






Is this abuse?

signs of domestic violence

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Do you have to justify everything you do, every place you go or every person you see to avoid someone's anger?
- Does your partner put you down and then tell you that he or she loves you?
- Do you stay away from friends or family because your partner will be jealous?
- Have you been forced into having sex when you didn't want to?
- Are you afraid to break up because others have threatened to hurt you or themselves?
- Does your partner hurt you?
- Do you feel intimidated or controlled by your partner's or your own extended family?
- Does someone withhold medication that you need to stay healthy?

If you answered "yes" to any of these questions, you might be suffering abuse.

Domestic violence can take many forms:

-  **Psychological or emotional abuse**
Threats, insults, and put downs
-  **Physical Abuse**
Hitting, kicking, punching, choking
-  **Economic Abuse**
Controlling the money, taking your paycheck, stalking or harassing you at your job or getting you in trouble with your boss
-  **Intimidation**
Threatening to take away children or kick you out of the house; throwing things or punching walls; harming pets; threatening to harm children, loved ones, or prized possessions abroad
-  **Sexual Abuse**
Forcing sex or sexual acts, or forcing you to watch sexual acts



Forms of abuse can happen in person or long distance via phone, text, social media, email, etc.



Immigration status can be used in abuse and can include threats to call immigration authorities, stealing your passport or other important documents, or not filing immigration papers.

Relationships should be based on



love, trust, and respect.

If you do not feel safe in your relationship, help is available.

You are not alone.

For help and support in situations of domestic violence call Casa de Esperanza's 24 hour confidential bilingual crisis line at **651.772.1611.**

If you are outside the state of Minnesota you can contact the National Domestic Violence Hotline 24-hours a day at **1.800.799.7233,** 1.800.787.3224 (TTY).

