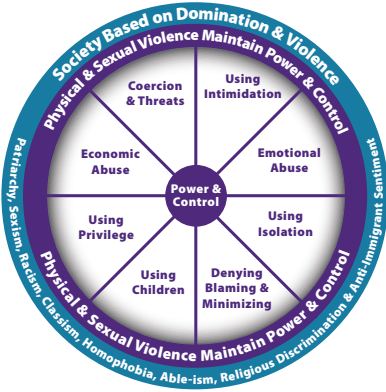


# WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a pattern of abusive behavior in a relationship that is used by one partner to exercise power and control over another.

## Abuse is never the victim's fault.

Here is a way to think about domestic violence: the blue ring shows the way our society or culture supports control over another; the purple ring shows how people use threats of physical and sexual violence to keep power and control; and the inner sections are more subtle ways a partner can keep power and control over another.



## Examples of Abuse

- **Verbal:** Yelling, name calling, belittling accomplishments, threats to hurt or kill
- **Emotional:** Ridicule, criticism, blame, accusations of affairs, making account for time, threatening to kill themselves
- **Financial:** Controlling money, withholding child support, stops paying utilities, running up debt, ruining credit
- **Sexual:** Constant sexual demands, forcing unwanted sexual acts, forcing family members to see pornographic materials, taking nude photos or videos
- **Physical:** Pushing, kicking, hitting, biting, locking in or out of house, choking, hitting with objects, abusing pets, threatening to use knife or gun



**Ashland County  
Safe Haven**

Rape Crisis & Domestic  
Violence Services

**24 HOUR ANONYMOUS HOTLINE:**

**419-289-8085**



**Appleseed**  
Community Mental Health Center

Safe Haven is a program of Appleseed  
Community Mental Health Center.

## **Domestic violence can hurt an individual's social and emotional well-being as well as their physical bodies.**

It can harm an individual's health, how they parent, and their economic independence. It is not something that happens only once, and usually gets worse over time. Living in fear takes a great toll on the individual experiencing it.

People who abuse are responsible for their behaviors. People choose to be violent. Drugs, alcohol, or other people do not make them use violence.

### **Recognize the Signs**

Recognizing the signs of domestic violence is an important step in helping someone stay safe.

#### **Abusive partner:**

- Acts controlling and puts the victim down in front of others
- Loses temper and breaks things
- Displays extreme jealousy
- Controls all the finances and monitors money

#### **Victim:**

- Becomes quiet when partner is around and seems afraid of making them angry
- Stops seeing friends or family and becomes more and more isolated
- Has unexplained injuries or explanations that don't seem to make sense
- Downplays partner's violent behaviors
- Cancels plans at the last minute
- Has low self-esteem and is self-defeating

### **Safety Plan**

If trying to leave an abusive situation a victim should:

- Identify ways to get out; practice the route
- Hide a bag of important documents, money, keys, and medication
- Develop a code word or signal with children or neighbors to indicate when help is needed
- Decide and plan where to go after leaving

**Contact Safe Haven for help developing an individualized safety plan for leaving or staying in an abusive situation.**

**[www.SafeHavenofAshland.org](http://www.SafeHavenofAshland.org)**

**Follow us at RCDVSafeHaven**   

*This publication is generously funded by*

