

What is Domestic Violence?

It Can Happen To Anyone...

Domestic violence can happen to anyone. It doesn't matter how much money you have, your race, religion, gender, sexual preference or age. It is a societal problem; not a personal one.

It's Not Just Physical...

Domestic violence is not just physical abuse. Although it can include hitting, punching, slapping and pushing, domestic violence also includes emotional, verbal, sexual and financial abuse as well. Emotional abuse may be hard to recognize, but can include manipulation, isolation from friends and family, and threats. Verbal abuse includes name calling and insults. Sexual abuse is when your partner forces you to have unwanted sexual interaction. Financial abuse includes control of money you would need to escape the relationship.

It's Never Okay...

No one deserves to be abused - you have the right to be safe.

What can I do to stay safe?

Safety Planning in Brief

Safety planning is a way for you and your children to talk about and plan ways to be safe.

5 things you can say to support a survivor of Domestic Violence...

1. I'm afraid for your safety.
2. I'm afraid for the safety of your children/family.
3. You don't deserve to be controlled or abused.
4. This is not your fault.
5. There are places to call for help.

Signs of an abusive partner/relationship

- Jealousy
- Controlling behavior
- Rushes you to commit to the relationship
- Unrealistic expectations
- Isolation from your friends or family
- Blames you or others for their problems or feelings
- Hypersensitivity
- Cruelty to animals or children
- Using force in sex

Signs of a healthy partner/relationship

- Respectful of your friendships and family
- Does not try to control your life
- Does not push for any commitment or sexual activity when you aren't ready
- Takes equal responsibility for making the relationship work
- Is comfortable talking about problems or feelings
- Partners are equal