

DOMESTIC VIOLENCE

Do you feel safe in your current relationship?

If not, you may be a victim of domestic violence.

Domestic violence is when one person hurts another person in a relationship.

It can cause health problems – now and in the future.

It can also harm your child's emotional and physical health.

Examples of domestic violence are:

- **Physical:** Slapping, choking, or kicking you
- **Sexual:** Forcing you to have sex
- **Verbal:** Threatening to hurt you or your child
- **Psychological:** Putting you down in public
- **Economic:** Not letting you work or go to school

Victims of domestic violence may feel:

- Trapped or too scared to leave
- Afraid, ashamed and alone

Domestic violence is a crime.

You don't deserve to be treated this way.

Make your family a place for love, not violence.

If you'd like to talk to someone, please talk to your child's doctor or nurse.

Helpful Resources

National Domestic Violence Hotline

The National Domestic Violence Hotline can help you with:

- Crisis intervention, safety planning, information about domestic violence and direct connection to services in your area.
- Assistance in both English and Spanish and interpreter services are available. Call 1-800- 799-SAFE (7233) or 1-800-787-3224 (TTY) or (206) 787-3224 (Video Phone Only for Deaf Callers).
- Computer use can be monitored and is impossible to completely clear. If you are afraid your internet and/or computer usage might be monitored, please use a safe computer to visit www.thehotline.org.