

NEW JERSEY RESOURCES

ORGANIZATION	SERVICES	CONTACT
NJ Domestic Violence Hotline and Direct Services	24-hour confidential access to information and services (crisis intervention, referrals, advocacy)	<b>Hotline:</b> 1-800-572-SAFE (7233) <b>Websites:</b> <a href="#">DCF - Domestic Violence Hotlines</a> and <a href="#">DCF - Domestic Violence Direct Services</a>
NJ Coalition to End Domestic Violence (NJCEDV)	Advocacy, policy work, training, guide to service providers, helplines for Deaf survivors	<b>Helpline:</b> 1-800-572-7233; <b>Deaf Videophone:</b> 1-855-812-1001 or <b>Text LOVEIS</b> to 22522 <a href="#">NJ Coalition to End Domestic Violence</a>
NJ Courts – Domestic Violence	Information on restraining orders (Temporary and Final), child custody/support; how to file; what rights you have under NJ law.	<b>Website:</b> <a href="#">NJ Courts</a> <b>Phone:</b> <a href="#">County Phone Lines</a>
Legal Services in New Jersey	Free legal information and help for low-income people in NJ (restraining orders, the legal rights of victims, safety planning, and other laws related to domestic violence)	<b>Website:</b> <a href="http://lsnjlaw.org">lsnjlaw.org</a> ; <a href="#">Domestic Violence</a> <b>Hotline:</b> 1-888-LSNJ-LAW (1-888-576-5529)

LOCAL COUNTY RESOURCES

ORGANIZATION	SERVICES	CONTACT
Services Empowering Rights of Victims (SERV)	Covers Camden, Gloucester & Cumberland Counties: 24-hour hotline; safe house; court & medical accompaniment; counseling; educational groups; advocacy; services in English & Spanish; LGBTQIA+ affirming shelter options.	<b>Hotline:</b> 1-866-295-SERV (7378) <b>Website:</b> <a href="#">Center for Family Services</a>
Camden County Domestic Violence Center (CCDVC)	24-hour hotline; emergency safe house; counseling & case management; legal advocacy; safe house; children’s programs; support in English and Spanish.	<b>Hotline:</b> 856-227-1234 (24/7) <b>Website:</b> <a href="#">Camden County DV Center</a> <b>Main office:</b> 856-963-5668
Camden County Prosecutor’s Office – Victim Witness/Domestic Violence Unit	Legal advocacy; information about criminal justice process; victim’s rights; works with police & courts.	<b>Phone:</b> 856-225-8400 <a href="#">Camden County Police Department</a>
City of Philadelphia Office of Domestic Violence Strategies	24/7 hotlines, emergency shelter, counseling, legal advocacy, medical and immigrant support services	<b>Email:</b> <a href="mailto:dvinfo@phila.gov">dvinfo@phila.gov</a> <b>Website:</b> <a href="#">City of Philadelphia DV Strategies</a>



ADDITIONAL SUPPORT & INFORMATION

- **Emergency help:** If you are in immediate physical danger, **call 911**.
  - **Rowan University PD: 856-256-4922**
- Information on dating and **healthy relationships** is available through [Love is Respect](#) or [One Love Foundation](#)
- **Safety Planning:** Organizations like CCDVC or SERV can help you make a safety plan (escape plan, things to pack, who to call).
  - [Online Safety Planning](#)
- **Restraining Orders:** NJ Courts has a process for Temporary Restraining Orders (TRO) and Final Restraining Orders (FRO), which may include custody, support, etc.
- **Confidentiality & Address Protection:** NJ has an [Address Confidentiality Program](#) for individuals in danger.
- **Rowan University PD – [Domestic Violence Resources](#)**
- **Report an incident** of dating/domestic violence: [OSEC Title IX Reporting Form](#)

## A serious problem

Domestic violence affects millions of people in the United States each year. **Two in 5 women** and **1 in 4 men** have experienced contact sexual violence,\* physical violence, and/or stalking by an intimate partner in their lifetime with a negative impact such as injury, fear, concern for safety and needing services.<sup>1</sup>

➤ Domestic violence starts early in the lifespan. Almost three quarters of female victims of intimate partner violence reported that they were first victimized before age 25, and more than 1 in 4 were first victimized **before the age of 18**.<sup>2</sup>

While domestic violence can happen in any relationship – regardless of religion, race or ethnicity, sex, gender identity, sexual orientation, or other factors – the vast majority of victims who report violence are women abused by male partners or ex-partners.

