DOMESTIC VIOLENCE EDUCATION | OCTOBER 2026

Recognize Abuse. Understand Control.

A plain-language guide to recognizing domestic violence, protecting survivor choice, and challenging harmful myths.

Domestic violence is more than physical assault

Domestic violence is a pattern of behavior used to gain or maintain power and control over a partner. It can involve threats, intimidation, humiliation, isolation, financial restriction, sexual coercion, stalking, technology-facilitated monitoring, and physical violence. Some abusive relationships include no visible injuries. Abuse can affect people of every gender, age, background, income, and faith.

Power and control: warning signs

Isolation: limiting contact with family or friends. **Financial abuse:** withholding money, preventing work, or creating debt. **Coercive control:** monitoring, threatening, or restricting choices. **Sexual abuse:** pressuring or forcing sexual activity, including within marriage. **Using children:** threatening custody, making children carry messages, or using parenting exchanges to intimidate. **Digital abuse:** tracking devices, demanding passwords, or monitoring messages.

Healthy relationships look different

Healthy: respect for “no,” privacy, shared decisions, accountability, room for friendships, and freedom to disagree safely. **Unhealthy or abusive:** fear of a partner’s reaction, punishment for boundaries, forced sexual activity, threats, surveillance, humiliation, or control of money and movement.

Five myths worth retiring

“Why didn’t they leave?” Leaving can increase danger, especially when an abusive partner feels control slipping. Ask what barriers and risks the survivor faces.
“They both need anger management.” Coercive abuse is not simply poor anger control; safety and accountability require a different response.
“No bruises means no abuse.” Psychological, sexual, financial, and coercive abuse can cause profound harm.
“Marriage means consent.” Consent must be freely given; marriage never removes a person’s right to say no.
“Children are fine if they were not hit.” Exposure to coercion, fear, and violence can affect children even when they are not directly assaulted.

Remember: Responsibility for abuse belongs to the person choosing abusive behavior—not the survivor.

Safety Is More Than Leaving.

A survivor-centered response protects autonomy, avoids judgment, and recognizes that danger and resources vary.

Recognize elevated danger

Threats to kill, access to weapons, stalking, escalating violence, strangulation or suffocation, forced sex, and separation-related threats are serious warning signs. These do not predict an individual outcome with certainty, but they warrant prompt, specialized safety assessment. **Strangulation can cause serious internal injury without visible marks:** seek urgent medical evaluation after any neck compression, particularly with breathing, voice, swallowing, neurological, or consciousness changes.

What to say to a survivor

“I believe you.” “You do not deserve this.” “What would help you feel safer today?” “You know your circumstances best.” “Would you like help exploring options?” Avoid demanding disclosure, confronting the abusive person without a safety plan, or insisting on one particular decision.

Safety planning can include

A trusted contact and code word; safer ways to communicate; copies of important documents and medications; plans for children and pets; safer transportation; awareness of device tracking; and confidential advocacy about protection orders or shelter. **Digital caution:** an abusive person may monitor a phone, browsing history, location, or shared accounts. Use a safer device when possible. A personalized plan is more useful than a generic “just leave” instruction.

Children need safety—not adult responsibilities

Children should not be asked to mediate, protect a parent, carry messages, monitor an abusive adult, or decide which parent is telling the truth. They need predictable routines, developmentally appropriate explanations, calm support for big feelings, and reassurance that adult safety decisions are adults’ responsibility. Respond to behavior with curiosity while maintaining clear safety boundaries.

Faith communities and professionals have responsibilities

Faith, marriage vows, forgiveness, or reconciliation must never be used to pressure someone to remain in danger. Churches and professionals should listen, respect confidentiality within legal limits, refer to trained advocates, avoid joint counseling where coercive control makes it unsafe, and center the survivor’s informed choices.

Urgent danger: Call 911 when safe to do so. For confidential support: National Domestic Violence Hotline, 800-799-7233; text START to 88788; thehotline.org.

DOMESTIC VIOLENCE EDUCATION | OCTOBER 2026

Tulsa & Rogers Counties: DV Education and Prevention

Local data, statewide concerns, Indigenous women?s safety, and prevention.

