

# PROTECT OUR WOMEN

**Quick Involvement-** Abusers try to force their victims to commit to a relationship fast and try make their victim feel guilty about slowing the relationship down. (Is your partner trying to force marriage upon you? Is your partner pressuring you to live with them?)

**Isolation-** Abusers try to separate their victims from their families or friends accusing them of causing trouble or trying to stop them from being together. An abuser can get obsessive and even go to the point of cutting off the use of the victim's phone, car, or any other way of connected with someone other than their abuser.

**The Blame Game** is a constant game abusers like to play with their victims. The victim is blamed for all the abuser's obstacles and downfalls.

**Walking on Eggshells-** Abusers are usually hypersensitive, so victims must watch what they say to their abusers so they won't get upset or angry.

## What is domestic abuse?

- Violent or aggressive behavior within a home involving the abuse of a spouse or partner.

## Catching Signs of Abuse Early

**Jealousy-**Abusers are constantly possessive over their victims and get paranoid of what their victim is doing when their victim is not present with them. (Are you constantly accused of cheating? Does your partner constantly get envious when you hang around your family or friends? Does your partner constantly check your phone behind your back or show up expectedly to your workplace?)

**Controlling Behavior-** An abuser usually wants to control their victim's lives from making their decisions for them or controlling their finances. (Does your partner restrict you from going certain places? Does your partner get upset when you going against what they are saying?)



# Get Help



**Call Philadelphia 24-Hour Hotline  
(1-866-723-3014)**

## **Create a plan of safety**

- **Gather all your identification information ( birth certificates, license, photo identification, health insurance, etc.)**
- **Money, Credit Cards, Checkbook, Food Stamps, Pay Stubs, Court Papers**
- **Extra Clothes, House Keys**
- **Place to go**
- **Tell someone you can trust about you leaving your abuser and plan of action**

**Humiliation**-An abuser feels good when they can embarrass their victim because it boosts their low self esteem. (Does your partner get excitement from constantly humiliate you in public to pick with your insecurities?)

## **Did You Know?**

- **Worldwide, 1 in every 3 women have been beaten on.**
- **1/3 of American women report being sexually or physically abused by a husband or boyfriend at one point in their lives.**
- **On a regular day, there are more than 20,000 calls placed to domestic violence hotlines, so don't be afraid to call! Women between the ages of 18-24 are most commonly abused by their partners**