

It is a good idea to find people in your community who understand abuse and can help you make a plan for staying safe. If you are not sure about the resources in your community, call the **Kentucky Domestic Violence Association (502-695-2444)** or the **National Domestic Violence Hotline (1-800-799-SAFE)**.

- You can call your local crisis line at

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- You can attend a support group.
 - You can tell friends, family, teachers, counselors, or any other adult who may help you.

What to do if your friend is in an abusive relationship:

- Tell them it's not their fault.
- Tell them they don't deserve it.
- Listen to them without judging them.
- Believe them, and let them know that you do.
- Help them recognize that what's happening is NOT normal.
- Don't blame them for the abuse or decisions; leaving an abusive relationship is hard and usually takes a long time.
- Give them good information about abuse-- you can call your local crisis line and get information and support.

KENTUCKY'S DOMESTIC VIOLENCE PROGRAMS

ASHLAND

Safe Harbor/FIVCO
Toll Free: 1-800-926-2150

BEATTYVILLE

Resurrection Home
Toll Free: 606-464-8481

BOWLING GREEN

Barren River Area Safe Space (BRASS)
Toll-Free: 1-800-928-1183

ELIZABETHTOWN

SpringHaven Domestic Violence Program
Toll-Free: 1-800-767-5838

HAZARD

LKLP Safe House
Toll-Free: 1-800-928-3131

HOPKINSVILLE

Sanctuary
Toll-Free: 1-800-766-0000

LEBANON

Caring Place
Toll-Free: 1-800-692-9394

LEXINGTON

YWCA Spouse Abuse Center
Toll-Free: 1-800-544-2022

LOUISVILLE

The Center for Women and Families
Toll-Free: 1-877-803-7577

MAYSVILLE

Women's Crisis Center
Toll Free: 1-800-928-6708

MOREHEAD

D.O.V.E.S.
Toll-Free: 1-800-221-4361

NORTHERN KENTUCKY

Women's Crisis Center
Toll-Free: 1-800-928-3335

OWENSBORO

O.A.S.I.S.
Toll-Free 1-800-882-2873

PADUCAH

Women Aware
Toll-Free: 1-800-585-2686

PRESTONSBURG

Big Sandy Family Abuse Center
Toll-Free: 1-800-649-6605

MOUNT VERNON

Family Life Abuse Center
Toll-Free 1-800-755-5348

SOMERSET

Bethany House Abuse Shelter
Toll-Free: 1-800-755-2017

You've Got The Power....

Dating can help you:

LEARN ABOUT YOURSELF

Dating gives you a chance to examine who you are and who you want to be. You can also learn about trust, respect, and affection.

LEARN ABOUT OTHERS

Dating helps you find out what kind of person you want to spend time with. You learn about the qualities you admire in a person and those qualities that matter less.

IN A HEALTHY RELATIONSHIP, BOTH PARTNERS...

treat each other with respect, support each other's goals in life and expect each other to have independence. People have their own opinions, feelings, friends and activities. In an equal relationship, decisions are made together. Both partners can make compromises, admit mistakes, and communicate openly and truthfully.

WHAT IS AN UNHEALTHY RELATIONSHIP?

An Unhealthy Relationship... is a relationship in which one person uses physical, emotional or sexual abuse to gain power and control over the other person. This is often referred to as Dating Violence or Domestic Violence.

Tactics of Control:

Dating Violence is more than hitting. It is a pattern of abusive behavior used to threaten, frighten, injure and control another person. Over time, abusive behaviors increase in frequency and severity. Physical abuse in a relationship rarely starts out as severe violence. It's subtle. Some behaviors which show the possibility that a dating partner may eventually become physically violent include:

- extreme jealousy,
- blaming others for their problems,
- never being able to admit wrong doing
- cruelty to animals, and
- holding extreme beliefs about men and women and relationships. (ex. Man is the decision-maker of the relationship and the woman is supposed to please him.)

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Look over the following questions. Think about how you are being treated. Remember, when someone scares, hurts or continually makes fun of you, it's abuse.

Does Your Partner...

- ◇ embarrass or make fun of you in front of your friends? family? teachers?
- ◇ put down your accomplishments or ideas?
- ◇ use intimidation or threats to get his/her way?
- ◇ call you names and yell at you?
- ◇ use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- ◇ grab, push, kick, pinch, shove, or hit you?
- ◇ pressure you sexually for things you aren't ready for?
- ◇ call several times at night or show up to make sure you are where you said you would be?
- ◇ prevent you from going or doing things you want--like hanging out with friends or wanting to be by yourself?
- ◇ make you feel like there "is no way out" of the relationship?
- ◇ make you feel like everything that doesn't go right is your fault?

Do You...

- ◇ sometimes feel scared of how your partner will act?
- ◇ constantly make excuses to other people for your partner's behavior?
- ◇ believe that your partner will change if only you change something about your self?
- ◇ try not to do anything that will make your partner mad?
- ◇ feel like no matter what you do, your partner is never happy with you?
- ◇ always do what your partner wants instead of what you want?
- ◇ stay with your partner only because you are afraid of what your partner will do if you break-up?

Getting Help:

If any of these things are happening to you in your relationship, talk to someone to learn more about dating violence. It may be time to seriously evaluate the safety in your relationship.

You Do Have Choices.

Making decisions about relationships can be a difficult struggle. It can be the most dangerous time for women when leaving an abusive relationship, so it is very important **to plan for safety.**