**JUST THE BASICS: AM I A VICTIM OF DOMESTIC VIOLENCE?**

**ANY ONE CAN BE A VICTIM OF DOMESTIC VIOLENCE**

Domestic Violence is a **pattern** of behavior that intended to obtain and maintain **power and control** over another person in an **intimate relationship**; though use of **harmful, intimidating or harassing behavior**. It occurs in families and between intimate partners. Domestic Violence **injuries can be**

**Emotional /mental**

**Digital/cyber**

**Financial**

**Physical**

**Sexual**

**Trafficking**

**HOW SAFE IS YOUR RELATIONSHIP? SOME QUESTIONS TO THINK ABOUT**

**Does your partner/family member ever**:

1. **Insult, demean or embarrass you** with put downs?

2. **Control** what you do, who you talk to or where you go?

3. Look at you or act in ways that **scare you**?

4. **Push you, slap you, hit you or strangle you**?

5. **Stop you from seeing friends or family members?**

6. **Control the money** in the relationship?

7. **Make all decisions** without considering your input or your needs?

8. Say you’re a bad parent or **threaten to hurt or take your children**?

9. **Prevent you from** **working or attending school**?

10. Try to **prevent you from attending physical or behavioral health treatment**?

11. Act like the abuse is no big deal, **deny it, or tell you it’s your fault**?

12. **Destroy your property**.

13. **Threaten to kill** you?

14. Intimidate you with **guns, knives, or other weapons**?

15. Attempt to force you to **drop criminal charges**?

16. **Threaten or attempt to commit suicide**?

17. **Pressure or force you to have sex** when you don’t want to?

18. **Pressure you into pregnancy or an abortion** that you don’t want?

**LOVE SHOULD NOT HURT. WHEN IT DOES, CRISIS CENTER NORTH CAN HELP**

**Emergency Response**

**Counseling**

**Legal Advocacy**

**Medical Advocacy**

**Referral Services**

**Economic Empowerment**

**Family and Friends Services**

**Animal Care Assistance**

**CONTACT CRISIS CENTER NORTH FOR FREE, SAFE AND CONFIDENTIAL HELP**

**Hot line 24/7/365 phone 412-364-5556**

**Text line 9 am - 9 pm daily text 412-444-7660**

**Chat line 9 am - 9 pm daily chat** [www.crisiscenternorth.org](http://www.crisiscenternorth.org)