

**Domestic Violence** is a pattern of abusive behavior where one partner tries to maintain control over the other.

### PHYSICAL

hitting, kicking, pushing, slapping, punching, biting, strangling/choking

### PSYCHOLOGICAL

using threats, intimidation, isolation from family and friends

### SEXUAL

forcing someone to engage in any kind of unwanted sexual contact or activity

domestic violence can occur in any intimate/dating relationship, regardless of

**AGE, GENDER, RACE, ETHNICITY, OR SEXUAL ORIENTATION**

### EMOTIONAL

excessive criticism, extreme anger, name-calling and other things that would make someone question their self-worth

### ECONOMIC

controlling all finances, not allowing access to bank accounts or other funds; interfering with the ability to work

# YOU ARE NOT ALONE!

YOU DESERVE TO FEEL SAFE AND RESPECTED.

## HELP IS AVAILABLE!

### 24-HOUR HOTLINES

NEW CASTLE COUNTY: **302-762-6110**

KENT & SUSSEX COUNTIES: **302-422-8058**

KENT & SUSSEX EN ESPAÑOL: **302-745-9874**



 [FACEBOOK.COM/DELAWARECOALITION](https://www.facebook.com/delawarecoalition)

 [@DCADVDE](https://twitter.com/DCADVDE)

302-658-2958

[WWW.DCADV.ORG](http://www.dcadv.org)

# I'm being abused. What do I do?

- Talk to a [Domestic Violence Advocate](#) about situation. They can help you create a safety plan, find shelter, and connect you to resources in your community. You can reach an advocate on any of the hotlines, 24 hours a day! You don't have to be in a crisis or emergency situation to call. You can call with questions or just to talk about your situation.
- Create a [safety plan](#). This plan, either written down or in your head, includes ways to stay safe while you are in a relationship. planning to leave, or if you have already left. An advocate can help you create a personalized plan.
- Talk to your [health care provider](#) about any injuries (old or new) that you may have. Your health and safety is important!
- For some people, obtaining a [Protection From Abuse Order](#) (PFA) is helpful. A PFA is an order of Family Court ordering someone to stop abusing another person, and may include other relief, such as ordering the abuser to stay away from the person being abused.
- If you are immediate danger, call [911](#).

## What are some of the warning signs of domestic violence?

While abusive relationships can look different in every situation, these are some things you may notice if your relationship doesn't seem healthy:

- Your partner shows extreme jealousy.
- Your partner discourages you from seeing friends/family.
- Your partner embarrasses/humiliates you in front of others.
- Your partner threatens you with words or weapons.
- Your partner controls all the money/finances for your household.
- Your partner pressures you to engage in sexual activity, even if you don't want to.

