

What can I do?

- **Develop a Safety Plan** for escape in case of emergency and store it in a safe and secret place. Include: important phone numbers, a packed bag at a friend's house, code words to use to cue friends and family to call the police, etc. (See "Making a Personal Safety Plan" brochure.)
- Alert **friends and family** to the problem.
- Find a **place to stay** outside of the home **that the abuser does not know about**.
- Get an **Order of Protection** if necessary. A Civil Protection Order (CPO) is a court order by a judge, lasting up to one year, designed to protect victims from contact with the abuser. The CPO is delivered by an officer and orders the abuser, by law, to completely cease contact with you. If the abuser breaks this order, they can be put in jail. You can get a CPO at the Domestic Violence Intake Center (DVIC), located in two separate locations in DC.

DC Superior Court
Room 4550
500 Indiana Ave, N.W.
(202) 879-0152

United Medical Center
Suite 311
1328 Southern Ave, S.E.
(202) 561-3000



WHERE TO TURN FOR HELP

Police

In an emergency, dial 911

Metropolitan Police Department:

1st District: **(202) 299-2037**
1DSubstation: **(202) 698-0068**

2nd District: **(202) 715-7300**

3rd District: **(202) 673-6815**
3DSubstation: **(202) 576-8222**

4th District: **(202) 715-1506**

5th District: **(202) 698-0150**

6th District: **(202) 698-0880**
6DSubstation: **(202) 698-2088**

7th District: **(202) 698-1500**



National

National Domestic Violence Hotline
(800) 799-SAFE (7233)

Local

Domestic Violence Intake Center

NW: **(202) 879-0152** SE: **(202) 561-3000**

24-hour shelters, Hotlines and Counseling:

House of Ruth: **(202) 667-7001** x 217

My Sister's Place: **(202) 529-5991**

Financial Assistance

Crime Victims Compensation Program:
(202) 879-4216

Legal Assistance

American University: **(202) 274-4140**

AYUDA: **(202) 387-0434**

Bread for the City: **(202) 265-2400**

SAFE: **(202) 879-7857**



Domestic Violence Unit

300 Indiana Ave, N.W., Room 3156
Washington, D.C. 20001
Office: 202-727-7137 | Fax: 202-727-6491
<http://www.mpdc.dc.gov/victimassistance>

Domestic Violence & Pregnancy

What you need to know if you're expecting.



A guide to getting educated and getting help.



DOMESTIC VIOLENCE & PREGNANCY

Domestic violence during pregnancy can affect any woman from any background and race.

Pregnancy is often the time when domestic violence first starts or begins to get worse. Women who have experienced prior abuse are more likely to be abused during pregnancy.

Homicide due to domestic violence is now the leading cause of death for pregnant women. Domestic violence that occurs when a woman is pregnant injures both her and her baby.

Why Would Someone Abuse a Pregnant Woman

A man may abuse his partner during pregnancy because a new baby may be seen as a threat to the time and attention he receives from his partner. He may fear that every visit to a doctor is a chance for someone to influence her. He may not like her changing body size and shape late in the pregnancy. The added responsibility of a child may make him angry. During pregnancy, the abuse may be directed specifically at your breasts, stomach, and genitals.

Effects on the Baby

In addition to any injuries you may obtain during domestic violence, the baby is also susceptible to:

- Low birth weight
- Fetal fractures, bruising, and hematomas
- Stress
- Possible brain and nerve damage
- Death

Effects on You and Your Pregnancy

As a result of abuse during your pregnancy, you may experience:

- Blunt trauma to the abdomen
- Hemorrhaging
- Uterine rupture
- Miscarriage/Stillbirth
- Preterm labor
- Premature rupture of the membranes
- Depression
- Tobacco, alcohol, and illicit drug use
- Anemia
- Infections
- Delayed prenatal care
- Complications during labor
- Death

