

QUIZ

Is Your Relationship Healthy? Does Your Partner:

- Have mood swings that cause you to worry and change your behavior to deal with them?
- Control what you do, how you dress, who you see or talk to, or where you go?
- Stop you from seeing or talking to friends or family?
- Embarrass you with bad names and put downs?
- Look at you in a way that you "understand" and/or that scares you?
- Make all decisions?
- Prevent you from working or attending school?
- Act like two different people?
- Keep you from leaving a situation?
- Tell you that you are a bad parent or threaten to take away your children?
- Destroy your property or threaten your pets?
- Act like arguments are not a big deal, that it's your fault or deny that they happen?
- Threaten to harm themselves or you?
- Blame you for everything?
- Force you to have sex?
- Threaten you with words or actions?
- Control the money in the home?
- Shove you, slap you, choke you or hit you?
- Make you afraid?

RED FLAGS

Warning Signs:

- "Playful" use of force in sex
- Verbal abuse
- Doctor Jekyll and Mr. Hyde Personality
- Unrealistic expectations
- Isolation
- Blames others for problems
- Blames others for feelings
- Cruelty to animals or children
- "Playful" use of force
- Verbal abuse
- Doctor Jekyll and Mr. Hyde Personality
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- Isolation
- Blames others for problems
- Blames others for feelings
- Cruelty to animals or children

IF YOU CAN CHECK EVEN ONE, YOU MAY BE IN AN ABUSIVE RELATIONSHIP.

Forms of Abuse

Domestic Violence is a pattern of behavior used by one person to establish power and control over another person through the use of fear and intimidation, often, but not always, including the threat or use of violence.

Emotional Abuse:

Most victims of emotional abuse agree that even though it does not leave physical scars and cannot be seen, emotional abuse can have long lasting effects that are often as damaging, if not more damaging than physical abuse. The use of insults and put downs, intimidating behaviors, humiliation and isolation are some of the more hidden signs that a relationship is abusive.

Physical Abuse:

Abusers often hurt victims in ways that can't be seen, such as leaving marks or bruises on areas of the body that are hidden by clothes. Physical abuse can also include restraining (to limit movement), or depriving a victim of sleep, medical attention or food. More obvious physical signs that a relationship is abusive include being slapped, kicked, punched, pushed or choked. Physical violence may be common or not happen often, but almost always gets worse over time.

Economic Abuse:

Money is another method of power and control used by abusers. Not allowing the victim to have money or refusing to pay the bills are examples of economic abuse. If the victim works outside the home it is common for the abuser to create problems in their workplace, and to take control of their paycheck. In many cases the victim is forced to work, while the abuser does not. If the abuser works, there may be a long history of being fired from one job and then another.

Sexual Assault:

Being forced to have sex against your will is rape. It is still rape even if the person who forces you is someone you are married to, living with, or is a former or same sex partner. Sexual assault occurs when "No" is conveyed by one person, is ignored by another, and sexual penetration occurs anyway. This form of abuse degrades, humiliates and causes pain to another person through the use of force, threats or intimidation.

Words from those who have been there...

- Sometimes I feel scared about how my partner will react. I try not to do anything that will make my partner angry.
- I am always making excuses to other people for my partner's behavior.
- I stay with my partner because I am afraid of what would happen if I left.
- I believe that my partner will change if I am just good enough.
- I feel like no matter what I do it is never enough, and that my partner is never happy with me.
- To avoid an argument, I do what my partner wants, instead of what I want.
- I always feel like I am walking on eggshells.
- I feel like I don't even know who I am anymore.
- I often make excuses for their behavior: they are under a lot of stress, it's the alcohol, it's the drugs, they've been through so much in their past, they are just tired, or it's my fault.
- No matter how perfect I am, the rules change, and things are my fault again.



IF ANY OF THESE STATEMENTS RELATE TO YOUR SITUATION, YOU MAY BE IN AN ABUSIVE RELATIONSHIP.

Services Offered by Women's Aid in Crisis

Services are available to all, regardless of race, sex, color, religion, disability, economic status, sexual orientation or national origin.

- Advocacy services to adult and child victims of domestic and sexual violence and stalking
- Emergency shelter
- 24 hour crisis hotline
- Outreach services into communities of Randolph, Upshur, Braxton, Webster, Tucker and Barbour counties
- Individual and group counseling and support services for adult victims, teens, and young children
- Domestic violence screening for referrals to Legal Aid, and/or advocate accompaniment for Protection Order hearings
- Prevention education programs within the schools and community organizations
- Awareness activities
- Information and Referral
- Awareness presentations to schools, community and civic organizations
- Life skills & parenting
- Assistance with medical needs
- Assistance to victims who are elderly and/or handicapped
- Emergency transportation
- Relocation services
- Transitional housing *There is a fee associated with this service*

Note: Due to ineligibility or funding issues, not all services are available in every case.

ALL SERVICES ARE CONFIDENTIAL AND
ARE PROVIDED FREE OF CHARGE.

**FOR SOMEONE TO TALK TO FOR SOMEONE TO LISTEN
FOR SOMEONE THAT CARES, CONTACT:**

Women's Aid In Crisis

www.waicwv.com

1.304.636.8433 or 1.800.339.1185

**West Virginia Coalition Against
Domestic Violence**

www.wvcadv.org

1.304.965.3552

National Domestic Violence Hotline

1.800.799.SAFE

1.800.787.3224 (TTY)

Children Are Also Hurt When They See Someone They Love Being Abused!

- Children often feel terror, shame, guilt, confusion, fear of abandonment, anger, embarrassment or severe anxiety
- They may try to stop the violence or feel it is their fault
- If they feel responsible for protecting the non-abusive parent, it is common to want to stay at home, fearing what will happen if they leave
- Children may not sleep well at night; or fall asleep at school
- Their school work will be affected by the violence in their homes
- Normal childhood social bonds are sometimes avoided out of "fear" their secret will be discovered
- They may engage in a variety of negative behaviors as a way of dealing with the violence
- They almost always struggle with trust, especially trust of adults
- Children may complain of numerous physical health issues, which may be their body's way of dealing with the things they are witnessing
- They feel very alone and often develop long-term emotional problems

**WITNESSING VIOLENCE INCREASES THE
LIKELIHOOD OF BECOMING ABUSIVE OR BEING
ABUSED IN ADULTHOOD**



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women's
AID IN CRISIS

**Helping Victims & Survivors of
Domestic Violence with Safety,
Hope & Healing**

