

**If you are afraid of
your partner:**

It doesn't have to be this way.
You are not responsible for your
partner's abusive behavior,
and ***you cannot fix it.***

Plan for safety.

Help is available.

***You have the right
to be treated with respect,
to make your own choices,
to live without fear,
and to be less than perfect
because...love shouldn't hurt.***

**If your partner is
afraid of you:**

It shouldn't be this way.

You are responsible for your own
abusive behavior, and ***you can fix it.***

You can learn to control your own
behavior.

You can learn to solve problems
without using threats or violence.

***Your partner has the right
to be treated with respect,
to make his or her own choices,
to live without fear,
and to be less than perfect
because...love shouldn't hurt.***

What is domestic violence?

When you think of domestic violence, do you think of physical acts of violence? Do you picture the abuser as being addicted to drugs or alcohol, or from a different race, religion, or economic background than you? It may be hard to believe that the person sitting next to you in church, a co-worker, or a close friend may be a victim or even an abuser. Domestic violence occurs within all racial, economic, educational, and religious backgrounds. Many times the abuse does not start until the relationship has progressed, making it more difficult to walk away. Domestic violence is about **power and control.**

The abuser often uses a pattern of coercive behaviors including threats, intimidation, humiliation, isolation, and blame to firmly establish a pattern of control in the relationship. Physical acts of violence may be used at any time to maintain control within the relationship.

Domestic Violence Services of Southwestern PA

24/7 Hotline:

Washington 724-223-9190

Greene 724-852-2463

Fayette 724-439-9500

or

800-791-4000

If you or someone you know may be in an
abusive relationship, we can help.

All services are free and confidential.

The Abuse Stops Here!

DVSSP is a member program of PCADV

Is This You? Is This Your Partner?

DVSSP

Domestic Violence Services
of Southwestern PA

EDUCATING COMMUNITIES • EMPOWERING SURVIVORS
ELIMINATING RELATIONSHIP VIOLENCE

24/7 Hotline:

Washington County 724-223-9190

Greene County 724-852-2463

Fayette County 724-439-9500

or

800-791-4000

peacefromdv.org



NO MORE

TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

You have the right to be treated with respect, to make your own choices, to live without fear, and to be less than perfect.

Does your partner...

- Control your money or your time?
- Degrade and humiliate you? Call you names? Tell you you're stupid?
- Punish you by refusing to speak to you?
- Blame others (usually you) for problems?
- Insult your family, friends? Forbid you to see or talk to them?
- Use sexual force? Throw you, hold you down or make demands?
- Ignore you or make fun of you when you're angry or upset?
- Accuse you of having affairs?
- Threaten to take the children away from you? Threaten to report you for being an unfit parent?
- *Protect* you by making decisions for you? Say that you couldn't survive on your own?
- Threaten violence whenever there's a problem?
- Break objects when angry? Destroy your possessions? Punch walls?
- Use force during arguments *just so you'll listen*?
- Criticize almost everything you do?
- Mistreat animals?

VIOLENCE

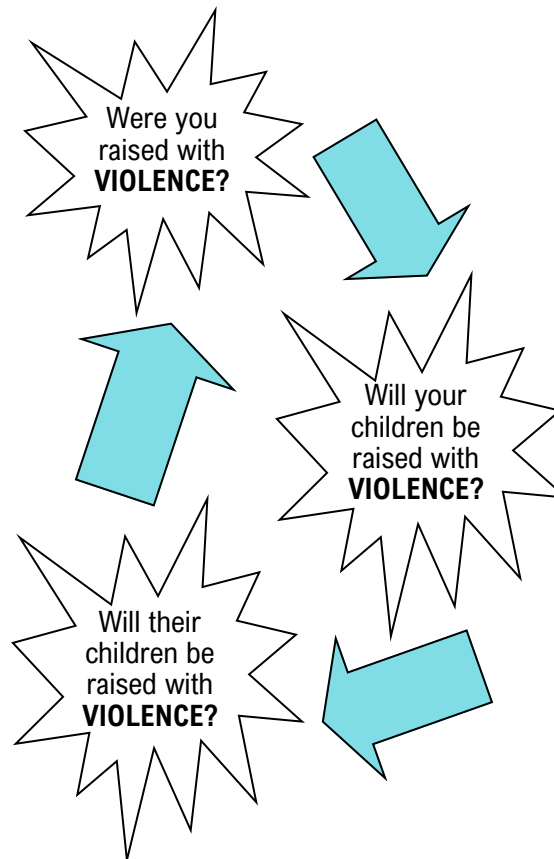
is carried from one relationship to the next and from one generation to the next.

CHILDREN

from violent families often become violent adults or come to accept violence against themselves.

Do you...

- Avoid arguments/complaints because you are afraid of upsetting your partner?
- Blame yourself for your partner's problems?
- Alter your behavior just to avoid making your partner angry or feel you must follow your partner's *rules*?
- Account to your partner for the way you spend your time and money?
- Avoid contact with friends and family because your partner disapproves of them?
- Make excuses to your friends, to family, or to *yourself* about your partner's behavior?
- Change your opinions/attitudes to match your partner's?
- Strive to be exactly what your partner wants you to be?
- Try to read your partner's mind to avoid making *mistakes*?
- Need your partner's permission or approval for everything you do?
- Feel selfish when you suggest doing something you want to do or when you ask your partner to do something for you?
- Feel you are treated like a child?



STOP THE CYCLE!



SUPPORTED BY THE UNITED WAY

**VIOLENCE BETWEEN PARTNERS
DOESN'T ALWAYS
START WITH HITTING.**

**DO YOU FEEL ISOLATED?
ARE YOU AFRAID TO LEAVE?**

ARE YOU LOSING SELF-RESPECT?