➤ A woman is far more likely to be killed by her spouse, an intimate acquaintance, or a family member than by a stranger.<sup>3</sup>

➤ Women of color are disproportionately impacted by domestic violence. Lifetime prevalence of experiencing contact sexual violence, physical violence, or stalking by an intimate partner is **63.8%** among non-Hispanic multiracial women, **57.7%** among American Indian/Alaska Native women, **53.6%** among non-Hispanic Black women, **48.4%** among non-Hispanic White women, **42.1%** among Hispanic women, and **27.2%** among Asian-Pacific Islander women.<sup>4</sup>

Given these statistics, it is likely that you know someone who has been abused. They may be your friends and family members, your neighbors or co-workers. Domestic violence takes its toll on our communities as well, contributing to other forms of violence and suffering, burdening us with huge medical and criminal justice costs, and decreasing workplace productivity.

\*Contact sexual violence includes rape, being made to penetrate someone else (males only), sexual coercion, and/or unwanted sexual contact.

## For assistance call:

### National Domestic Violence Hotline

1-800-799-SAFE (7233) / 1-800-787-3224 TTY

Secure online chat: [thehotline.org](https://thehotline.org)

### loveisrespect

1-866-331-9474 / Text "loveis" to 22522

Secure online chat: [loveisrespect.org](https://loveisrespect.org)

## Access your local resources:

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Helping  
to End  
Domestic  
Violence

DOMESTIC VIOLENCE  
Putting the Pieces Together



National Resource Center  
on Domestic Violence

## What is domestic violence?

Domestic violence, also known as intimate partner violence, is a pattern of abusive behaviors, characterized by one partner's need to control the other by using a range of tactics. While the frequency and severity of physical or sexual violence may vary, coercion, intimidation and emotional manipulation occur on a routine basis throughout the relationship.

- **Physical Abuse:** Hitting, slapping, punching, shoving, kicking, burning, strangulation/choking, using weapons or other objects to cause injury.
- **Sexual Abuse:** Forcing a partner to engage in unwanted sexual acts; refusing to practice safe sex; treating a partner like a sex object.
- **Emotional Abuse:** Name-calling and put-downs; denying/shifting blame; treating a partner as an inferior; threatening to harm self/others or to have a partner deported; abusing children or pets; stalking; using threatening looks, actions or gestures; using technology to track, monitor or frighten.
- **Economic Abuse:** Stealing or destroying belongings/money; preventing a partner from getting or keeping a job; not letting the partner know about or have access to family income; damaging or ruining a partner's credit.

Domestic violence must be understood as more than individual behavior, as it is socially condoned and supported by cultural norms (for example, traditional beliefs that a man has a right to assert power over a woman and is socially superior, or the notion that domestic violence is a private matter). Preventing domestic violence involves proactive efforts to stop abuse from happening in the first place by interrupting the cultural rules and constructs that support it.

## Knowing the facts.

- Domestic violence is a social problem. It is rooted in social values that place importance on people having power over others, and allow violence against women and other groups to occur with minimal and/or inconsistent punishment.
- Domestic violence is not caused by drugs or alcohol, mental illness, being "provoked," stress, or poor anger management. Abuse is a purposeful and deliberate behavior aimed at gaining power and control over another person.
- Victims seeking help with abuse face many barriers, including fear of injury, shame and self-blame, lack of money, resources and support, social pressures to keep their family together and other cultural taboos.
- Racism, homophobia, ageism and discrimination based on physical ability, nationality or other factors help to perpetuate domestic violence and make finding safety even more difficult for some victims.
- Domestic violence can have many negative impacts on victims such as lowered self-confidence, physical illness and disability, difficulty trusting self/others, and poverty. Despite these impacts, victims find many creative and courageous ways to survive and protect themselves and their children.

