



A WOMAN'S GUIDE TO PRACTICAL INFORMATION

REGARDING RELATIONSHIP ABUSE

This guide was created to help women understand relationship abuse and suggest simple steps that can help stop it.

Any couple will have arguments. What matters most is that they don't escalate. A healthy relationship is one in which there is no emotional, physical or sexual abuse.



WARNING SIGNS OF AN ABUSIVE RELATIONSHIP

DOES YOUR PARTNER

- Embarrass you and put you down?
- Control what you do, who you see or talk to, or where you go?
- Isolate you from friends and family?
- Control the finances?
- Threaten to harm you or your children?
- Threaten to take the children and never return them?
- Physically abuse you?
- Act like the abuse is your fault, or even denies it?
- Destroy your property?
- Intimidate you?
- Threaten to harm your pet?
- Force you to drop charges?



ANGER ZONE

If you have found yourself in one or more of these situations, you are at risk of experiencing future violence. Having a "Safety Plan" in place is a wise precaution

for the well-being of you and your children. If there is an argument, try to be in a place that has an exit and not in a room that may contain weapons.

FOR YOUR SAFETY

- Practice getting out of your home safely. Identify which exits to use.
- Pack a bag and have it ready at a friend's or relative's house.
- Identify one or more neighbors you can tell about the violence and ask them if they will call the police if they hear a disturbance coming from your home.
- Device a code word to use with your children, family, friends and neighbors when you need the police.
- Decide and plan where you will go if you ever have to leave home.

WHEN PREPARING TO LEAVE

- Open a checking account in your own name.
- Leave money, an extra set of keys, copies of important documents, and extra clothes and medicines in a safe place or with someone you trust.
- Get your own post office box.
- Find a safe place where you and your children can go.
- If you have pets, make arrangements for them to be cared for in a safe place.
- Always keep some change or a calling card for emergency phone calls

IN YOUR OWN RESIDENCE

- Lock your windows and change locks on your doors.
- Develop a safety plan for your children when you are away from them.
- Inform your children's school or day care, about who has permission to pick up your children.
- Inform your neighbors and the landlord that your partner no longer lives with you, and that they should call the police if they see him.
- Never call the abuser from your home; he may find out where you live. Never tell the abuser where you live.
- Request an unlisted/unpublished number.

ON THE JOB AND IN PUBLIC

- Inform your employer and building security about your situation. Provide them with a picture of the abuser.
- Have someone escort you to and from your car.
- If possible, use a variety of routes to and from home.



RESOURCES

Finding the right moment to talk about abuse can seem like a daunting task.

No one deserves to be abused. You and your children have the right to a safe and peaceful home. There are people in your Community who want to help.

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