

STATISTICS OF INTIMATE PARTNER ABUSE

20,000 calls are placed a day to domestic violence hotlines nationwide.

Nearly 3 in 10 (29%) women and 1 in 10 (10%) men in the U.S. have experienced rape, physical violence, and/ or stalking by a partner

15 million children are exposed to domestic violence each year. Additionally, 30% to 60% of perpetrators of intimate partner violence also abuse children in the household.

RESOURCES

NATIONAL DOMESTIC VIOLENCE HOTLINE

800-799-SAFE (7233)

Call 24/7, or text
"BEGIN" to 88788

CALIFORNIA MENTAL HEALTH HOTLINE

866-903-3787

Available to call 24/7

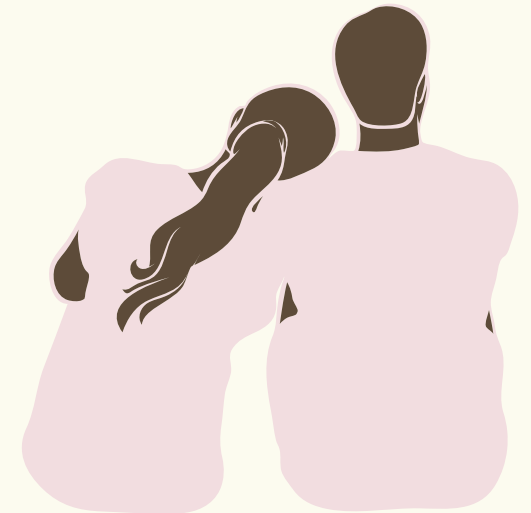
WOMENSLAW

Available to assist with
legal referrals.
Reachable via email at
WOMENSLAW.org



Healing To You

SIGNS OF A HEALTHY RELATIONSHIP





WARNING SIGNS OF VIOLENCE

- control
- manipulation
- disrespect & belittling
- physical & sexual violence
- isolation
- threats & ultimatums
- guilting
- betrayal
- dishonesty
- jealousy & accusations

5 SIGNS OF A HEALTHY RELATIONSHIP

The foundation of a healthy relationship is based on the following 5 principles:

- 1 Empathy & kindness**
Empathy allows us to deepen the connection with our partner, reduces conflict, and makes the relationship more resilient
- 2 Reliability & Commitment**
Reliability is important because they help build trust, safety, and predictability. Commitment can look different in every relationship but shared understanding is vital.
- 3 Mutual Respect for Boundaries**
Boundaries can help maintain a sense of individuality and can help reduce stress, resentment, and emotional fatigue.
- 4 The Ability to Work Together as a Team**
Working together can help improve communication, problem solving, and creativity.
- 5 Similar Values & Goals**
Mutual core beliefs help to maintain the bond between partners as individual interests and circumstances arise.



PROTECTING YOURSELF

Leave when it is safe to do so.

Aim to leave at a time where the abuser is out of the house.

Avoid rationalizing and dismissing abuse. It is never acceptable for one human being to abuse another.

Be Aware of the “Honeymoon phase” of abuse. In some cases, abuse is followed by the honeymoon phase, where the abuser treats their victim nicely. This may include helping around the house, making promises to change their behavior, and/or gift giving.

Find your power. Finding ways to empower yourself and increase your self-confidence can help you begin to take the first steps towards getting help.