### Citations

1, 2, 4 Leemis R.W., Friar N., Khatiwada S., Chen M.S., Kresnow M., Smith S.G., Caslin, S., & Basile, K.C. (2022). *The National Intimate Partner and Sexual Violence Survey: 2016/2017 Report on Intimate Partner Violence*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

3 Violence Policy Center. (2023). *When Men Murder Women: An Analysis of 2021 Homicide Data*. Washington, DC.

## Joining the effort.

To stop domestic violence, we all need to be part of the solution. The following are some things that you can do to help:

- **Help a friend or family member who is being abused.** Let them know that the abuse is not their fault, listen to them, help them to identify resources and options, empower them to make choices for their safety, and provide nonjudgmental support and an opportunity for them to seek your support again.
- **Support your local domestic violence program.** Most hotlines, advocacy or shelter organizations could benefit from your time, financial support or other donations. For ideas for building needed resources in your community for survivors of domestic violence: <https://bit.ly/2nD2EhB>
- **Speak up about abuse.** Let the person using violence or intimidation know their behavior is wrong and encourage them to seek help. If you see abuse, call the police. Doing nothing can make the abuse worse and even deadly.
- **Educate yourself and others.** Call your local domestic violence program to schedule informational workshops for your workplace, community group or place of worship. Encourage schools to include abuse prevention as part of their curricula. Social change is possible when individuals, families, communities, and institutions have access to both knowledge and tools. See Awareness + Action = Social Change: Strategies to End Gender-Based Violence for inspiration: <https://bit.ly/46tdfx>
- **Set an example.** Make a commitment to work for equality and end violence in all of its forms. Model non-violent and respectful behavior through your everyday actions.

## Is it domestic violence?

Domestic violence is a pattern of abusive behaviors that adults and adolescents use to control their intimate or dating partners. It can include physical, sexual and emotional abuse, and other controlling behaviors. The following questions may help you decide whether you are in an abusive relationship.

## Does your partner ever...

- hit, kick, shove or injure you?
- use weapons/objects against you or threaten to do so?
- force or coerce you to engage in unwanted sexual acts?
- threaten to hurt you or others, have you deported, disclose your sexual orientation or other personal information?
- control what you do and who you see in a way that interferes with your work, education or other personal activities?
- use technology to track, monitor or frighten you?
- steal or destroy your belongings?
- constantly criticize you, call you names or put you down? make you feel afraid?
- deny your basic needs such as food, housing, clothing, or medical and physical assistance?

If you answered “yes” to any of the above, please know that help is available.

## For assistance call:

### National Domestic Violence Hotline

1-800-799-SAFE (7233) / 1-800-787-3224 TTY

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## Access your local resources:

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# Finding Safety & Support

## DOMESTIC VIOLENCE Putting the Pieces Together



National Resource Center  
on Domestic Violence



## It can happen to anyone.

Domestic violence, also known as intimate partner violence, is a serious and widespread problem. In the United States, **2 in 5 women** and **1 in 4 men** experience contact sexual violence,\* physical violence, and/or stalking by an intimate partner in their lifetime and report negative impacts such as injury, fear, concern for safety, and needing services.<sup>1</sup> Domestic violence can happen to anyone regardless of employment or educational level, race or ethnicity, religion, marital status, physical ability, age, sex, gender identity, or sexual orientation. However, the burden of domestic violence is not shared equally across all groups, with women and many racial/ethnic and sexual minority groups being disproportionately affected.<sup>2</sup>

## It is not your fault.

If you are being abused by your partner, you may feel confused, afraid, angry and/or trapped. All of these emotions are normal responses to abuse. You may also blame yourself for what is happening. However, please know that abuse is a purposeful and deliberate behavior where one person uses abusive tactics to gain power and control over another person. Abuse is never the victim's fault.

### Citations

1 Leemis R.W., Friar N., Khatiwada S., Chen M.S., Kresnow M., Smith S.G., Caslin, S., & Basile, K.C. (2022). *The National Intimate Partner and Sexual Violence Survey: 2016/2017 Report on Intimate Partner Violence*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

2 Leemis R.W., Friar N., Khatiwada S., Chen M.S., Kresnow M., Smith S.G., Caslin, S., & Basile, K.C. (2022). *The National Intimate Partner and Sexual Violence Survey: 2016/2017 Report on Intimate Partner Violence*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

3 National Domestic Violence Hotline. (2022). *Law Enforcement Experience Report: Domestic violence survivors' survey regarding interaction with law enforcement*. Austin, Texas.

\*Contact sexual violence includes rape, being made to penetrate someone else (males only), sexual coercion, and/or unwanted sexual contact.

