

15 WARNING SIGNS OF DOMESTIC VIOLENCE

1. *A push for a quick relationship*
2. *Jealous and possessive*
3. *Tries to control your life*
4. *Unrealistic expectations*
5. *Isolates you from friends and family*
6. *Blames others for his problems and mistakes*
7. *Makes everyone else responsible for his feelings*
8. *Says his feelings are easily hurt*
9. *Cruel to animals and children*
10. *“Playful” use of force during sex*
11. *Yells and calls you names*
12. *Rigid sex roles*
13. *Sudden mood swings*
14. *History of battering*
15. *Threats of violence*



**NORTH MISSISSIPPI
MEDICAL CENTER**
WOMEN'S HEALTH SERVICES

Domestic Violence

Is Someone Hurting You?

If you or someone you know is involved in an abusive relationship, get help by contacting:

SAFE Inc.

1-800-527-7233

or

National Domestic Violence Hotline

1-800-799-7233

Cut out and keep this card for your use.

830 S. Gloster Street
Tupelo, MS 38801
(800) 843-3375
www.nmhs.net/womens_services

*Living at Home Shouldn't Mean
Living in Fear.*

ARGUMENTS ARE A NORMAL PART OF ANY RELATIONSHIP. But arguments that lead to emotional or physical abuse are neither normal nor healthy. Nearly one-third of American women report being physically, emotionally or sexually abused by a husband or boyfriend at some point in their lives. The numbers may be much higher because many victims of abuse often feel ashamed or afraid and do not report it.

PHYSICAL ABUSE

Does your partner hurt you physically?

- Hit, slap, shove, choke or kick you or your children?
- Threaten or hurt you with a knife, gun or other weapon?
- Throw objects at you or hold you down?
- Leave you or lock you out of your home?
- Hurt you when you are sick or pregnant?

SEXUAL ABUSE

Does your partner hurt you sexually?

- Force you to have sex?
- Force you into unwanted practices?
- Force you to have sex with others or force you to have sex in front of others?

EMOTIONAL ABUSE

Does your partner say things that shame or insult you in front of family, friends or strangers?

- Force you to do degrading things or go against your moral standards?
- Threaten to hurt you or your family?
- Show extreme jealousy and possessiveness as a means of maintaining control?
- Criticize you in order to maintain control or dominance over you through fear?

LOVE DOESN'T HAVE TO HURT

In homes where spousal abuse occurs, children are abused at a rate 1,500 percent higher than the national average. More than half of all child abductions result from domestic violence. Children who are abused may repeat abusive behavior as adults.

Feelings Frequently Felt by Children in Violent Homes

- *Powerless because they cannot stop the abuse.*
- *Guilty believing that they somehow caused the abuse.*
- *Angry with Mom because they believe it may somehow be her fault.*
- *Angry with Dad for hurting Mom.*
- *Helpless because they feel a need to solve the problem.*
- *Hurt when they are only trying to help.*
- *Confused because parents may try to get them to choose sides.*
- *Afraid for themselves and all family members.*
- *Isolated and insecure, often making up excuses so they don't have to go home.*
- *Dishonest and embarrassed because they make up excuses to family and friends for Mom's embarrassing bruises.*
- *Overwhelmed by the situation, often performing poorly in school and avoiding friends.*

WHY WOMEN STAY

- **Fear** Fear of leaving is greater than fear of staying; fear of the unknown. Women are often threatened with physical harm if they try to leave. They fear for their safety, their children's safety, and the safety of those that help them.
- **Promises** The abuser promises that it will never happen again. The victim wants to believe that this is true.
- **Guilt** The woman may believe that her husband is sick and needs her help. The idea of leaving can produce feelings of guilt.
- **Love** Most people enter a relationship for love. That emotion does not simply disappear in an abusive relationship. Most women want the violence to end, but not the relationship.



GET
OUT.
GET
HELP.

If you find that you or your children are in danger, you must leave your home. Advance planning can help. Know exactly where you could go—even in the middle of the night—and how to get there. When you leave, take:

- **Identification** Driver's license or photo ID; birth certificates; Social Security cards.
- **Financial Records** Money and/or credit cards; checkbooks; bank account information; proof of your partner's income.
- **Legal Papers** Your protective order; deed, lease or rental agreement; auto registrations; auto, life and health insurance cards; custody and divorce papers.
- **Other** House and car keys; photos of you and your children; photo of the abuser; change of clothes; medications; phone numbers and address book.