

## *Some things you should know*

- *Assault is a crime!*
- *No one deserves to be abused.*
- *It is not your fault.*
- *You have a right to be safe.*
- *Help is available.*
- *You are not alone.*
- *Domestic Violence can be fatal*
- *Violence against women is not traditional.*

### *Women are sacred*

Many women have found hope, healing and a voice. You can find support and strength from other women who have experienced battering. Formerly battered women have said:

“I no longer feel like I’m walking on egg shells.”

“I can breathe.”

“I went back to school, found a job, and can support myself and my children.”

“I feel good again.”

*(Program Name)*  
*(Program address)*  
*(Program numbers)*

### *CALL FOR HELP*

*National Domestic Violence Hotline:*  
*1-800-799-SAFE (7233)*  
*1-800-787-3224 (TDD)*

*The Rape, Abuse, Incest National Hotline: (RAINN)*  
*1-800-656-4076*

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## *ABUSIVE RELATIONSHIPS*

*Facts about battering for women*



*Local Program Contact Info*  
*[Name, address, phone number]*

**The Reality:** *Native women are targets of violent crimes—battering, rape, assault and homicide occur at much higher rates than any other group of women or men, by both Native and non-Native men.*

### **Abusive Behaviors in a Relationship:** **Is this happening to you?**

Abuse in a relationship takes many forms, a woman may experience more than a black eye or broken bones. The following list of abusive behaviors comes from women that have reported their experiences in abusive relationships. Take a few minutes and see if your partner has done any of the following:

- frightened you by looks, or gestures
- slapped you,
- punched you,
- kicked you,
- choked you,
- pulled you by your hair,
- accused you of having an affair,
- needed to know where you are at all times,
- forced you to ask or beg for money,
- minimized or denied abusing you,
- threw you on the floor or against the wall,
- threatened to kill or hurt your pet,
- broken or smashed things,
- displayed or used weapons against you,
- isolated you from family or friends,
- put you down; criticized you in front of his friends or family,
- called you names,
- prevented you from working or going to school,
- blamed you for his violence,
- threatened a relative,
- pressured or forced you to have sex after an assault,
- put you down or demeaned you as a sexual partner.

Tactics used by abusers are not displays of anger or one-time incidents but part of a pattern of abuse.

### **Assessing the Danger of Your Relationship**

The following questions may help you examine how dangerous your situation is and how it is affecting your life. The number of “yes” answers does not necessarily indicate greater or lesser danger, but answering these questions can alert you to what you may already suspect about the danger of your situation. Remember: domestic violence can lead to death.

Has your partner ever injured you so badly you needed medical attention?

Does he seem preoccupied or obsessed with you? (following you, monitoring your whereabouts, stalking)

Have his assaults or abuse become more violent or brutal?

Do you believe he may seriously hurt or kill you?

Has he killed or hurt a family pet?

Was your partner’s last relationship abusive?

Has your partner ever been charged with domestic assault?

Have you separated or tried to separate from your partner in the last 12 months?

Have you sought outside help because of the abuse during the past 12 months? (Order for Protection, shelter, police, counseling, support groups, alcohol or drug treatment)

Do you feel isolated from sources of help? (no phone, family or friends)

Does he have access to a gun?

Has he ever threatened your life?

Has he threatened violent retaliation if you leave?

### **How Domestic Violence Affects Children**

Even if children are not directly involved in the abuse, they are aware that something is wrong. Review the following tactics. This can help you determine if your children need protection

Has your partner ever:

- threatened to take away the children,
- told the children you were bad or crazy,
- refused to contribute financially,
- used the children to control you
- used them to relay messages that frighten, threaten, or demean you
- used the children to make you feel guilty, or
- refused to care for the children?

Studies show that domestic violence affects children. Mothers reported seeing behavioral changes in their children. Some behaviors exhibited by children may include:

- reacting with fear, anxiety or numbness when voices are raised, or when your partner is present,
- mimicking your partner’s abusive behavior,
- calling you names,
- showing significant changes in their behavior:
  - bedwetting
  - frequent illness
  - feelings of guilt, that the fighting is their fault
  - aggression/becoming withdrawn
  - learning disabilities
  - falling behind in school work
  - constantly wanting your attention
  - dropping out of school
  - running away from home
  - dating violence
  - teen pregnancy
  - using alcohol or drugs
  - gang affiliation or prostitution.

***If you identify with the issues outlined here, there are resources available to you. Please see the other side of this brochure for some of them.***