



Relationship Violence

About 40% of students say they were victims of violence by someone they know
(According to a study reported by *WebMD Health News* July 8, 2008)

Violence is a serious threat for many women.
Know the signs of an abusive relationship and how to leave a dangerous situation.

Domestic violence, also called domestic abuse, battering or intimate partner violence, can take many forms, including emotional, physical, and sexual abuse.

Recognize the warning signs

- Calls you names, insults you or puts you down
- Prevents you from going to class or work
- Stops you from seeing your family or friends
- Tries to control where you go, what you wear or how you spend your money
- Acts jealous or possessive, accuses you of being unfaithful
- Gets angry when drinking alcohol or using drugs
- Threatens you with violence or a weapon
- Hits, shoves, slaps or otherwise hurts you
- Forces you into behaviors against your will
- Blames you for the violent behavior or tells you that you deserve it

Some relationships are clearly abusive from the outset; abuse often starts subtly and gets worse over time.

Break the cycle

If you are in an abusive relationship, you may recognize the pattern:

- Your abuser threatens violence
- Your abuser strikes
- Your abuser apologizes, promises to change and offers gifts
- The cycle repeats itself.

Typically the violence becomes more frequent and severe over time.

Who can help?

- Start by telling someone about the abuse; friend, relative, doctor or counselor.
- Women's Health offers counseling and support. (574) 284-4805.
- Call a crisis hotline for immediate assistance or advice re: shelter, counseling support groups, legal assistance, and medical services/accompaniment.

RAINN (Rape, Abuse, Incest National Network) (800) 565-HOPE or info @rainn.org
Remember: healthy relationships make you feel good about yourself!