Oklahoma?s Domestic Violence Fatality Review Board reported 122 domestic violence homicide victims statewide in 2023. Its county map identifies 21 victims in Tulsa County and 8 in Rogers County. Both communities face serious needs for prevention, advocacy, coordinated safety responses, and survivor services. Although Rogers County had a higher population-adjusted rate in this single year, Tulsa County had more victims in absolute numbers. These figures should not be used to rank long-term safety or predict an individual survivor?s risk. [1]

Indigenous women: distinguish the measures

A National Institute of Justice analysis of 2010 survey data (published 2016) found that among American Indian and Alaska Native women nationally, **84.3%** experienced at least one measured form of violence during their lifetime; **56.1%** sexual violence; **55.5%** physical violence by an intimate partner; and **48.8%** stalking. These are **national lifetime survey estimates**—not Oklahoma-specific domestic violence homicide rates. Tribal sovereignty, culturally responsive advocacy, jurisdiction, and access to services matter. [2]

What real prevention requires

Individuals: believe survivors, avoid victim-blaming, respect privacy, and learn warning signs.
Schools and families: teach consent, healthy boundaries, emotional regulation, and age-appropriate family roles.
Churches: reject teachings that normalize sexual coercion or silence disclosures.
Systems: coordinate survivor-centered responses, assess danger, document accurately, protect children, and examine gaps in justice and service access.
Communities: fund advocacy, shelter, prevention education, and culturally grounded services.

Support and learning

Immediate danger: 911. **National Domestic Violence Hotline:** 800-799-SAFE (7233), text START to 88788, thehotline.org. **Sexual assault support:** RAINN, 800-656-HOPE (4673), rainn.org. If using a monitored device, consider contacting support from a safer phone or computer.

Sources

[1] Oklahoma Attorney General, DVFRB 2023 findings (released February 2025): https://oklahoma.gov/oag/news/newsroom/2025/february/domestic-violence-homicides-spike-in-oklahoma-fatality-review-board-releases-annual-recommendations.html
[2] National Institute of Justice, Rosay (2016): https://nij.ojp.gov/topics/articles/violence-against-american-indian-and-alaska-native-women-and-men
[3] CDC, Intimate Partner Violence: https://www.cdc.gov/intimate-partner-violence/ | Hotline: https://www.thehotline.org/

HEALTHY RELATIONSHIPS

BUILT ON RESPECT, SAFETY, AND EQUALITY

VOICE & COMMUNICATION
- Both people feel safe to share their thoughts, feelings, and opinions.
- You listen, even when you disagree.
- Communication is open, honest, and respectful.

RESPECT
- You value each other's opinions, choices, beliefs, and individuality.
- You speak to each other with kindness, even during conflict.

BOUNDARIES
- Your boundaries are respected.
- You feel safe saying "no."
- You have personal space, privacy, and independence.

DECISION-MAKING
- Decisions are made together.
- Both people's needs and opinions matter.
- You support each other's goals and growth.

FEELINGS
- Your feelings are heard, validated, and respected.
- You can express emotions without fear.

TRUST & HONESTY
- You are honest and trustworthy.
- You feel secure in the relationship.
- There is transparency, not secrecy.

INDEPENDENCE
- You maintain your friends, family, interests, and goals.
- You support each other's independence.

SAFETY
- You feel physically, emotionally, and sexually safe.
- Conflicts are handled without fear, threats, or violence.

NOT HEALTHY RELATIONSHIPS

SIGNS OF CONTROL, DISRESPECT, OR ABUSE

VOICE & COMMUNICATION
- One person is dismissed, ignored, or talked over.
- You feel like you have no voice.
- If you disagree, they become angry, give you the silent treatment, or punish you.

EXAMPLES:
- *"I have no voice. He is so controlling."*
- *"If I don't do what he wants, he loses it."*
- Yelling, name-calling, or silent treatment when you share your opinion.
- Monitoring your phone, texts, or who you talk to.

DISRESPECT
- You are criticized, belittled, or humiliated.
- They make you feel like you're "too sensitive" or "crazy."
- They insult, mock, or put you down.

EXAMPLES:
- Calling you names (stupid, crazy, worthless).
- Making fun of your appearance, intelligence, or beliefs.
- Rolling their eyes, laughing at you, or embarrassing you in front of others.
- Telling you that your feelings don't matter.

