DATE-RAPE Safety Tips:  
1. Have a safety plan.  
2. Trust your instincts.  
3. Communicate openly and honestly with your partner.  
4. Set your limits and express them to your partner.  
5. Know your rights.

What to do if RAPEd:  
1. Get to a safe place.  
2. Call someone to be with you.  
3. Don’t wash or change your clothes.  
4. Get a medical exam.  
5. Contact a RAPE crisis center.  
6. Get into counseling.  
7. Be gentle on yourself.  
8. Do not minimize the assault.  
9. Remember...  
   It was not your fault!

Identifying a potential Batterer...

What you should ask yourself:  
Is your partner excessively jealous and controlling?  
Does your partner want to control every aspect of your life?  
Does your partner constantly attack you verbally through criticisms and putdowns?  
Does your partner make degrading remarks about women, especially relating to their intelligence, sexuality and bodies?  
Has your partner ever destroyed your possessions?

What to do if you think you may be battered...

1. Choose a safe place and decide how to get there.  
2. Always keep a list of emergency phone numbers with you.  
3. Gather important documents together such as personal papers, SS cards, birth certificates, school immunization records and immigration papers for you and your children.  
4. Call the Women’s Center helpline for help and info.

How the Women’s Center can help you...  
- Short-term peer counseling.  
- Support groups for battered women, rape victims, adults molested as children.  
- Hospital and Court accompaniment for domestic violence and sexual assault victims.  
- Assistant with Temporary Restraining Orders.  
- Dawn House, a shelter for women and children fleeing from violent homes.  
- 24 hr. hotlines for victims of domestic violence and sexual assault.  
- Family Violence Prevention Education to the Community.

Community Resources:
- Child Protective Services • (209) 468-1333 • 24 hr. response  
- Child Abuse Prevention Council • (209) 464-4524  
- California Youth Crisis Line • 1(800) 843-5200  
- Escalon Police Dept. • (209) 838-7093  
- Lathrop Police Dept. • (209) 858-5551  
- Lodi Police Dept. • (209) 333-6727  
- Manteca Police Dept. • (209) 239-8444  
- Ripon Police Dept. • (209) 599-2102  
- S.J.C. Mental Health Services Crisis Line • (209) 468-8686  
- Sheriff’s Dept. • (209) 468-4421  
- Stockton Police Dept. • (209) 937-8377  
- Tracy Police Dept. • (209) 831-4550  
- Valley Community Counseling • (209) 956-4240 / 334-2126  
- Victim Witness • (209) 468-2500

You are not alone...

Women’s Center • 620 N. San Joaquin Street • Stkn., CA 95202  
Business Office .....................................(209) 941-2611  
Lodi Office ...........................................(209) 368-3406  
Tracy Office ..........................................(209) 833-0300  
Sexual Assault Hotline* .........................(209) 465-4997  
Battered Women’s Helpline* ...................(209) 465-HURT  
*24 hour hotlines • Collect calls accepted.