

## WHAT CAN YOU DO?

- ✓ If you are afraid of what might happen in the future, take action now.
- Talk to your health care provider or counselor.
- Call a local or national crisis line and ask to talk with a victim advocate or counselor.



## A CRISIS COUNSELOR WILL:

- ✓ Listen, offer support and discuss your options.
- ✓ Help you develop a safety plan in case you have to leave suddenly.
- ✓ Tell you what community resources can help you now or if you leave.
- ✓ Tell you how to get a restraining order.
- ✓ May go with you to court.
- ✓ Help you and your children get to a shelter if your life may be in danger.

**EVERYONE DESERVES A SAFE AND HEALTHY RELATIONSHIP.**

To find people or groups in your community who can help you make a change, call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) in English and Spanish. Or 1-800-787-3224 for TTY.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

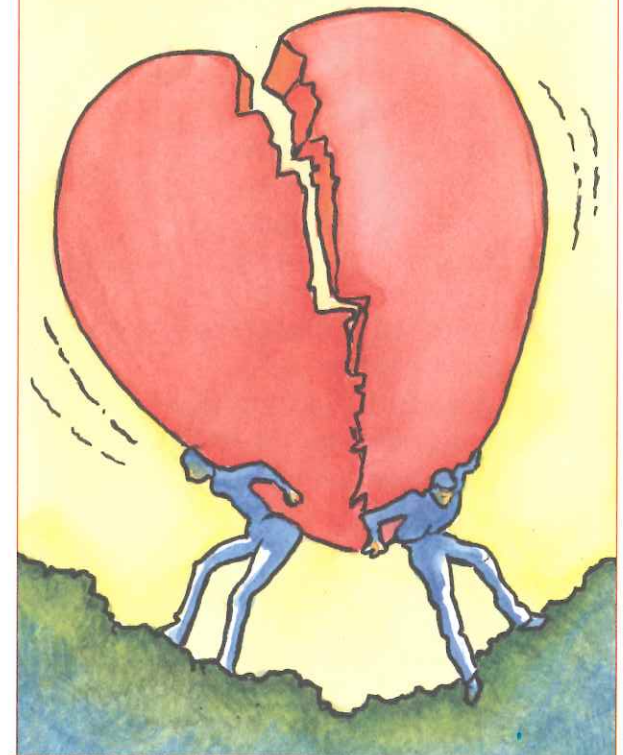
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ABUSE AND VIOLENCE

# INTIMATE PARTNER VIOLENCE

## WHAT IT IS AND WHAT YOU CAN DO ABOUT IT



STAYING SAFE

## INTIMATE PARTNER VIOLENCE: WHAT IT IS AND WHAT YOU CAN DO ABOUT IT

Intimate partner violence is also called domestic violence or dating violence. It can happen when one person tries to control another in a relationship. Learn some of the signs of intimate partner violence and what you can do.

### YOU MAY BE A VICTIM OF INTIMATE PARTNER VIOLENCE IF...

- ✓ Your partner does not respect your thoughts or beliefs, bosses you around or calls you names.
- ✓ Your partner tries to control you by tracking where you go, who you call or how you dress.
- ✓ Your partner keeps you from friends or family, going to school or holding a job.
- ✓ Your partner threatens or hurts you:
  - Threatens to hurt family, friends or a pet, destroy your things, or take your children.
  - Waves a weapon at you.
  - Pulls your hair, slaps, shoves, hits or chokes you.
  - Threatens to leave you, commit suicide or kill you.
  - Forces you to have sex when you don't want to.
- ✓ Your partner does not take responsibility for his or her actions and blames you when things go wrong.
- ✓ Your partner repeats a pattern of:
  1. getting tense and angry;
  2. blowing up;
  3. making up, crying and saying, "I love you. It won't happen again."

### YOU MAY BE IN AN ABUSIVE RELATIONSHIP IF...

- ✓ You never know what your partner's mood might be – caring one minute and angry the next.
- ✓ You have gone to the doctor or emergency care because of an injury from your partner.
- ✓ You lie to family or friends about your partner's abusive behavior.



**IF YOU ARE IN IMMEDIATE DANGER, SEEK HELP RIGHT AWAY. CALL 911 OR YOUR LOCAL CRISIS LINE. IF YOU ARE HURT, GO TO AN EMERGENCY ROOM.**



### YOU HAVE THE RIGHT TO GET HELP.

- ✓ You have the right to trust yourself above anyone else.
- ✓ Everyone has the right to feel and be safe in any relationship.

### IT IS NOT YOUR FAULT.

- ✓ You did not make the violence happen. You are not responsible for your partner's behavior.
- ✓ Get help. Your partner's abusive behavior will not just go away.

### IF YOU ARE OR MIGHT BE ABUSING YOUR PARTNER...

Talk to your health care provider or counselor. Or call your local crisis line or national domestic violence hotline. Ask about intervention programs in your community for intimate partner violence.

Abuse is learned and you can learn not to do it. You can get help to stop abusing.