

Taking Control Back

Getting support for yourself and your children can help you move toward a healthier future – even the smallest step is something to celebrate.

All of Florida's certified domestic violence centers provide the following services, even if you do not leave your partner: emergency shelter, 24-hour hotline, advocacy, children's program, crisis counseling, service coordination, safety planning, information and referral – additional services may be available in your area. Advocates are available 24/7 to talk with you about your options.



Florida
Maternal
Infant &
Early
Childhood
Home
Visiting
Initiative

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For free help 24 hours a day, call:

Florida Domestic Violence Hotline

1-800-500-1119

TDD 1-800-621-4202

Florida Relay 711

Local Domestic Violence Hotline

www.fcadv.org



Healthy Moms, Happy Babies

How is it Going?

All moms deserve healthy relationships. Ask yourself:

- ✓ Do I feel respected, cared for and nurtured by my partner?
- ✓ Does my partner give me space to be with friends or family (or to take breaks from the baby)?
- ✓ Does my partner support my decisions about if or when I want to have more children?

Everyone deserves to be cared for, respected, and feel empowered in their relationships. It's good for moms and really good for kids too.

On Bad Days?

Is my relationship unsafe or disrespectful? Ask yourself:

- ✓ Does my partner shame or humiliate me?
- ✓ Does my partner threaten me, hurt me, or make me feel afraid?
- ✓ Does my partner make me do sexual things I don't want to?
- ✓ Does my partner threaten to hurt my children or my family?

If you answered yes to any of these questions, you don't deserve to be hurt and your home visitor can support you and connect you to helpful programs.

Know Your Rights

- Florida does not require domestic violence to be reported to law enforcement.
- Florida law does require home visitors to report when they suspect a child is abused, abandoned or neglected by a parent or caregiver.
- If violent behavior is committed with disregard for the presence of a child and this behavior could reasonably result in serious injury to the child, a report must be made. If this occurs, every effort will be made to partner with you on making a report to the child abuse hotline.
- Florida has domestic violence advocates in child protection investigations offices throughout the state to support survivors and their children.

Safety Planning and Support

1. Call 911 if you are in immediate danger.
2. Prepare an emergency kit in case you have to leave suddenly with: money, checkbook, keys, medicines, clothes and important documents (birth certificates, immunization records).
3. For help 24 hours a day, call the hotline number on the other side of this card. Your home visitor can also provide additional support.