

## If You Are Abused

By 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

Abuse is caused by stress substance abuse, or mental health issues.

### Reality

Abuse is a chosen behavior to gain power and control over you

## STAY SAFE

If you are in a violent relationship, your first priority is to get yourself and your children to safety. Statistics show that the most dangerous

time 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 possibly go looking for you.



## 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!



Stopping Abuse One Person at a Time!

1-800-893-9658 24 Hr. Hotline  
 432-254-5029 Office

www.seventytimessevencenter.com  
 stopping.abuse@seventytimessevencenter.com

## IT'S NEVER OK



Roughly 1 in 4 Women & 1 in 7 Men  
 have or will experience  
 domestic violence in an  
 intimate relationship.

Everyone has the right to  
 be SAFE in their own HOME...



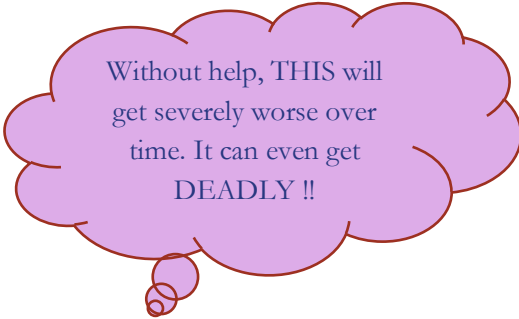
## FEAR

IS VERY POWERFUL, USUALLY  
 GETS US AT OUR WEAKEST AND  
 SUCKS US AWAY...  
 BUT NOT THIS TIME



## 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, among people of all racial, ethnic, economic, educational, and religious backgrounds. Also, it can occur all sexual orientations.



**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 person 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 support from 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 Orientation  
Or Immigration Status does  
not matter We will HELP. Just  
reach out before it's TOO LATE.