BOUNDARY VIOLATIONS
- Your boundaries are ignored, pushed, or punished.
- They pressure you to do things you don't want to do.
- They act angry or withdraw when you set a boundary.

EXAMPLES:
- Pressuring you to have sex when you say no.
- Showing up unannounced, checking your location, or going through your things.
- Ignoring your need for space.
- Punishing you (yelling, giving the silent treatment) when you say "no."

CONTROL
- One person makes most or all the decisions.
- They tell you what to do, who to see, what to wear, where to go, and how to spend money.
- If you don't do what they want, they lose it.

EXAMPLES:
- Telling you what to wear, who you can see, or where you can go.
- Controlling the money or making you ask for it.
- Making major life decisions without your input (job, home, children, health care).
- Getting angry if you make a decision on your own.

EMOTIONAL ABUSE
- Your feelings are invalidated or dismissed.
- They manipulate you, blame you, or make you feel guilty for having feelings.
- They use anger, threats, or the silent treatment to control you.

EXAMPLES:
- Telling you to "stop overreacting."
- Making you feel guilty when you're upset.
- Using your past mistakes against you.
- Giving the silent treatment for days.
- Threatening to leave, hurt themselves, or take the children if you don't comply.

DISHONESTY & MANIPULATION
- They lie, hide things, or keep secrets.
- They blame you, gaslight you, or make you question what is real.
- They say one thing and do another.

EXAMPLES:
- Hiding their phone, accounts, or whereabouts.
- Lying about where they were or who they were with.
- Denying things even when there is clear evidence.
- Making you question your memory or sanity (gaslighting).

ISOLATION
- They try to control who you see and talk to.
- They discourage or prevent you from spending time with family, friends, or faith community.
- You may feel isolated and alone.

EXAMPLES:
- Getting angry when you spend time with friends or family.
- Making you choose between them and your loved ones.
- Blocking you from attending church, events, or support groups.
- Monitoring or limiting your phone, social media, or communication.

ABUSE
- There may be physical, emotional, sexual, financial, or spiritual abuse.
- They use intimidation, threats, or violence.
- You may feel like you have to do what they want to keep yourself or others safe.

EXAMPLES:
- Hitting, slapping, pushing, or choking.
- Threatening to kill you, themselves, or the children.
- Forcing or pressuring sex.
- Destroying property or throwing things.
- Using weapons, stalking, or following you.

YOU DESERVE A RELATIONSHIP WHERE YOUR VOICE MATTERS, YOUR BOUNDARIES ARE RESPECTED, AND YOU FEEL SAFE, VALUED, AND FREE TO BE YOURSELF.

Created by OKchildwellbeing.org



Expanded wheel: including weaponizing systems, courts, and children

Created by OKChildwellbeing.org

Domestic Violence Myths Worth Retiring

What survivors need is safety, dignity, accurate information, and meaningful choice.

MYTH: "Why didn't they just leave?"

FACT: Leaving can increase danger when an abusive partner senses a loss of control. Finances, children, threats, housing, disability, immigration concerns, and fear of retaliation can make leaving complex. Ask: *What would help make you safer?*

MYTH: "It was just an argument. Everyone fights."

FACT: Ordinary conflict allows disagreement without fear. Abuse involves intimidation, coercion, punishment, or a pattern of one person controlling another. The question is not whether a couple argues, but whether both can speak and make choices safely.

MYTH: "He just got upset. They both need anger management."

FACT: Coercive abuse is not simply poor anger control. A person may control whom they intimidate, when, and how. Survivor safety and perpetrator accountability require approaches beyond generic couples conflict or anger-management classes.

MYTH: "If there are no bruises, there is no abuse."

FACT: Sexual coercion, threats, stalking, financial control, isolation, technology abuse, and psychological harm may leave no visible injury. Strangulation can also cause serious injury without obvious external marks.

MYTH: "They stay because they need a family."

FACT: Survivors may value family, love their partner, and want stability for their children. None of that means they consent to abuse. A safe family is defined by protection, respect, and accountability—not simply remaining under one roof.

MYTH: "We must keep the family together at any cost."

FACT: Children need safety and predictable, supportive relationships. Pressuring someone to remain with an abusive partner can prolong harm. Supporting a family may mean protecting survivors and children, establishing safe boundaries, and ensuring accountability.

MYTH: "God hates divorce, so the survivor must stay."

