

Military OneSource Video — What is an Unrestricted Report of Domestic Abuse?

Video transcript

Narrator:

What is an unrestricted report of domestic abuse?

Choosing to report domestic abuse can be difficult. It may feel like you're putting a lot on the line, but you have options and there is help available.

You can always talk to an advocate before you choose to report. There are two ways to make a report of domestic abuse in the military, restricted and unrestricted.

In this video, we'll talk about unrestricted reporting. You can make an unrestricted report with the Family Advocacy Program, military law enforcement, a health care provider, or to command.

Unrestricted means that your report of the incident will be shared, and the alleged abuser will be contacted. There may also be an investigation by law enforcement or the command team.

Why choose to make an unrestricted report? It can give you an extra line of protection from harm.

An unrestricted report gives you the ability to seek a military protection order, have access to legal services on military installations, and get help applying for financial assistance if you need it, along with medical care, continued help from an advocate, counseling, and other Family Advocacy Program services, to help you find safety and move forward.

Can you choose between making a restricted or unrestricted report? In most cases, yes. But sometimes you will only be able to make an unrestricted report.

For example, if you're not a military dependent, let's say an unmarried partner, if you're at risk of imminent harm, if you're reporting abuse but are not the victim, say a friend, family member, or bystander, or importantly, for incidents where a child is present.

We've talked about if, when, and how to report, but where makes a difference, too. In some states, health providers are required to report to law enforcement regardless of your preferences.

When it comes to making a report of domestic abuse, there's a lot to consider. But remember, you have support, and you are not alone. Everyone deserves to feel safe and secure. You can always talk to an advocate about your situation and ask about your options before you make a report. Start online with the Family Advocacy Program at MilitaryOneSource.mil/DAVA to find help near you.