



Know Your Rights

As a victim of domestic violence, you have the right to go to Superior Court and file a petition, at no cost, requesting a domestic violence restraining order that may include:

- A domestic violence restraining order telling the alleged attacker to stay away from you
- Restraining the alleged attacker from abusing you and your family members
- Directing the alleged attacker to leave the household (kick out order)
- Stopping the alleged attacker from contacting you by phone, letter, third party or e-mail
- Stopping the alleged attacker from entering your residence, school, business or place of employment
- Awarding you or the other parent custody of/or visitation with a minor child or children
- Restraining the alleged attacker from bothering or interfering with the minor children who are in your custody (listing children as "protected persons")
- Directing the party not granted custody to pay child support, if there is a legal obligation
- Directing the alleged attacker to pay certain bills coming due while the order is in effect
- Directing that either or both parties go to counseling
- Directing the alleged attacker to surrender firearms



There is Help for you...

The Department of Human Services collaborates with other agencies in providing domestic violence services to clients or anyone who needs help.



There are Social Workers at the Department of Human Services dedicated to assist with domestic violence issues. Your case worker can refer you for services or you may call or walk-in without a referral. Services are available to women, men and children at no cost.

To schedule an appointment please contact:

Amanda Gaona, MFT
Social Service Practitioner
(661) 633-7216
(661) 706-0527 cell number
Available Mon-Thurs

When you call law enforcement for help, be sure to obtain the following information:

Watch Commander Name: _____

Officer Name: _____

Badge #: _____

Crime Report #: _____

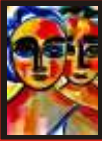
Website address: www.co.kern.ca.us/dhs



Domestic Violence Resource Information



STOP THE CYCLE OF VIOLENCE



What is Domestic Violence?



Domestic violence occurs when an individual exerts power and control over his or her intimate partner using fear, isolation, emotional abuse, financial control, or physical or sexual assault.



Domestic violence affects every race, culture, economic class, sexual orientation, educational background, age and physical ability.

Domestic Violence & Children

Children may be affected by domestic violence even when they do not directly see or hear it. Please seek help and become an active participant in working toward putting an end to Domestic Violence.



Early Warning Signs of an Abusive Relationship

Recognizing the early warning signs can help us prevent victimization of friends, families, and ourselves.

The following are some signs that domestic abuse is beginning:

- Your partner has difficulty controlling anger, has a temper.
- Your partner insists on making all the decisions.
- Your partner does not take responsibility for his/her own behavior.
- Your partner questions your faithfulness.
- Your partner has a problem with alcohol or drugs.
- Your partner does not respect your limits and boundaries.
- Your partner does not value your opinion.
- Your partner has taken steps to keep you in isolation from friends and family.



Serious Warning Signs of an Abusive Relationship

The following abusive behaviors are indicators that domestic abuse has begun:

- Checking up on you: listening to phone calls, asking where you were, calling you at work all day, checking the mileage on your car.
- Putting you down: calling you names, criticizing you, humiliating you in public or private.
- Acting jealous or possessive and saying it's a sign of love.
- Destroying or threatening to destroy your belongings.
- Threatening to hurt you, your friends, family members or pets.
- Touching you in a way that hurts or scares you.

