



## Who is a Battered Person?

A Battered person can be child, woman, or male. Abuse occurs at all income levels, to all ages, all education levels and to married and single people. It can happen to you, your relatives, and your friends.

## Who is to Blame for the abuse?

The batterer is always responsible for their actions. A batterer's own attitudes and behavior cause him/her to be controlling and violent.

## Is the use of chemicals or alcohol to blame for the abuse?

The use of chemicals does not cause domestic violence. Violence can be more severe when there are chemicals or alcohol involved but the violence would occur regardless of the use of chemicals or alcohol.

There is help and support available for victims of abuse. You may call the national hotline for child abuse, domestic abuse, sexual abuse. You may call any local agency as well as DCTS to get more so that you can make informed decisions, to plan for your safety, and to find out the options that are available to you.

## Does the person you love....?

Answer each of these questions with one of the four responses:

3 = Frequently 2 = Sometimes 1 = Rarely 0 = Never

- \_\_\_\_\_ "Track" all of your time?
- \_\_\_\_\_ sulk or refuse to talk?
- \_\_\_\_\_ scream, insult, or swear at you?
- \_\_\_\_\_ Is he/she ever rude to your friends?
- \_\_\_\_\_ Make you feel like you are "walking on egg shells" when he/she is around?
- \_\_\_\_\_ Criticize such things as your cooking, clothes, or appearance?
- \_\_\_\_\_ Have moods that change radically, from very calm to very angry?
- \_\_\_\_\_ Constantly accuse you of being unfaithful?
- \_\_\_\_\_ Prevent you from leaving or seeing certain people?
- \_\_\_\_\_ Discourage your relationships with family and friends?
- \_\_\_\_\_ Prevent you from working or attending school?
- \_\_\_\_\_ Blame you for everything that goes wrong?
- \_\_\_\_\_ Control all money and force you to account for the money you spend?
- \_\_\_\_\_ Humiliate you in front of others?
- \_\_\_\_\_ Destroy personal property or sentimental items?
- \_\_\_\_\_ Threaten to hit or throw something at you?
- \_\_\_\_\_ Throw, hit, or kick something?
- \_\_\_\_\_ Threaten to hurt you or your children?
- \_\_\_\_\_ Hit, punch, slap, kick, or bite you or your children?
- \_\_\_\_\_ Use or threaten to use a weapon against you?
- \_\_\_\_\_ Drive recklessly to frighten you?
- \_\_\_\_\_ Push, carry, restrain, grab, or shove you?
- \_\_\_\_\_ Bite or scratch you?
- \_\_\_\_\_ Spit at you?
- \_\_\_\_\_ Have a criminal record for being violent with others?
- \_\_\_\_\_ Force you to have sex against your will?

Do you see more 3's, 2's, and 1's than you are comfortable with? If you find yourself questioning whether or not you are in an unhealthy relationship, now is the time to stop by or call DCTS for more information and options.