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| If You Are AbusedBy your partner, you may feel confused, afraid, angry and/or trapped. Your partner may try to blame you or make you feel, what is happening is your fault. All these emotions are normal responses to abuse. But no matter what others might say, you are never responsible for your partner’s abusive actions. No one deserves to be battered. Myth  Reality Abuse is caused by stress Abuse is a chosensubstance abuse, or behavior to gain power mental health issues. and control over you STAY SAFEIf you are in a violent relationship, your firstpriority is to get yourself and your children tosafety. Statistics show that the most dangeroustime is when the victim tries to leave the relationship. Seek refuge in an environment where the abuser cannot find you. Do not go to your parents’ home, a best friend’s house, or anywhere that the abuser will go/possibly look for you at. | **Are You or Someone You Know in an Abusive Relationship?**There are many signs to look for to determine if you are being abused, some more serious than others. For instance, does your partner:* Call you names or put you down?
* Look at you or act in ways that scare you?
* Control what you do, who you see or talk to or where you go?
* Stop you from seeing your friends or

 family members?* Make all of the decisions?
* Tell you that you’re a bad parent or threaten to take away or hurt your children?
* Prevent you from working or attending school?
* Intimidate you with guns, knives or

 other weapons?* Shove you, slap you, choke you or hit you?
* Threaten to commit suicide?
* Threaten to kill you?

Please be honest with yourself !Stop Ignoring the problem, It will not  Go away unless YOU put a STOP to IT ! | It’s never ok**Roughly 1 in 4 Women & 1 in 7 Men** **have or will experienced** **domestic violence in an** **intimate relationship**. Everyone has the right to be SAFE in their own HOME…… |
|  |  |  Seventy Times Seven Center1-800-893-9658Email: seventytimesevencenter@gmail.comWebsite:seventytimessevencenter.com |
| WHAT IS DOMESTIC VIOLENCE?Domestic violence is aggressive, controlling,and abusive behavior that can include verbal,emotional, and physical abuse. Both men and women can be victims of domestic violence and can abuse their partners as well. It is a pattern of behaviors used by one person to gain power and control over another person in an intimate relationship. It occurs in married and unmarried relationships, and among people of all racial, ethnic, economic, educational, and religious backgrounds and sexual orientations.Without help, THIS will get severely worse over time. It can even get DEADLY !!We are here to help! Call 911, Seventy Times Seven Center, go to a Church, or just report it ! | Emotional, Verbal and Psychological Abuse* Constant insults, ridicule or name calling
* Repeated threats of violence or death to cause emotional pain

Economic Abuse * Selling of shared property e.g. livestock, matrimonial house without the consent of a victim
* Accessing a joint bank account for personal use without the consent of a victim

Intimidation * Sending written or verbal death threats to a victim
* Sending beheaded dolls, small coffins, dead flower or dead pets to a victim

Harassment* Repeatedly watching a victim outside his/her home, school or workplace; or any other place frequently.
* Repeatedly phoning a victim, getting another persons to phone the victim.

Stalking* Constantly approaching a victim and asking or demanding to talk to a victim against his/her will

Acts of Damage to Property * Breaking a window to enter into a victim’s house
* Cutting, breaking or damaging any shared property

Unauthorized Entry * Using a duplicate key to gain access may also constitute domestic violence
 | You Have Support* Having some support Friends, Family, or Strangers can be very helpful as you plan for safety. There are many places you can turn to for assistance.
* Women’s and Community groups, Churches, and Service providers (such as legal, health, counseling centers) can give, guide or show you to the resources, support, and assistance that is HERE for YOU.

   There are organizations  that provide free and  confidential help to individuals who are  being abused.   Age, Gender, Sexual OrientationOr Immigration Status doesnot matter We will HELP. Justreach out before it’s TOO LATE.  |