FACT: Religious beliefs should not be used to excuse violence, demand sexual access, silence disclosures, or pressure someone to remain unsafe. Faith communities can honor spiritual beliefs while prioritizing safety, dignity, and informed choices.

MYTH: "Marriage means consent."

FACT: Consent must be freely given and can be withdrawn. Marriage or a previous sexual relationship never creates permanent consent or an obligation to engage in sexual activity.

More Myths — and the Harm That Lasts

Abuse affects safety today and can influence health, development, and relationships for years.

MYTH: "The victim must have provoked it."

FACT: The person choosing abusive behavior is responsible for that behavior. No clothing, disagreement, mistake, or decision makes someone deserve coercion or violence.

MYTH: "Alcohol, drugs, or stress caused the abuse."

FACT: Substance use and stress can increase risks or severity, but they do not excuse abuse or adequately explain a pattern of power and control.

MYTH: "Domestic violence only happens in broken, poor, or single-parent families."

FACT: Abuse occurs across income levels, education, religions, races, genders, and family structures. Marriage, social standing, and public respectability do not guarantee safety.

MYTH: "Men cannot be victims."

FACT: People of all genders can experience abuse. Responses should be survivor-centered while recognizing that patterns, prevalence, and risks can differ across populations.

MYTH: "Children are fine as long as no one hits them."

FACT: Children can be harmed by witnessing threats, living in fear, being used as messengers, or experiencing coercive control. Effects may include sleep problems, anxiety, traumatic stress, attention and behavior difficulties, and challenges with emotion regulation. Supportive caregiving and early help can reduce risk.

MYTH: "The harm ends when the relationship ends."

FACT: Some survivors face continued stalking, threats, financial abuse, custody-related coercion, or trauma symptoms after separation. Recovery and safety planning may require ongoing support.

Long-term health: what the evidence supports

Mental and emotional: PTSD symptoms, depression, anxiety, sleep disruption, hypervigilance, and difficulty regulating emotions can persist after danger ends.

Physical and neurological: Survivors may experience chronic pain, headaches, gastrointestinal symptoms, and cardiovascular problems. Head injuries and nonfatal strangulation can cause brain or neurological injury and require medical evaluation.

Chronic disease: Population research links exposure to violence and adverse childhood experiences with higher risks of certain chronic conditions, including heart disease and some cancers. These are associations—not proof that a specific person's illness was caused by abuse.

Children and lifelong health: Repeated exposure to adversity can affect stress-response systems and development. Stable, caring relationships, trauma-informed support, and access to care can be protective.

Safety: If someone has been strangled, seek urgent medical care even without visible injury; serious complications can be delayed. In immediate danger call 911. U.S. National Domestic Violence Hotline: **800-799-SAFE (7233)** or **thehotline.org.**

Further reading: CDC — Intimate Partner Violence and Adverse Childhood Experiences (cdc.gov); WHO — Violence Against Women (who.int); National Domestic Violence Hotline (thehotline.org); NIJ — Strangulation and intimate partner violence (nij.ojp.gov).

CHILDREN, TRAUMA & THE CLASSROOM

Domestic violence affects more than the people directly involved. Children who witness threats, intimidation, coercive control, or violence at home may carry the effects into school, friendships, and everyday learning.

How exposure can affect a child

Chronic fear and stress can make it harder for some children to regulate emotions, concentrate, remember instructions, sleep, or feel safe. A child may appear withdrawn, hypervigilant, anxious, impulsive, irritable, or quick to react. These behaviors can reflect a stress response rather than deliberate defiance.

How the learning environment can be affected

When a child is overwhelmed, they may interrupt instruction, struggle with transitions, become involved in conflicts, or need repeated adult support. This can reduce their own access to learning and, at times, interrupt classmates' attention, sense of safety, or instructional time. **This is a systems issue, not a reason to blame or label the child.** Children exposed to violence do not all respond the same way, and most are not violent.

A common classroom example

> A student hears yelling and threats at home overnight. At school the next day, a classmate accidentally bumps their desk. The student reacts strongly, raises their voice, and struggles to settle. The teacher pauses the lesson to support both students. The class loses a few minutes of instruction, while the child who reacted needs connection and regulation support—not public shame or punishment alone.

