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.
1. Talk to someone you trust about what's going on with your partner.
2. Talk to your health care provider about birth control options you can keep private.
3. Check in with your partner to ensure you are on the same page.

Here are steps to help you take control:

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 make me feel safe when I don't want to?
Does my partner make me talk to other women 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 a HEALTHY relationship?

Healthy relationships help heal past injuries and can help you and your children. If you answered YES to these questions, it is likely that you are in a healthy relationship. Do you hear your partner's voice in your head of relationships you have?

Does my partner respect me and support my choices?
Does my partner listen when I say no to sex?

Are you in an UNHEALTHY relationship?

Studies show that this kind of relationship leads to better health, longer life, and helps your children.

If you answered YES to these questions, it is likely that you are in an unhealthy relationship. Do you hear your partner's voice in your head of relationships you have?

Does my partner demand to see my friends or family?
Does my partner control my use of birth control?

Ask yourself: