

# Are You and Your Children Safe? What is Abuse?

## EMOTIONAL ABUSE:

Has your partner...

- Ignored your feelings, threatened to leave you, or hurt you or your family
- Withheld approval, appreciation, or affection as punishment
- Shouted at you or ridiculed your most valued beliefs
- Humiliated you in public, or insulted or drove away your friends or family
- Doesn't share or has taken away money, keys, or what you value
- Abused pets to hurt you

## SEXUAL ABUSE:

Has your partner...

- Treated women as sex objects or made demeaning remarks about women
- Been jealously angry, accusing you of affairs or sex with other men
- Insisted you dress in a more sexual way than you wanted to
- Minimized the importance of your feelings about sex
- Criticized you sexually or called you sexual names
- Publicly showed sexual interest in other women
- Had affairs with other women
- Forced any unwanted sexual acts, or hurt you sexually (THIS IS RAPE)
- Committed sadistic sexual acts

## PHYSICAL ABUSE:

Has your partner ever done any of these things to you?

- Pushed, shoved, slapped, punched, kicked, choked, or hit you
- Held you to keep you from leaving or locked you out of the house
- Thrown objects at you
- Abandoned you in dangerous places

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- Refused to help you when you were sick, injured, or pregnant
- Subjected you to reckless driving or forced you off the road or kept you from driving
- Threatened or hurt you with a weapon

### **How Our Denial Keeps Us In Unhealthy Relationships:**

- Focusing on the positive and discounting the severity of the problem
- Believe it's only temporary, blame outside pressures, blame myself
- Tell myself that others have worse problems
- Think if I am patient and understanding he will change
- Believe others will think bad of me
- Allow myself to be blackmailed or threatened with lack of money or not seeing my children
- Discount my worth, power, or ability to make it on my own
- Tell myself that I am the failure or that no one else would want me
- Set deadlines, then change the deadlines when the kids are older or when I get a better job

### **Children Who Observe Abuse Are More Likely To:**

- Learn to accept violence as means to conflict resolution, or maintain control by violence
- Fail to develop inner controls
- Learn that loved ones have the right to hurt others and protect the abuser
- Learn unhealthy sex role stereotypes and grow up to abuse their mates or children
- Have deep emotional problems, anger, and eating disorders

### **Have a Personal Safety Plan**

- Memorize one of the phone numbers listed below
- Call a shelter before leaving
- If possible, go to a shelter
- Leave with all the children
- Have a safe contact person to leave an emergency plan with
- Don't tell anyone else you are leaving
- Notify appropriate parties of a restraining

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## Keep An Emergency Getaway Bag With:

- Identification social security cards
- Birth certificates
- School identification
- Passport
- Green Card
- Work permit
- Medical records (self and children)
- Money
- Bankbooks
- Credit cards
- Items of sentimental value
- Extra car, house, office keys
- Rent, lease, house deed
- Change of clothes
- Welfare identification
- Insurance papers
- Divorce papers
- Children's favorite toys
- Blanket

## 24 Hour Hotlines/Shelters

- Human Options 877-854-3594
- Interval House 860-527-0550
- Su Casa 562-402-4888
- Rainbow Services 310-547-9343
- Women's Traditional Living Center 714-992-1931
- Women's Resource Center 404-688-9436
- Laura's House 866-498-1511
- The Sheepfold 877-743-3736
- The Eli Home 714-300-0600
- Women's And Children's Crisis Shelter, Inc 562-945-3939
- Legal Aid of Orange County 800-834-5001

The cycle of abuse begins with tension, then the abuse occurs, followed by a honeymoon/makeup sex time, then the cycle begins again. As time goes on the abuse becomes more intense and frequent

- ❖ Domestic violence is the single largest cause of injury to women
- ❖ In one-fourth of all violent relationships, the woman was beaten while pregnant
- ❖ Ten women a day in the United States are killed by their partners

**If you recognize any of these danger signs in yourself or someone you know, now is the time to get help**

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