

Do you think you are being abused?

Signs of abuse and violence...

- Hit, slap, kick, punch or push you around?
- Hurt you or threaten to hurt you in other ways?
- Treat you like a possession, not a person?
- Force you to have sex against your wishes?
- Constantly put you down, make you feel stupid and worthless?
- Make it hard for you to leave?
- Not let you have your own friends?
- Takes your money, makes all financial decision and/or controls the money.

If any of this sounds familiar, chances are you are being abused.

Get Help.

The first step is often the hardest. If nothing is done, the abuse will not stop. **Help is available.**

Adapted from: National Clearinghouse on Family Violence website.