

## 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.