

Domestic Violence

Does your partner:

- Hit, shove, slap, strangle, kick or punch you?
- Humiliate you, or embarrass you with put-downs?
- Threaten to hurt or kill you?
- Act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing or contacting your friends or family members?
- Take your money, make you ask for money or refuse to give you money?
- Abuse you sexually or rape you?
- Tell you that you're a bad person, or parent?
- Hurt, or threaten to hurt, your children?
- Prevent you from working, attending school or from leaving your home on your own?
- Act as if the abuse is no big deal, that it's your fault, or deny doing it?
- Destroy your property; hurt or threaten to hurt, or kill your pets?
- Intimidate you with guns, knives or other weapons?
- Force you lie or to drop charges when the police come and they are arrested?
- Threaten to commit suicide?

If you answered 'yes' to even one of these questions, you may be in an abusive relationship.

Nobody has the right to abuse another person. No-one 'deserves' to be hit, assaulted, isolated or psychologically tormented.

Physical abuse, or the threat of abuse, is a criminal offence, specifically assault and battery. Either may result in arrest, misdemeanor or felony charges, probation or jail for the perpetrator.

You don't need anyone's permission to leave an abusive relationship. Learn how to put a safety plan in place so that when the time comes to leave you will know what to do and where to go. Leaving an abusive relationship can be a dangerous time for you and your children.

More about domestic violence here:
<http://www.abusewatch.net/dv>

Help and advice is a phone call, or click, away.

Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233)
or TTY 1-800-787-3224
<http://www.thehotline.org>

International Directory of Domestic Violence Agencies (in 90 languages)
<http://www.hotpeachpages.net>

In an emergency dial 911

One Child International Inc. www.abusewatch.net 2013