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?

If you can check even one, you may be in an abusive relationship.

**Red Flags**

**Warning Signs:**
- Jealousy
- Controlling behavior
- Quick involvement
- Unrealistic expectations
- Isolation
- Blames others for problems
- Blames others for feelings
- Cruelty to animals or children
- "Playful" use of force
- Any force during an argument
- Expect you to be perfect
- Gets upset easily

**Forms of Abuse**

- Emotional Abuse:
  - The use of insults and put downs, intimidating behaviors, humiliation and isolation are some of the more hidden signs of emotional abuse. These include emotionally abusive language, such as name calling, threats, and commands that make you feel inferior or worthless.

- Physical Abuse:
  - Physical abuse involves actual physical harm or the threat of harm. This can include hitting, kicking, burning, choking, or any other physical act that causes pain or injury. Physical abuse can also include not providing basic needs, such as food, shelter, or medical care.

- Economic Abuse:
  - Economic abuse involves the control over financial resources. This can include not allowing you to have your own money, not paying the bills, or denying you access to transportation.

- Sexual Assault:
  - Sexual assault involves coerced sexual activity. This can include rape, sexual harassment, or any other sexual act that you did not consent to.

**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.

**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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