What schools and communities can do

Recognize: Ask what stress or unmet need might be behind the behavior instead of assuming the child is the problem.
Regulate: Use predictable routines, calm responses, co-regulation, and safe spaces to regain emotional control.
Respond: Provide developmentally appropriate supports, individualized plans, and access to school counselors or mental health services when indicated.
Protect: Follow safeguarding and mandatory reporting requirements, protect confidentiality, and coordinate with nonoffending caregivers and domestic violence advocates when safe.
Support peers: Restore classroom predictability, address conflicts, and provide appropriate support to affected classmates.

Important: exposure to domestic violence increases risk for difficulties; it does not determine a child's future. Supportive relationships, safety, and timely interventions can strengthen resilience.

Created by OKChildWellbeing.org

Why Leaving Can Be So Difficult

A survivor may want safety and still face serious barriers to leaving. Asking “Why don’t they leave?” misses the risks and constraints involved. [S1, S2]

Safety, fear and coercive control

• **Threats and escalation:** The abusive person may threaten injury, homicide, suicide, stalking, or retaliation if the survivor leaves. Separation can be a particularly dangerous period. [S1, S3]

• **Children and custody:** Threats to take children, interfere with parenting, or use custody proceedings to maintain contact may complicate escape. [S1, S2]

• **Isolation and surveillance:** A survivor may have little private access to transportation, communication, friends, family, or confidential assistance. [S1, S4]

Practical and financial barriers

• **Money and housing:** Restricted income, damaged credit, debts, housing shortages, lost employment, and childcare costs can make leaving financially impossible without support. [S1, S2]

• **Health, disability and immigration:** Reliance on a caregiver, accessibility needs, medication, language barriers, or threats involving immigration status can limit options. [S1, S2]

• **Legal and geographic barriers:** Protective-order hearings, custody arrangements, relocation restrictions, and lack of transportation can create additional challenges. Legal advice is individualized. [S3]

Emotional, family and community barriers

• **Love, attachment and hope:** Survivors may love their partners, remember periods of kindness, or hope promised changes will last. [S1]

• **Shame, manipulation and self-blame:** Repeated humiliation and threats may undermine confidence and make asking for help feel dangerous. [S1]

• **Faith and social pressure:** Pressure to preserve a marriage, forgive, or avoid public embarrassment may silence disclosure. Family or community rejection can deepen isolation. [S1, S2]

What helps: Replace “Why didn’t you leave?” with “What barriers are you facing, and what support would make you safer?” Do not pressure a survivor to disclose, leave on your timetable, or reconcile. [S1, S3]

Important: These barriers affect survivors of all genders. The person using abuse remains responsible for that abuse.

Personalized Safety Planning

Planning can help while staying, preparing to leave, or after separation. No checklist guarantees safety. Seek individualized guidance from a trained advocate. [S3, S4, S5]

Recognize urgent danger

• Threats to kill, stalking, escalating violence, weapons, forced sex, strangulation, and separation-related threats warrant immediate attention. [S3, S5]

• After strangulation or any neck compression, seek urgent medical evaluation even without visible marks. Call 911 when there is immediate danger and it is safe to call. [S5]

Plan with trusted people

• Identify trusted contacts and a code word; agree on what action they should take. Consider a safer destination and transportation. [S2, S3]

• When feasible and safe, consider access to identification, medications, keys, money, important documents, and children's essential items. Never delay escaping immediate danger to gather belongings. [S2]

• Children should seek safety and ask appropriate adults for help; they should not intervene in violence or be asked to protect a parent. Plan for pets as well. [S3]

Technology and evidence safety

• Phones, email, shared accounts, cars, and location services may be monitored. Use a safer device for sensitive planning if possible. Incognito mode cannot guarantee privacy. [S4]

• Before changing passwords, disabling location sharing, or removing a tracker, consider whether discovery could increase danger. Seek specialist guidance. [S4]

• If safe, preserve threatening messages, dates, photographs, and relevant reports in a location inaccessible to the abusive person. Ask an attorney about recording rules and evidence use. [S2]

Court, workplace and post-separation safety

• Protective-order filing, service, hearings, criminal proceedings, release from custody, and child exchanges may increase risk. Ask an advocate to plan for these events. [S5]

• Consider safe school pickups, workplace contacts, address confidentiality options, transportation, and safer child exchanges where relevant. [S3, S5]

