

IS THIS ABUSE?

signs of domestic violence

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Do you have to justify everything you do, every place you go or every person you see to avoid someone's anger?
- Does your partner put you down and then tell you that he or she loves you?
- Do you stay away from friends or family because your partner will be jealous?
- Have you been forced into having sex when you didn't want to?
- Are you afraid to break up because others have threatened to hurt you or themselves?
- Does your partner hurt you?
- Do you feel intimidated or controlled by your partner's or your own extended family?
- Does someone withhold medication that you need to stay healthy?

If you answered "yes" to any of these questions, you might be suffering abuse.

Domestic Violence can take many forms:



Psychological or emotional abuse
threats, insults, and put downs



Physical Abuse
hitting, kicking, punching, choking



Economic Abuse
controlling the money, taking your paycheck, stalking or harassing you at your job or getting you in trouble with your boss



Intimidation
threatening to take away children or kick you out of the house; throwing things or punching walls; harming pets; threatening to harm children, loved ones, or prized possessions abroad



Sexual Abuse
forcing sex or sexual acts, or forcing you to watch sexual acts



Forms of abuse can happen in person or long distance via phone, text, social media, email, etc.



Immigration status can be used in abuse and can include threats to call immigration authorities, stealing your passport or other important documents, or not filing immigration papers.

Violence can occur in different types of relationships...



Husband & Wife



A gay, lesbian, bisexual, or transgender couple



An unmarried couple including youth who are in a relationship



Adult child and an elderly parent



Between an individual and extended family

Relationships should be based on



love, trust, and respect.

If you do not feel safe in your relationship, help is available.

You are not alone.

You can always contact the National Domestic Violence Hotline 24-hours a day at **1.800.799.7233**, 1.800.787.3224 (TTY)

NO MÁS

JUNTOS PODEMOS PONER FIN A LA VIOLENCIA DOMÉSTICA Y AL ABUSO SEXUAL



national **latin@** network