

## If your SAFETY is at risk:

1. Call 911 if you are in immediate danger
2. Prepare an emergency kit in case you have to leave suddenly with: money, check books, keys, medicines, a change of clothes, and important documents.
3. Talk to your health care provider who can provide a private phone for you to use to call for help.

## How are my CHILDREN being affected?

Children who live in homes where their mother has been hurt are more likely to have learning and behavior problems. Children witnessing violence are more likely to have physical and mental health problems as adults. But, children also do get through the hard times.

### Here are ways you can help:

1. Let them know it is not their fault.
2. Be open when your child is ready to talk about their experience.
3. If your child's behavior worries you, talk to your child's doctor or a counselor.

If you are being hurt by a partner it is not your fault. You deserve to be safe and healthy.

*All national hotlines can connect you to your local resources and provide support:*

**For help 24 hours a day, call:**

National Domestic Violence Hotline  
**1-800 799-7233**  
**TTY 1-800 787-3224**

Teen Domestic Violence Hotline  
**1-866 331-9474**

Sexual Assault Hotline  
**1-800 656-4673**

## Family Violence Prevention Fund

[www.endabuse.org](http://www.endabuse.org)

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DID YOU  
KNOW YOUR  
RELATIONSHIP  
AFFECTS YOUR  
HEALTH?



3. Talk to your health care provider about ways you can keep yourself safe from getting infections.

2. Talk to your health care provider about birth control that you can control and that your partner doesn't have to know about.

1. Talk to someone you trust about what's going on with your partner.

#### Here are steps to help you take control:

A partner deciding when to have sex, messing with your birth control, and refusing to use condoms are all signs of an unhealthy relationship. How your partner treats you can affect your health; knowing this can help you have more control over your body.

If you answered YES to any of these questions, your partner may be trying to control your body.

4. Have I hidden birth control from my partner so he won't get pregnant?

3. Have I taken the morning after pill or Plan B a lot?

2. Have I had pregnancies I didn't want?

1. Has my partner given me an STD (sexually transmitted disease)?

#### Ask yourself:

Is your BODY being affected?

If you answered YES to ANY of these questions, your health and safety may be in danger.

✓ Does my partner tell me who I can talk to or where I can go?

✓ Does my partner make me have sex when I don't want to?

✓ Does my partner refuse to use condoms when I ask?

✓ Does my partner mess with my birth control?

Are you in an UNHEALTHY relationship?

If you answered YES to these questions, it is likely that you are in a healthy relationship. Studies show that this kind of relationship leads to better health, longer life, and helps your children.

✓ Is my partner kind to me and respectful of my choices?

✓ Does my partner support my using birth control?

✓ Does my partner listen when I say no to sex?

Are you in a HEALTHY relationship?

#### Ask yourself: