



Strangulation

Although women are the most prevalent victims in Domestic Violence, men are subject to Domestic Violence too. However, statistics show that women in a domestic violent or toxic relationship attempt to leave a relationship seven times before they make a final break. Strangulation behavior is a **huge red flag** that a break needs to be made right away because women who experience strangulation in a relationship are 750% more likely to be victims of homicide.

When planning to leave any toxic and abusive relationship, it is important to have copies of key documents and items that you can leave with a trusted friend.

Consider the following

Identification

- **Driver's license or state ID card**
- **Birth certificate and children's birth certificates**
- **Social security cards**
- Financial information
- **Money** and/or credit cards (in your name)
- Checking and/or savings account books

Legal papers

- **Protective order, if applicable (make multiple copies if possible)**
- Copies of any lease or rental agreements or the deed to your home
- Car registration and insurance papers
- **Health and life insurance papers**
- **Medical records for you and your children**
- School records
- Work permits/Green Cards/visas
- Passport
- Any legal documents, including divorce and custody papers
- Marriage license

Emergency numbers

- Your attorney
- Your local domestic violence program or shelter
- Trusted friends and family members
- Your local doctor's office and hospital
- Criminal legal resources
- Children's school
- The Hotline



Strangulation

Other items to keep in mind

- Medications and refills (if possible)
- Emergency items, like food, bottles of water, and a first aid kit
- Multiple changes of clothes for you and your children
- Emergency money
- Address book
- Extra sets of house and car keys
- Pictures and sentimental items
- Valuable items, such as jewelry
- Safe cell phone, if necessary

Stalkers most likely will track your phone so turn it off and by a generic phone to use.

Laptops and ipads logins can be tracked so use a computer at a public library.

More information and resources:

Strangulation and Domestic Violence

<https://www.lettac.org/api/Clearinghouse/Resources/56db92b7-9534-49e7-18d9-08db8ec55ded/a97c7047-6967-4fc5-3647-08db8ec55def.pdf>

The violent reality of strangulation

<https://www.safeaustin.org/the-violent-reality-of-strangulation/>

Why strangulation in domestic violence is a huge red flag

<https://naplesshelter.org/strangulation/>

Stalking Incident and Behavior log

https://www.stalkingawareness.org/wp-content/uploads/2018/07/SPARC_StalkingLogInstructions_2018_FINAL.pdf

Note that the San Diego Humane Society maintains a free shelter for anyone escaping from domestic violence.

For more information and resources contact Rich at hello@thechurchofstluke.org