

Know The Signs Of Domestic Violence

Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

You or someone you know may be in an abusive relationship if a partner...

- Prevents contact and communication with friends or family
- Controls money and important identification
- Prevents attendance at work or school
- Causes embarrassment with bad names and put-downs
- Threatens to take away or hurt the children
- Acts like abuse is not a big deal, or denies it is happening
- Destroys property or threatens to kill pets
- Intimidates with guns, knives or other weapons
- Shoves, slaps, chokes, hits or forces sex
- Threatens to commit suicide

If you or someone you know is in immediate danger, **call 9-1-1**

The National Domestic Violence Hotline can be reached 24/7 at

1-800-799-SAFE (TTY 1-800-787-3224)

If you have a friend, family member or co-worker who you think is in an abusive relationship:

- Don't be afraid to let him or her know that you are concerned.
- Be supportive and non-judgmental.
- Encourage him or her to talk to people, beginning with the National Domestic Violence Hotline, who can provide help and guidance.

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THE HOTLINE

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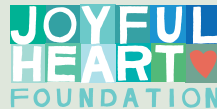
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This card was produced and distributed by the Joyful Heart Foundation.

The mission of the Joyful Heart Foundation is to heal, educate and empower survivors of sexual assault, domestic violence and child abuse, and to shed light into the darkness that surrounds these issues.



*If someone you know is in an abusive relationship,
please share this card with them. If you find
yourself in a dangerous situation, please know that
you are not alone. Help is available.*



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