

If your SAFETY is at risk:

1. Call 911 if you are in immediate danger
2. Prepare an emergency kit in case you have to leave suddenly with: money, check books, keys, medicines, a change of clothes, and important documents.
3. Talk to your health care provider who can provide a private phone for you to use to call for help.

How are my CHILDREN being affected?

Children who live in homes where their mother has been hurt are more likely to have learning and behavior problems. Children witnessing violence are more likely to have physical and mental health problems as adults. But, children also do get through the hard times.

Here are ways you can help:

1. Let them know it is not their fault.
2. Be open when your child is ready to talk about their experience.
3. If your child's behavior worries you, talk to your child's doctor or a counselor.

If you are being hurt by a partner it is not your fault. You deserve to be safe and healthy.

All national hotlines can connect you to your local resources and provide support:

For help 24 hours a day, call:

**National Domestic Violence Hotline
1-800 799-7233
TTY 1-800 787-3224**

**Teen Domestic Violence Hotline
1-866 331-9474**

**Sexual Assault Hotline
1-800 656-4673**

**Family Violence
Prevention Fund**

www.endabuse.org

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**DID YOU
KNOW YOUR
RELATIONSHIP
AFFECTS YOUR
HEALTH?**

1. Talk to someone you trust about what's going on with your partner.
2. Talk to your health care provider about birth control that you can control and that your partner doesn't have to know about.
3. Talk to your health care provider about ways you can keep yourself safe from getting infections.

Here are steps to help you take control:

A partner deciding when to have sex, messing with your birth control, and refusing to use condoms are all signs of an unhealthy relationship. How your partner treats you can affect your health; knowing this can help you have more control over your body.

1. Has my partner given me an STD (sexually transmitted disease)?
 2. Have I had pregnancies I didn't want?
 3. Have I taken the morning after pill or plan B a lot?
 4. Have I hidden birth control from my partner so he won't get me pregnant?
- If you answered YES to any of these questions, your partner may be trying to control your body.

Ask yourself:

Is your BODY being affected?

- ✔ Does my partner mess with my birth control?
 - ✔ Does my partner refuse to use condoms when I ask?
 - ✔ Does my partner make me have sex when I don't want to?
 - ✔ Does my partner tell me who I can talk to or where I can go?
- If you answered YES to ANY of these questions, your health and safety may be in danger.

Ask yourself:

Are you in an UNHEALTHY relationship?

- ✔ Does my partner listen when I say no to sex?
 - ✔ Does my partner support my using birth control?
 - ✔ Is my partner kind to me and respectful of my choices?
- If you answered YES to these questions, it is likely that you are in a healthy relationship. Studies show that this kind of relationship leads to better health, longer life, and helps your children.

Ask yourself:

Are you in a HEALTHY relationship?