

Quiz

Does your partner:

- Embarrass you with bad names and put-downs?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing or talking to friends and family?
- Act like hitting you is no big deal, it's your fault, or deny that it happened?
- Destroy your property?
- Intimidate you with guns, knives or other weapons?
- Push you, shove you, slap you, or hit you?
- Threaten to kill you?
- Rape you or force you to have sex?
- Punish or deprive kids when mad at you or hurt pets?

Resources

Please utilize these resources to learn more about keeping safe and local agencies that may be able to help you.

- ◆ Hope's Door (Collin County Shelter and Counseling Center)
24-hour Crisis Line: 972-422-7233
- ◆ The Turning Point (Collin County Rape Crisis Center)
24-hour Crisis Line: 800-886-7273
- ◆ Friends of the Family (Denton County Shelter and Counseling Center)
24-hour Crisis Line: 800-572-4031
- ◆ Collin County District Attorney (Protective Orders)
972-548-4323
- ◆ National Domestic Violence Hotline
800-799-7233
800-787-3224 (TTY for the Deaf)
- ◆ Legal Services of North Texas
972-542-9405
- ◆ Family Violence Legal Line
800-374-4673
- ◆ Denton County District Attorney (Protective Orders)
940-349-2600

Collin County Council on Family Violence, an initiative of the Junior League of Collin County printed this brochure. Produced in conjunction with Hope's Door

How is Your Relationship?

Take the quiz inside to find out.

NEEDS WORK
Caring
Exciting
He hit me, but only once
Frightening
Unpredictable
Happy
Romantic

Keeping Your Family Safe

- ✓ User your own instincts. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger
- ✓ If an argument seems unavoidable try to have it in a room or area that has access to an exit and not in a bathroom, kitchen, or anywhere near weapons.
- ✓ Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- ✓ Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- ✓ Always remember – **you don't deserve to be hit or threatened!!**

Safety Planning

- ✓ Call 911 if you are in danger or need help.
- ✓ If you are injured, go to an emergency room for help. REPORT what happened.
- ✓ Contact Hope's Door or one of the resources listed to find out what help is available
- ✓ Keep any evidence of abuse such as torn clothing or photos of bruising or injuries.
- ✓ Plan the safest time to get away.
- ✓ Keep these items with someone you trust:
 - Spare set of keys
 - Birth Certificates
 - Driver's License
 - Social Security Card
 - Prescriptions/Medications
 - Passport
 - Checkbook
 - Money
 - Clothing
 - Shot Records
- ✓ Plan with your children a safe place to meet such as a neighbor's house

Sometimes it is hard to define just what is wrong in a relationship. A partner may criticize your accomplishments and efforts, make you feel as though your best isn't good enough, encourage you to stay home and avoid your friends, or hit you when you "push his buttons." If you feel as though something isn't right, trust your instincts.

Take a moment to take the quiz on this card. If you answer yes to any of these questions, you may be in a relationship with an abusive partner.

Domestic violence is the leading cause of injury to women in the United States. This violence may take the form of physical abuse, such as pushing, shoving, choking or slapping, sexual abuse, such as rape; or emotional abuse, such as making threats to harm you.

Seldom does the abuse just go away; it gets worse. And there is nothing you can do to change your partner's behavior.

If you would like to talk confidentially about your relationship, safety planning or emergency shelter, call one of the resources listed on this card. Someone is available 24 hours a day to take your call.