## Help is available.

Without help, domestic violence often continues to get more severe over time. It can sometimes become deadly. Please know that you have options.

- **Domestic violence programs.** These organizations offer free and confidential help to individuals in abusive relationships, including crisis intervention, safety planning, emergency shelter, advocacy and other supportive services. Contact information for your local program is on the back of this brochure.
- **Community support.** Friends, family, women's and community groups, places of worship, and service providers (such as legal, health, counseling centers) can also provide a variety of resources, support, and assistance.
- **Criminal charges.** If you or other loved ones have been physically injured, threatened, raped, harassed or stalked, consider reporting these crimes to the police. Criminal charges may lead to the person who is abusing you being arrested and possibly imprisoned. Some survivors, however, cite fear of retaliation from the abuser, as well as police inaction, hostility, and bias against marginalized groups as key barriers to seeking criminal justice intervention.<sup>3</sup>
- **Restraining/protective orders.** Even if you don't want to file a police report, you can file for a civil court order that directs your partner to stop abusing or to stay away from you. In many states, restraining/protective orders can also evict your partner from your home, grant support or child custody, or ban him or her from having weapons.

## Safety planning is key.

Many survivors find it helpful to implement concrete safety plans in the case of emergency, whether they are planning to leave or stay in the relationship. Here are some suggestions:

- Consider telling others you trust, such as friends, family, neighbors and co-workers, what is happening and talk about ways they might be able to help.
- Memorize emergency numbers for the local police, support persons and crisis hotlines. For example, the National Domestic Violence Hotline number is 1-800-799-SAFE (7233).
- Identify escape routes and places to go if you need to flee from an unsafe situation quickly.
- Talk with your children and/or other household members about what they should do if a violent incident occurs or if they are afraid.
- Put together an emergency bag with money/checkbooks, extra car keys, medicine, and important papers such as birth certificates, social security cards, immigration documents, and medical cards. Keep it somewhere safe and accessible, such as with a trusted friend or at your place of work.
- Trust your instincts – if you think you are in immediate danger, you probably are. If you are afraid for your safety and want the police to come to where you are now, call 911.

Please contact the National Domestic Violence Hotline at 1-800-799-7233 to develop a detailed, safety plan that is specific to your unique situation.

# 8

# Ways to Stay Safe on the Internet



The internet is a powerful tool for those experiencing domestic violence and can be an essential resource to access help. Here are eight tips for staying safe on the internet and ways to protect yourself, your devices, and your personal information online.

1

## Avoid using shared computers or devices

- **Computers and digital devices store information about the websites you visit.** This includes the bills you pay, the purchases you make, and the emails you send, all of which can be retrieved.
- Practice **safe browsing methods** like using a virtual private network (**VPN**) to prevent abusive partners from **tracking your internet history**. Or use safe spaces such as a library, shelter, or workplace should you need to research legal issues, housing options, or relevant topics.

2

## Protect your passwords

- **You never have to share your passwords.** Shield valuable information, such as your passwords, by keeping them private.
- **Memorizing your passwords**, adding **encrypted passwords** to your phone or email, and **changing your passwords** can increase your safety and online privacy.

3

## Be protective of your personal information

- **Once your information is online, it's no longer under your control.** Protect phone numbers, addresses, handles, and personal details – such as birth certificates, schools you attended, employers, and photos with landmarks – as this information makes it easier for anyone to reach you.
- **Check your social media settings to ensure your privacy settings are secure**, and **disable others' ability to tag you** in their photos or posts.

4

## Customize your privacy settings

- Often digital platforms such as social media allow users to control how their information is shared and who can access it.
- [Customize these settings](#) in the privacy section of the website or app.

5

## Safeguard your digital identity

- Your digital identity helps establish who you are online. It protects your privacy by verifying your identity when logging into websites or making purchases.
- Sharing your digital identity can expose you to risks such as [identity theft](#), fraud, and even [cyberstalking](#). Be cautious about what and where you post online.

6

## Manage your search & browsing history

- Your [history can never be erased](#) from a computer or a device, even in “private” or “incognito” mode.
- Protect your digital privacy by [deleting your phone number](#) and clearing your internet browsing history after using digital devices.
- Ensure your web browser is up to date. Use the latest version and security features.

