

would you recognize a victim of domestic violence?

Common signs:

- Heavy makeup
- New bald spots
- Scrapes, bruises, cuts, or fractures
- Frequent injuries
- Loose or broken teeth
- Cigarette burns
- Bite marks
- Rope burns
- Welts with the outline of a belt buckle or other weapon

Could you be a victim?

- Are you often afraid of your partner?
- Is your partner overly jealous?
- Do you avoid certain topics or spend a lot of time figuring out how to talk about certain topics so that you do not arouse your partner's anger?
- Do you ever feel that you can't do anything right for your partner?
- Is your partner controlling and won't let you see your family and friends?
- Does your partner insult you?
- Do you sometimes wonder if you are the one who is crazy, that maybe you are overreacting to your partner's behaviors?
- Do you sometimes fantasize about ways to kill your partner to get him or her out of your life?
- Are you afraid that your partner may try to kill you?
- Do you feel that there is nowhere to turn for help?
- Are you feeling emotionally numb?
- Were you abused as a child, or did you grow up with domestic violence in the household?
- Do you sometimes feel like you deserve to be physically hurt?
- Are you afraid of losing your children and pets if you leave your partner?

Contact your local YWCA for more information on how to get help. Many local YWCAs have hotlines. In an emergency, always call 911.

The National Domestic Violence Hotline 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY) is always open.

Source: Edited from contributions of YWCAs around the country