

## Children

Domestic Violence affects children too.  
Children in violent homes feel:

- Afraid and confused
- Emotionally traumatized
- Fearful for the welfare of the parent
- Helpless and depressed
- Isolated

Children who witness family violence:

- Risk experiencing behavior problems caused by stress
- Tend to have low self esteem
- Experience frequent mood swings and illness
- Frequently act out aggressively

Often children model their parents' behavior and tend to continue the pattern of family violence either as a victim or as an abuser.

How to talk with your children about Domestic Violence:

- Tell them the violence is not their fault
- Explain that the abuser's behavior is wrong
- Explain that feeling angry is OK and teach them non-violent ways to express anger
- Encourage them to express how they feel
- Be positive about police intervention, the criminal process, and the future



If you feel your rights have not been provided to you, or for information on the status of your case prior to filing charges, contact the Victim Rights Specialist at

Colorado Department of Public Safety  
Division of Criminal Justice  
700 Kipling Street, Suite 1000  
Denver, Colorado 80215-5865  
303-239-4442  
1-888-282-1080

IF YOU NEED:

- Advocacy
- Referrals
- Information
- Someone to talk with

Please contact one of our Victim Advocates 8 a.m. to 5 p.m. Monday through Friday. For emergency assistance after hours, call Police Dispatch at 303-794-1551.

Littleton Police Department  
Chief Douglas Stephens  
2255 West Berry Avenue  
Littleton, Colorado 80120  
303-795-3703



# Domestic Violence Information

*Littleton Police Department*

*Victim Services Unit*



**Domestic violence is a crime.** No person deserves to be beaten or abused. Domestic violence can happen to anyone regardless of age, sex, race, education, social or economic standing. Abuse can be physical, emotional, sexual, or economic. It can be the destruction of the victim's property or abuse towards pets dear to them. Battering tends to begin with jealousy, verbal abuse, pushing and shoving. Unless the problem is identified and help is received, the abuse is likely to become more serious.

If you are a victim of domestic violence you are afforded certain rights under the Colorado Constitution such as:

- To be treated with fairness, respect, and dignity
- To be informed of the availability of financial assistance and community services
- To be free of intimidation, harassment, or abuse
- To be informed about what steps can be taken if there is any intimidation or harassment by a person accused or convicted of the crime, or anyone acting on that person's behalf
- To be informed of any rights which the victim has pursuant to the Constitution of the United States or the State of Colorado
- To receive a prompt return of property when it is no longer needed for evidence
- Information on the status of your case prior to filing charges.
- The availability of public records related to my case.

**The Littleton Police Department** Victim Services Unit is dedicated to assisting victims of crime and their families. Depending on the circumstances, you may qualify for financial assistance from the Victim Compensation Fund.

**Please call 303-795-3703 for more information.**

## Frequently Asked Questions about Protection Orders

- 1. What is a protection order?** There are several kinds of protection orders (POs). All POs are orders issued by a judge or magistrate and prohibit a person from contacting, harassing, intimidating, threatening, or coming within a specific distance of a protected person(s).
- 2. What is a Municipal Protection Order?** The Mandatory Criminal Protection Order (MPO) is a protective order issued by a judge in a domestic violence case. The MPO will last the duration of the court case. The MPO involves a "no contact" provision ordering the defendant to have no contact of any kind with the victim and he/she is to stay away from any place the victim can be found.
- 3. Can I vacate or modify a MPO?** Only the judge who issued the MPO can vacate or modify the order; however, the victim in the case can request that the MPO be changed in some way. For information on how to modify the MPO, the victim can contact the Victim Service Unit at the Littleton Police Department at 303-795-3703.
- 4. What should I do if the offender violates the MPO?** Violation of any part of the MPO is a crime and the police should be notified immediately. Contact the law enforcement agency where the violation occurred. You may also then contact the Victim Services Unit at the Littleton Police Department 303-795-3703. Let the advocate know about the violation and the result of the police investigation.

## Signs to Look For

There are many characteristics that are common to people who tend to be violent in their relationships.

- Jealousy
- Controlling Behavior
- Quick Involvement
- Unrealistic Expectations
- Isolation
- Blames Others for Problems
- 

Blames Others for Feelings

- Hypersensitivity
- Cruelty to Animals or Children
- "Playful" Use of Force in Sex
- Verbal Abuse
- Rigid Sex Roles
- Dr. Jeckyll and Mr. Hyde
- Past Batterings
- Threats of Violence
- Breaking or Striking Objects as a Form of Intimidation
- Any Force During an Argument