• A protective order can be an important legal tool, but it cannot guarantee safety. Ask about eligibility, service, enforcement, and individualized legal advice. [S5, S6]

Confidential support: Oklahoma SafeLine 1-800-522-7233 | National DV Hotline 1-800-799-7233, text START to 88788. [S7, S8]

What Our Community Can Do

Survivor safety is a shared responsibility. Support must respect survivor choice, privacy, and the limits of each professional role. [S3, S9]

Friends, family and neighbors

• Listen without blame: “I believe you. What would help you feel safer?” Offer transportation, childcare, meals, or access to a safer phone if wanted. [S1, S3]

• Do not disclose locations, publish someone’s story, confront the abusive person, or demand that the survivor leave. [S3, S4]

Schools, faith communities and healthcare

• Schools: teach consent and boundaries, respond to trauma without stigmatizing children, and follow applicable safeguarding and reporting rules.

• Faith communities: do not use scripture, marriage, submission, or forgiveness to excuse violence or pressure reconciliation; refer to trained advocates.

• Healthcare: offer private opportunities for disclosure, document objectively, address strangulation/head injuries, and explain applicable confidentiality and reporting limits.

Employers, public agencies and local leaders

• Offer workplace safety planning, flexible access to assistance, and clear procedures for threats, stalking, and harassment.

• Fund shelter, accessible and culturally responsive advocacy, legal help, transportation, and trauma-informed services.

• Coordinate law enforcement, prosecutors, courts, Tribal partners, advocates, and child-serving systems with privacy safeguards and lawful information-sharing. [S9]

Measure outcomes rather than promises

• Track response to protective-order violations, service delays, victim-notification practices, access to services, repeat incidents, and implementation of fatality-review recommendations. [S10]

• Publish de-identified aggregate data; avoid exposing survivor addresses, confidential witnesses, or children. [S9]

Justice, Records & Accountability

The items below are policy proposals and practice recommendations, not claims that every measure is already required by Oklahoma law.

Protective orders and enforcement

• Agencies should assess reported violations promptly, verify the applicable order and notice/service information, preserve evidence, evaluate danger, and take legally authorized enforcement action. [S6]

• Distinguish a report from a proven violation; arrest, charging, prosecution, and conviction involve different decisions and legal standards. Consider supervisory review and lawful victim notification.

Prosecutorial decisions and victims' rights

• Examine charge reductions, dismissals, deferred dispositions, and plea processes for consistency, documentation, safety considerations, and compliance with victims' rights. Prosecutors retain lawful discretion and defendants retain due-process rights. [S11]

• Oklahoma crime victims have specified rights, including information about proceedings and, in applicable circumstances, plea negotiations and opportunities to be heard. Some rights require requests or are subject to procedural limits. [S11]

Public records: transparency with safeguards

• Improve access to records legally open to the public; protect survivor and child information, sealed material, and confidentiality requirements. [S9, S12]

• Do not treat a dismissed case, deferred sentence, 991(c) expungement, and broader arrest-record expungement as equivalent. OSBI explains that 991(c) can remove a plea from public case disposition without removing the underlying arrest record. [S12]

• Improve authorized cross-jurisdictional access to accurate, verified histories and audit use of sensitive information. [S9, S12]

National database: two proposals to evaluate

• **Public name-search registry:** requires study of eligibility, conviction definitions, accuracy, mistaken identity, appeals, rehabilitation, and risks of identifying survivors. Its safety benefit should not be presumed.

• **Aggregate accountability dashboard:** could publicly track reports, case outcomes, protective-order service, violations, and fatality-review follow-through without naming survivors. A separate authorized-access system would require privacy and security controls. [S9]

Policy principle: Accountability includes lawful enforcement, survivor safety, transparency, accurate data, prevention, and due process—not punishment alone.

Oklahoma Rights, Help & Reporting

Legal protections and support options depend on the facts, the applicable law, and each survivor's circumstances.

Oklahoma crime victims' rights

• The Oklahoma Attorney General summarizes rights under 21 O.S. §§ 142A-2 and 142A-3, including specified information and protections for victims of domestic violence, sexual assault, and stalking. [S11]

• Victims may request information about proceedings and available services, ask about protective orders, and inquire about notification, participation, and concerns regarding plea negotiations. A right to information or participation does not give a victim control over the prosecutor's charging decision. [S11]

• Ask the prosecutor's victim-witness office or an attorney how to request notifications, obtain permitted records, and address a possible rights violation.