7

## Limit what you share

- Many people are willing to share images privately with their partners, only to have them break their trust and later threaten to distribute those images publicly. These images or videos are often used as retaliation or blackmail by a current or former partner.
- Intimate images shared with your partner could be used as [revenge porn](#), where nude or sexually explicit photos or videos are shared without your consent.
- If you find yourself in this situation, use this [Google form](#) to request removing your images from search results.

8

## Create a digital safety plan

- Digital abuse uses technology and the internet to bully, harass, stalk, intimidate, or control a partner. It's often a form of verbal or emotional abuse conducted online.
- You are not alone. Technology is a powerful tool, and The Hotline's 24/7 advocates can help you create a [digital safety plan](#).

# APPLE SAFETY CHECK TIPSHEET

## What is Apple Safety Check?

[Safety Check](#) is a recent feature on Apple iPhones running iOS 16 or later that allows users to quickly view and reset information sharing and access with people, apps, and devices. The feature also has a hard reset that can stop all sharing. If personal safety is at risk, Safety Check can help verify multiple settings related to privacy all at once - such as seeing what information is being shared with specific contacts, restricting Messages and FaceTime to only the individual iPhone (as opposed to other devices like a laptop), resetting permissions like Location Services for apps, and more.

## How Can Safety Check Help Survivors?

Safety Check allows survivors to check sharing privacy concerns related to their iPhones by giving them an easy way to view and update the information shared and data gathered from apps, networks, features, as well as the contacts in an iPhone that have access to specific data.

An abusive partner could easily make changes to many smart phone settings without a survivor noticing, or force them to make these changes, such as sharing location services through [the Find My app](#) or adding an app that can track the survivor's activity without them knowing. Safety Check empowers survivors to control what information they share and who they share it with.

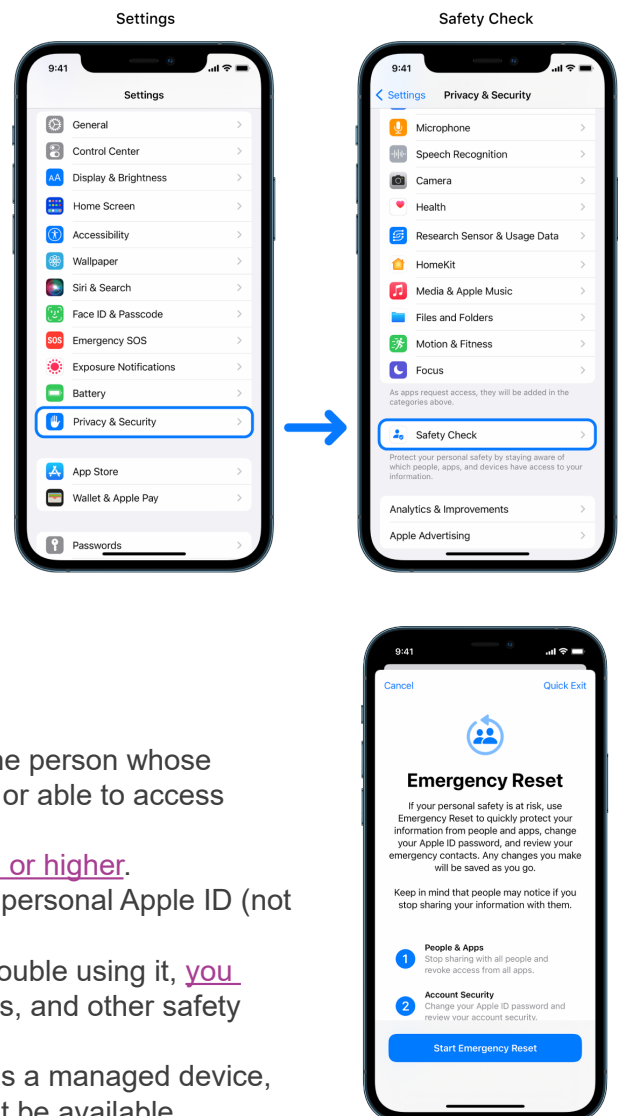
As well as being able to manage individual sharing, Safety Check offers an efficient [Emergency Reset](#) process where a survivor can immediately stop sharing with all current apps, networks, and features. Emergency Reset also includes a step for changing an Apple ID password and reviewing emergency contacts. This feature can be particularly helpful for a survivor who is attempting to leave an abusive situation.

