

## Military OneSource Video — What Are My Options for Reporting Domestic Abuse in the Military?

### **Video transcript:**

**Narrator:** What are my options for reporting domestic abuse in the military?

Deciding if, when or even how to report domestic abuse is personal, and it's never easy. It can feel like you're putting a lot on the line, but you are not alone. We're here to help.

Let's talk through your options. In the military, there are two ways to make a report for domestic abuse: restricted and unrestricted.

First, let's talk about restricted reporting. A restricted report could be an option if you wanna work through your situation privately.

In many cases, making a restricted report with the Family Advocacy Program means no law enforcement or command involvement.

You'll have access to Family Advocacy Program services, including counseling and continued support from an advocate, to help you develop a safety plan and decide what you want your next steps to be.

There won't be an investigation unless you're at risk of imminent harm or a child is involved in the incident.

If you're looking to report abuse and want access to extra protection, unrestricted reporting could be an option for you.

You can make an unrestricted report with the Family Advocacy Program, military law enforcement, a health care provider or to command.

Making an unrestricted report means information about the incident will be shared with military law enforcement and command. Officials will look into the situation and the alleged abuser may be investigated, all with you and your family's safety in mind.

You'll receive continued support from an advocate, along with access to counseling and other services from the Family Advocacy Program. You may be able to access legal assistance, medical care and extra protection to keep you safe.

Remember, the choice to report is yours, but your safety is priority one, and may affect the kind of report you can make. You can always talk over your options with an advocate before you choose to make a report.

You can learn more about each of these options in our other videos. Everybody deserves a safe and healthy relationship and home environment, and the Family Advocacy Program is your ready line of support. To find the help nearest you, go online to [MilitaryOneSource.mil/DAVA](https://MilitaryOneSource.mil/DAVA).