Emergency and confidential support

• **Immediate danger:** 911 when safe to call.

• **Oklahoma SafeLine:** 1-800-522-SAFE (7233). [S7]

• **National Domestic Violence Hotline:** 1-800-799-SAFE (7233); text START to 88788; thehotline.org. [S8]

• **RAINN National Sexual Assault Hotline:** 800-656-HOPE (4673); rainn.org.

Tulsa and Rogers County starting points

• **DVIS (Tulsa):** 24-hour crisis line 918-743-5763; dvis.org. [S13]

• **Safenet Services (Claremore / Rogers County):** 918-341-9400; confirm current services and access arrangements.

• Ask Oklahoma SafeLine about culturally responsive Tribal programs, accessible services, legal referrals, and the Oklahoma Address Confidentiality Program. [S7, S11]

Important confidentiality distinction: Lawyers, advocates, clinicians, educators, and law enforcement do not all operate under the same confidentiality or mandatory-reporting rules. Ask what can be kept private before sharing identifying information. [S9]

Source notes: References [S1]–[S13] are listed on the final page. Existing pages 1–8 retain their original sources and content; the new pages expand the legal and safety guidance.

Sources & Educational Disclaimer

Sources for the revised safety, barriers-to-leaving, community response, and legal-policy pages. URLs are provided for verification and further reading.

[S1] National Domestic Violence Hotline, Why People Stay
https://www.thehotline.org/support-others/why-people-stay-in-an-abusive-relationship/

[S2] U.S. Office on Women's Health, Leaving an Abusive Relationship
https://womenshealth.gov/relationships-and-safety/domestic-violence/leaving-abusive-relationship

[S3] National Domestic Violence Hotline, Plan for Safety
https://www.thehotline.org/plan-for-safety/

[S4] National Domestic Violence Hotline, Internet Safety
https://www.thehotline.org/plan-for-safety/internet-safety/

[S5] Oklahoma Human Services, Safety Planning
https://oklahoma.gov/okdhs/services/purpleribbon/safetyplanning.html

[S6] Oklahoma Protection from Domestic Abuse Act, 22 O.S. §§ 60.1 et seq.
https://oksenate.gov/sites/default/files/2019-12/os22.pdf

[S7] Oklahoma State Department of Health, Intimate Partner Violence
https://www.oklahoma.gov/health/health-education/injury-prevention-service/intimate-partner-violence.html

[S8] National Domestic Violence Hotline, Get Help
https://www.thehotline.org/get-help/

[S9] NNEDV, Confidentiality
https://nnedv.org/content/confidentiality/

[S10] Oklahoma Attorney General, DV Homicides and Fatality Review Recommendations (2025)
https://oklahoma.gov/oag/news/newsroom/2025/february/domestic-violence-homicides-spike-in-oklahoma-fatality-review-board-releases-annual-recommendations.html

[S11] Oklahoma Attorney General, Crime Victims' Rights
https://www.oklahoma.gov/oag/about/divisions/victim-advocacy-and-services-unit/crime-victims-rights.html

[S12] Oklahoma State Bureau of Investigation, Criminal History Record Expungement
https://www.oklahoma.gov/osbi/services/information-services-division/disposition-services-unit/criminal-history-record-expungement.html

[S13] DVIS Tulsa, Contact and 24-Hour Crisis Line
https://dvis.org/about-us-domestic-violence-intervention-services/contact-us/

EDUCATIONAL PURPOSES ONLY

Disclaimer: This guide is provided by OKChildWellbeing.org for general community education and awareness only. It is not legal, medical, mental-health, emergency-response, or individualized safety advice and does not establish an attorney-client or professional relationship. Laws, procedures, available services, and safety risks vary and may change. Consult a qualified Oklahoma attorney, licensed healthcare professional, or trained domestic violence advocate for guidance about a specific situation. In immediate danger, call 911 when safe to do so. Policy proposals are presented for discussion and are not statements of current law or guarantees of safety.

Editorial review date: October 7, 2026. Sources should be checked for changes before future republication.