

Are You Ready for Creepy Encounters of the Intimate Kind?



(Or, what everybody needs to know about
dating or domestic violence and abuse)

Not-So-Fun Facts

Intimate partner and dating violence often begins with slow, even seemingly playful, power and control games. It usually escalates over time, and soon it's no longer cute or flattering. Over time it may become dangerous, even life-threatening.

An abuser often works to isolate their partner from all kinds of support. Physical, social, and financial isolation serve to keep you from leaving. That means you may have few, if any, friends, and little contact with family.

Intimate partner violence is planned. It's not that the abuser simply cannot control their temper. The abusive person wants power over you, and has learned a variety of behaviors (see list on right) to control your actions.

If You Believe Someone You Care About is Being Abused

ASK. Find a private moment. Tell them what you've observed that worries you. Tell them that if they ever wants to talk about it, you're there (remember, abusers try to create isolation -- work to break it). Support their choices (abusers try to deny their victims free choice). Let them know you don't believe it's their fault, regardless of what the abuser says (and really believe it yourself). Say they deserve to be treated well. Don't pressure them to leave, that takes time. Contact a domestic violence hotline -- advocates on the other end are there to counsel not only DV survivors but those who care about them.

Seattle Area Resources:

DAWN (www.dawnrising.org) 425-656-7867
New Beginnings (www.newbegin.org) 206-522-9472
NW Network for Bisexual, Trans and Lesbian Survivors of Abuse (www.nwnetwork.org)
206-568-7777
LifeWire (www.edvp.org) 800-827-8840
For a Safety Plan blueprint see <https://www.StrategicLiving.org/safetyplanning.pdf>

How to ID Abuse

Does your partner:

- Criticize or humiliate you?
- Yell at you for little things?
- Tell you that their jealousy is only because they love you so much?
- Try to prevent you from seeing family or friends?
- Get angry if they see you talking to a friend?
- Call and text you all hours of the day and night?
- Rummage through and read your personal mail, email, diary, financial transactions, or text messages to and from others?
- Try to control your money?
- Damage or destroy your stuff?
- Force you to have sex when you don't want to?
- Push you to drink alcohol or take drugs?
- Slap, push, punch, or bite you?
- Blame you for their poor behavior towards you?

Do you often feel:

- Afraid of your partner?
- That you can't do anything right?
- Stupid?
- Emotionally numb or overwhelmed?
- That you're going crazy?

If You Recognize That You're Being Abused:

Know you did not cause the abuse. Seek help from domestic violence advocates (look left for Seattle area resources). Create a safety plan. Find supportive people among your friends and family. Plan where you could go if you needed to escape, and what you'd need to bring. Know that you may involve the police or courts at some point. In addition to a good advocate, you may need a good lawyer and a good therapist.

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