

WHAT IS ABUSE?

Domestic abuse is a pattern of violence, threats, and/or manipulation used to coerce and control one's partner in a relationship. Abuse can take many forms. Here are some examples:

EMOTIONAL ABUSE: Yelling, name-calling (especially sexual names), verbal harassment, humiliating you in public or private, accusing you of dating others or flirting with others, blaming you for his/her own problems.

PHYSICAL ABUSE: Punching, choking, hair pulling, slapping, shoving, bending or twisting your fingers, arm twisting, hitting your head against the wall, pushing you into/pulling you out of a car.

SEXUAL ABUSE: Rape, unwanted touching or kissing, forcing you into unwanted sex acts, wanting sex after hitting, refusing to use birth control/protection.

FINANCIAL ABUSE: Stealing your money, using your ATM card or credit card without permission, deliberately breaking or damaging your possessions.



KEY POINTS TO REMEMBER

- **ANYONE** can be a victim of domestic violence. Victims (and abusers) come from all age groups, races, classes and backgrounds.
- **Abuse gets worse over time.** It may begin with verbal abuse and escalate to physical or sexual assault or other violence.
- **YOU cannot change the abuser.** For any change to take place, the abuser must take responsibility for his/her behavior.

Your safety is important.

If you are in immediate danger

CALL 9-1-1

ETSU Police

(423) 439-4480

For information, help, or just someone to talk to; call our toll-free 24-hour hotline:
1-888-711-6270

Domestic VIOLENCE



A relationship is no place for Violence

Public Safety (423) 439-4480



WARNING SIGNS

- Does your partner tease you in a hurtful way & play it off as a "joke" or tell you you're being too sensitive?
- Does your partner call you names such as "stupid" or "bitch"?
- Does your partner act jealous of your friends, family, or co-workers or coerce you into avoiding or not spending time with them?
- Does your partner get angry about or make you change the clothes & shoes you wear, how you style your hair, or whether or not you wear makeup & how much?
- Does your partner check-up on you by repeatedly calling, driving by, or getting someone else to?
- Has your partner gone places with you or sent someone just to "keep an eye on you"?
- Does your partner insist on knowing who you talk with on the phone, check your call log or phone bill?
- Does your partner blame you for his problems or his bad mood?
- Does your partner get angry so easily that you feel like you're "walking on eggshells"?
- Does your partner hit walls, drive dangerously, or do other things to scare you?
- Does your partner often drink or use drugs?
- Does your partner insist that you drink or use drugs with him?
- Have you lost friends or no longer see some of your family because of your partner?
- Does your partner accuse you of being interested in someone else or cheating on them?
- Does your partner read your e/mail, check your computer history, go through your purse, or other personal papers?
- Does your partner keep money from you, keep you in debt, or have "money secrets"?
- Has your partner kept you from getting a job, or caused you to lose a job?
- Has your partner sold your car, made you give up your license, or not repaired your car?
- Does your partner threaten to hurt you, your children, family, friends, or pets?

- Does your partner force you to have sex when you do not want to?
- Does your partner force you to have sex in ways that you do not want to?
- Does your partner threaten to kill you or themselves if you leave?
- Is your partner like "Dr. Jekyll and Mr. Hyde," acting one way in front of other people and another way when you are alone?



Remember
You are not alone.
The abuse is not your fault.

- You have the right to:
- say no
 - change your mind
 - have control over your own body
 - set your own limits and have those limits respected
 - not be physically, sexually, verbally or psychologically hurt by anyone - friends, family members, dates or strangers
 - ask for help when you need it
 - pursue your own interests
 - be friends with anyone you choose
 - break up and fall out of love with someone and not feel afraid

Is Someone You Know Being Abused?

There is no way to tell for sure if someone is experiencing domestic violence. Those who are battered, and those who abuse, come in all shapes, sizes, colors, economic classes and personality types. Victims are not always passive with low self-esteem, and batterers are not always violent or hateful to their partner in front of others. Most people experiencing relationship violence do not tell others what goes on at home. So how do you tell? Look for the signs:

- Injuries and Excuses
- Absences from Work or School
- Low Self-Esteem
- Personality Changes
- Fear of Conflict
- Passive-Aggressive Behavior
- Self-Blame
- Isolation & Control
- Stress-Related Problems

