

# SOMEONE YOU KNOW NEEDS THIS INFORMATION!

Unhealthy relationships involve controlling behaviors. They may be physical acts, verbal threats, put downs, pressure for sex, or controlling access to money. These behaviors may seem to happen all the time no matter what you do. They could get worse and lead to violence. Unhealthy relationships can affect your health and can hurt your children and their growth and development.



## ANSWER 3 QUESTIONS

1

1 in 3 women in the U.S. have had relationships where their partners try to control them. Have you ever had a partner try to control you? (e.g. monitored you phone calls, isolated you from friends or family, had "rules" for you to follow, kept money issues secret from you)

2

Many controlling partners use fear to make people behave in certain ways or do things that they do not want to do. Have you ever had a partner that you have been afraid of, or who has made you fearful of them?

3

In relationships where fear is used, partners will often threaten things to get their way or be in control. Have you ever had a partner who has threatened you? (e.g. I will find you if you ever leave me, I will take the children if you try to leave, I will kill myself if you leave, I will tell everyone you are crazy, I can get you fired)

One "yes" can mean you are a victim of domestic violence.

# VICTIMS OF DOMESTIC VIOLENCE NEED TO KNOW:

# 1

You are not alone

# 2

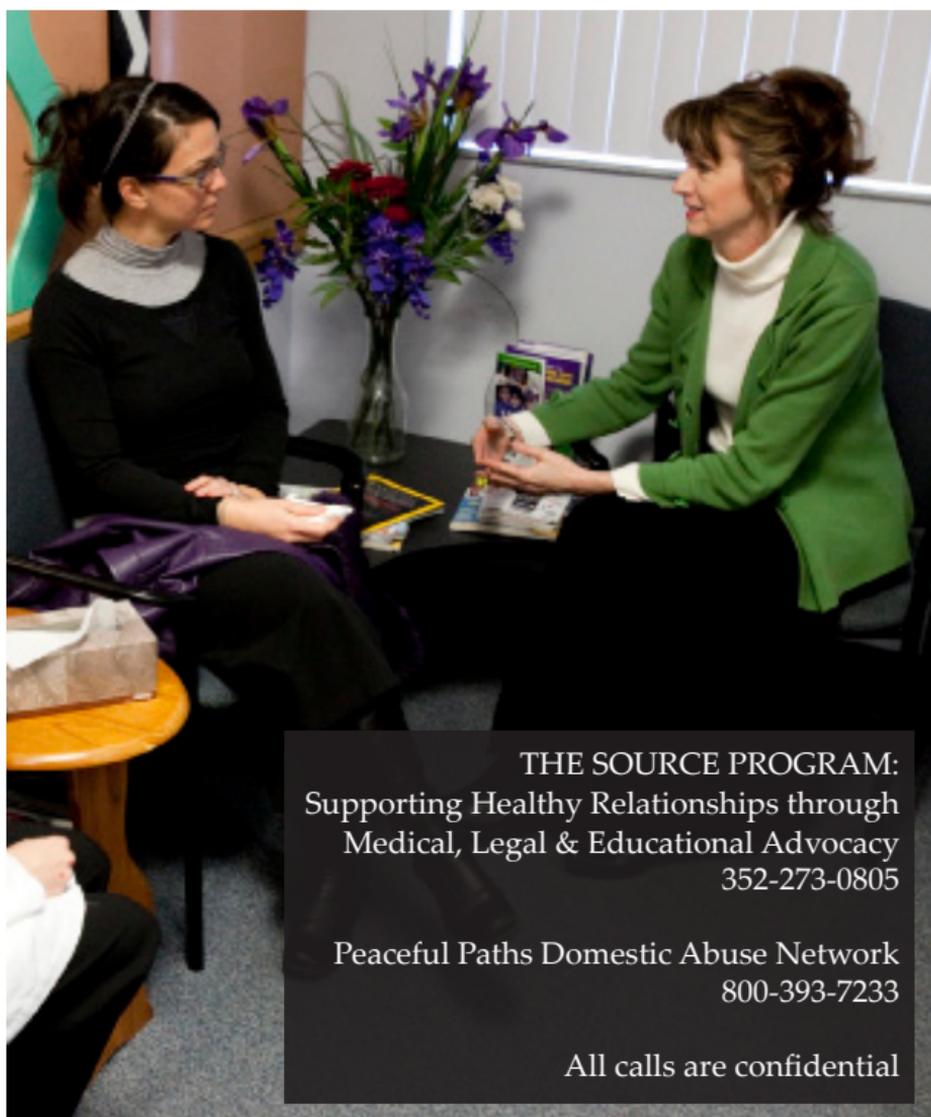
Your partner's behavior is not your fault

# 3

You deserve to live safely

# 4

There are resources to help



THE SOURCE PROGRAM:  
Supporting Healthy Relationships through  
Medical, Legal & Educational Advocacy  
352-273-0805

Peaceful Paths Domestic Abuse Network  
800-393-7233

All calls are confidential

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