

(Resource list)

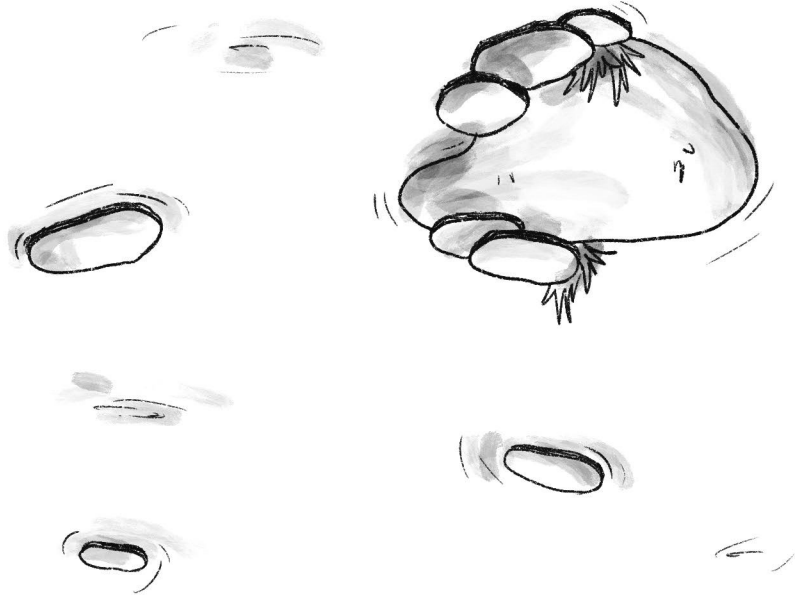



Thinking about going to the police? Here's what to know.



Involving the police can be a big decision. It may help protect you, connect you to services, and even save your life. But the process can sometimes be slow, challenging, and intimidating. Threats from a partner, pressure to "settle," or fear of backlash can make you hesitate — and that's normal. If you're supporting someone, your role is to listen and stand by their choices. They may not feel ready or safe to go to the police. Respecting their pace, while offering trust and care, can make a real difference.

Abuse is not a private or "household" matter, it's a serious violation of your rights. Fearing judgement or not being believed is common, but these don't make your experience less real. Abuse is never your fault, and you have the right to safety and support.





Before you decide

- ☞ **Your safety comes first.** Only take steps that won't put you at further risk. Police may visit your home after you complain.
- ☞ **Your relationship status doesn't limit your rights.** You can be married, live-in or domestic partners.
- ☞ **No time limit.** You can report an incident days, weeks, or months later.
- ☞ **No legal knowledge or lawyer needed.** A complaint is simply your account of what happened, in your own words.
- ☞ **File anywhere.** For domestic or sexual violence, you can file at any police station, this is called a **Zero FIR**, even if the incident happened elsewhere. Police must record it and send it to the correct jurisdiction.



Before you complain

- ☞ **You can go in person at the nearest police station, or by phone.** Call 100 or 112 to request police at your location.
- ☞ **Be ready to explain.** You may be asked, "What happened?" If you fear for your life, say so.
- ☞ **Proof not required.** Photos or messages can be included but aren't mandatory.
- ☞ **Bring support.** A friend, family member, or advocate can come with you or file for you. If you have disabilities, you can request the complaint be taken where you choose or with an interpreter.
- ☞ **You can ask for a woman officer.** Especially for domestic or sexual violence.



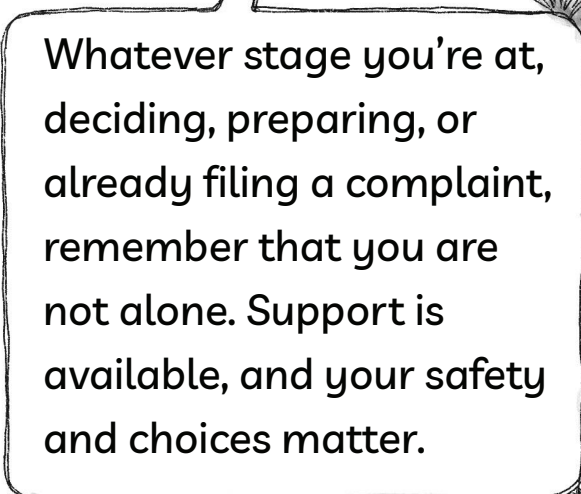

While filing a complaint

- ☞ **Stay as calm as you can.** It's okay to feel emotional or cry. Try to explain as clearly as you can.
- ☞ **You can refuse "compromise".** Abuse is not a private matter, it's a serious issue, and the police are required to take your complaint seriously.
- ☞ **Check your complaint carefully before signing.** If there are things you can't remember, it's okay to say that.
- ☞ **Get a stamped copy of your complaint including a complaint and daily diary number.** This is free, there are no fees or bribes to complain. If someone demands payment, you can refuse and report it.



After the complaint

- ☞ **Expect police follow-up.** Police may make a home visit, ask more questions before registering an First Information Report (FIR), or refer your case to the Crime Against Women (CAW) cell.
- ☞ **Filing an FIR:** If there are grounds, police will file a FIR (usually within 1-7 days). If there is a delay without reason, you can approach a magistrate.
- ☞ **Court proceedings:** The case could go to court as a criminal or civil matter depending on the situation.



Whatever stage you're at, deciding, preparing, or already filing a complaint, remember that you are not alone. Support is available, and your safety and choices matter.



Be prepared to be asked these questions...

- ☞ "Why didn't you report this *earlier*?"
- ☞ "Do you have any *proof*?"
- ☞ "Can't you just talk it out and find a way to *adjust*?"
- ☞ "Why didn't you *leave* earlier?"

Remember, you don't have to answer these questions if you don't want to. They can feel blaming or dismissive, but your experience is real and valid, no matter when you speak out or what kind of evidence you have.