## What Should Survivors Know About Safety Check?

- Any changes made in Safety Check may be noticed by the person whose access has been changed if they are no longer receiving or able to access information from the survivor's devices.
- Safety Check is only available on [iPhones running iOS16 or higher](#).
- To use Safety Check, the device must be connected to a personal Apple ID (not a [managed Apple ID](#)).
- If you don't have access to Safety Check or are having trouble using it, [you can still change](#) your sharing settings, access permissions, and other safety measures in your iPhone's settings
- If your iPhone has Screen Time restrictions turned on or is a managed device, Safety Check will still work but some functionality may not be available.

## How Does Safety Check Work?

- Go to Settings on your iPhone
- Go to Privacy & Security
- Scroll down to the "Safety Check" option
- You will have two options:
  - [Emergency Reset](#): This option will immediately stop all types of sharing. It also allows you to review and reset settings associated with your Apple ID.
  - [Manage Sharing & Access](#): Allows you to manage sharing and access for specific people and apps, and review account security.
- Choose the option you want and follow the on-screen instructions.
- If at any time you need to exit Safety Check quickly, tap "Quick Exit" at the top right of the screen.





# APPLE SAFETY CHECK TIPSHEET

The victim/survivor tells you that they are planning on leaving their abusive partner but are concerned that their partner has installed an app on their iPhone to track their activity. They can use Safety Check to see what apps they are sharing information with. You can also talk to them about Safety Check's Emergency Reset function so they have an option to stop all sharing immediately. Make sure they know that Emergency Reset stops sharing with everyone, even people in their support system, and include granting access to their supportive contacts after the Emergency Reset in their safety plan.

The victim/survivor wants to change their Emergency Contact from their abusive partner to their parents so that if there's an emergency, their partner isn't notified. You can talk to them about using Safety Check to not only check what information they're sharing with their abusive partner, but to update their Emergency Contact information. If things escalate and they call 911 for help, their settings can automatically notify their new Emergency Contact that an SOS call has been placed. Once the 911 call ends, their iPhone will alert their emergency contact with a text message and their location so that their emergency contact knows where they are.

"I know that it can be really scary to plan to leave if you think your partner may have access to your phone or information/location. Ensuring your digital privacy can be crucial to your safety after leaving. If you're thinking about acting quickly, you can use the Emergency Reset feature in Apple Safety Check to immediately stop sharing with everyone."

"I can see why you would feel so fearful and overwhelmed about what to do in an emergency situation with your abusive partner. One such option might be updating your iPhone's emergency contact settings, which I can share more info for. What have you thought about doing so far?"

## Additional Links for Support with Safety Check and Online Harassment and Abuse

- [Watch a video from Apple about how Safety Check works.](#)
- [Personal Safety User Guide \(Apple\)](#): Apple's up-to-date guide for understanding and responding to common safety concerns specific to Apple products, including personal safety checklists, information for how to obtain evidence of digital abuse by another person's Apple accounts, privacy tools outside of Safety Check, and more.
- [Stalking Safety Planning \(The Hotline\)](#): This article educates on the definition of stalking, behaviors associated with this abuse tactic, as well as safety planning ideas that may be helpful to brainstorm around for survivors to make an informed choice about what to do next while experiencing stalking.
- [Cell Phone Safety Plan \(Safety Net Project\)](#): This guide helps survivors assess for whether or not their phones are being used against them in a digitally abusive way, steps that may be helpful to take if their phone is being monitored, and ideas for increasing their phone's safety and privacy.
- [A DIY Guide to Feminist Cybersecurity \(Hack\\*Blossom\)](#): Hack\*Blossom created this guide to make cybersecurity easy to understand and specific to feminist concerns. Topics include public versus private Wi-Fi networks, VPNs or hacking, helpful browser extensions for data privacy or steps for using encrypted hard drives, and more.

### National Domestic Violence Hotline

Available 24/7 via phone, chat, and text  
[www.thehotline.org](http://www.thehotline.org)  
 1-800-799-SAFE (7233)  
 Text "START" to 88788

### love is respect

Available 24/7 via phone, chat, and text  
[www.loveisrespect.org](http://www.loveisrespect.org)  
 1-866-331-9474  
 Text "LOVEIS" to 22522