



Back Door Reading From your Health Ministries



Are you safe at home?

Most domestic violence is directed at women and children, but men can be affected also.



Although it is usually hidden, this kind of abuse is very common and affects persons in all walks of life.

If you are experiencing domestic violence, it is important to know:

- Stash cash, keys
- Apparel for you & kids
- Financial records, papers
- Escape plan, shelter
- Telephone #s
- You deserve to be safe!

- ♥ You are not alone.
- ♥ It is not your fault.
- ♥ You cannot stop it.
- ♥ Violence always escalates.
- ♥ No one has the right to harm you.
- ♥ Expressing anger in ways that hurt others is wrong!
- ♥ Help is available.



The Cycle of Violence

- ✓ Tension building phase "walking on eggshells".
- ✓ Battering phase may be verbal, physical, sexual, or psychological abuse.
- ✓ Honeymoon phase apologies, gifts, promises to stop the behavior.



If you are concerned that abuse could be a pattern in your home, either because of the way you are being treated or the ways you treat others you love, please call for help.

Encourage friends who may have problems to call also! **Call the hot line number, a member of the clergy or health ministry.**



To self-justify their behavior, the person abusing becomes convinced that the person abused deserved even more severe punishment. This is why abuse escalates over time.



There is NO excuse for
Domestic Violence
Call 1-800-799-7233