDN'T  
HURT**

**Safehome Can Help**

**Safehome**

**24-Hour Hotline  
(913)262-2868**

### RELATIONSHIP RED FLAGS:

Abuse can take many forms and often begins by the abuser exerting control over parts of their partner's life; the abuse then increases in frequency and intensity.

### DOES YOUR PARTNER...

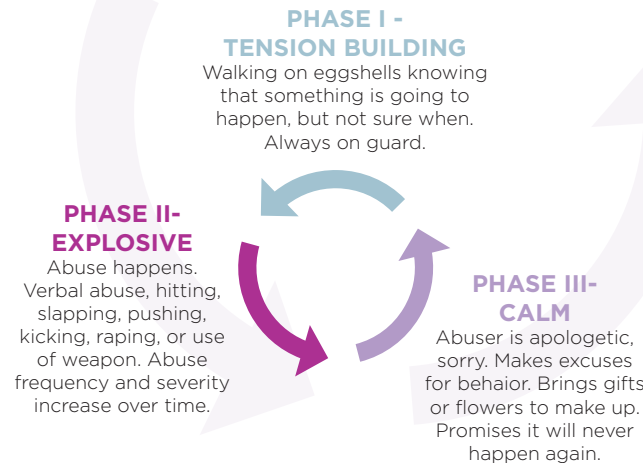
- Humiliate, criticize or yell at you?
- Blame you for their behavior?
- Have access to a gun or can obtain one easily?
- Threaten you with a weapon?
- Threaten to hurt or kill you?
- Strangle or attempt to strangle you?
- Break or hit things to intimidate you or others?
- Restrict access to finances?
- Downplay their abusive behavior?
- Threaten to take your kids away?
- Threaten to harm your kids or pet?
- Force you to perform sexual acts?
- Act jealous or possessive and try to control most of your daily activities?
- Tell or "suggest" what you should do?
- Say "no one will believe you"?
- Say the abuse is your fault or you caused it?
- Attempt to convince you the behavior is normal or not that bad?
- Blow disagreements out of proportion?
- Keep you from seeing friends or family?
- Limit your access to money or necessities?
- Keep you from getting a job or going to school?
- Constantly check up on you?
- Follow or spies on you or leaves threatening messages?
- Threaten to hurt or kill themselves or others if you leave?

If you answered "yes" to any of these questions, think seriously about your relationship. It is possible that you are in an abusive relationship.

**Help is available. (913) 262-2868**



## CYCLE OF VIOLENCE



It is important to note that domestic violence is not always physical. Physical violence is a mechanism that is often used, however, domestic violence also includes sexual violence, intimidation tactics and threats, emotional abuse, financial abuse, psychological abuse (like gas-lighting), reproductive coercion, and digital abuse.

### SAFETY PLANNING:

When you find yourself in an abusive situation, it's important to keep yourself as physically, emotionally and mentally safe as possible.

A safety plan outlines simple but critical steps you can take to increase your safety. **The most dangerous time for a person experiencing domestic violence is when they try to leave. Please seek assistance to do it safely.**

1. Call 911 if you are afraid or threatened.
2. Go to a safe place.  
All Johnson County hospitals are safe places where you can request assistance from Safehome, whether or not you are a patient.
3. Call Safehome's 24-Hour Hotline at 913.262.2868.
4. Take important items: birth certificates, bank records, insurance information, social security cards, photo identification and prescriptions.
5. Set aside extra cash in a safe place.
6. Hide an extra set of car or house keys outside your home.
7. Pack a set of clothes for you and your children in case you need to leave abruptly.
8. Share a code word with someone you can trust that will alert them if you are in danger.
9. Turn location settings off on your phone and social media accounts.
10. Consider getting a Protection from Abuse (PFA) or Protection from Stalking (PFS) order.

**Safehome offers support in navigating and understanding the legal system through court accompaniment and assistance in obtaining PFA's & PFS's.**

Safehome