



Break The Silence on Domestic Violence

Domestic Violence is about Power and Control.

Domestic Violence can be:

Physical Verbal
Sexual Emotional
Financial Mental
Social



THE VIOLENCE CAN CAUSE SEVERE PHYSICAL AND EMOTIONAL HARM TO ADULTS AND CHILDREN

Experiencing Domestic Violence? You Should:

- Take the threat of danger seriously.
- Talk to a counselor, minister, friend or someone you trust for support and help.
- Keep a journal in words and pictures.

Call the 24 hour domestic violence hotline **(352) 622-8495** to talk, get information or ideas, find a shelter, or make a safety or escape plan.

DOMESTIC VIOLENCE TENDS TO GET WORSE OVER TIME. IT DOES NOT GO AWAY ON ITS OWN.



To schedule a presentation or for more information,
Call (352) 438-5993 or go to:
www.mcchildrensalliance.org

Domestic Violence Is:

A pattern of controlling behaviors that may include physical, sexual or emotional abuse.

If you are a victim of domestic violence, **it not your fault**. Drugs or alcohol may make the abuse worse, but are not the cause. **The abuser is responsible.**

Statistics:

1 out of every 4 women is, has been or will be abused in her lifetime.

Domestic Violence is the leading cause of injury to women between the ages of 15 to 44 years of age.

In the United States, a man batters a women every 15 seconds; a women batters a man every 16 minutes.

A battered women will leave her abuser an average of 7 times before leaving him for good.

Approximately 1,300 U.S. women are killed by a husband, intimate partner or boyfriend every year.

You May Be A Victim If Your Partner:

- Kicks, pushes, hits or slaps you.
- Is possessive or extremely jealous.
- Harms or threatens to kill animals, you or someone you love.
- Controls all or most of the money.
- Forces you to have sex.

Be Ready If You Decide To Leave:

Keep a safety bag ready with identifications driver's license, birth certificates, medication, insurance papers, proof of income, school records, health care information, etc., and leave with someone you trust.