Intimate Partner Violence

10 Warning Signs of Being in an Abusive Relationship

1. Put you down or call you names?
2. Control where you go or who you spend time with?
3. Hurt you by hitting, kicking, or strangling you?
4. Blame you for their violent or abusive behaviors?
5. Threaten to take your children away?
6. Treat you like a servant or make all the decisions in the relationship?
7. Prevent you from getting or keeping a job?
8. Make or carry out threats?
9. Make you afraid using looks or gestures?
10. Pressure or force you into unwanted activities?

What can you do?

- Design a safety plan
- Practice self care
- Seek medical aid for any inflicted injuries and have it documented
- Contact your local shelter and hotline
- Try to set money aside with a friend or relative
- Keep a list of emergency numbers handy
- Use secure technology (ex: computer at library and not in home)

Once you are out:

- Cut off contact with your ex
- Surround yourself with support
- Consider counseling
- Alert school authorities of the situation if you have children
- Change your phone number or get caller ID
- Seek legal help

RESOURCES

**Steps to End Domestic Violence**
294 North Winooski Ave, Suite 214-A
Burlington, VT 05401
P: (802)658-3131
Hotline: (802)658-1996
Stepsvt.org

**US National Domestic Violence Hotline**
1(800)799-7233 (SAFE)
1(800)787-3224
Loveisrespect (for teens)
(866)331-9474
Text loveis to 22522

**HOPE Works**
P: (802)864-0555
Hotline: (802)863-1236
(800)489-7273
Hopeworksvt.org

**Casa de Esperanzza**
Hotline: (800)799-7233
Casadesperanza.org

**Vermont Domestic Violence Hotline**
1(800)228-7395

**Animal Welfare Institute Safe Haven’s Project**
Awionline.org/safe-havens