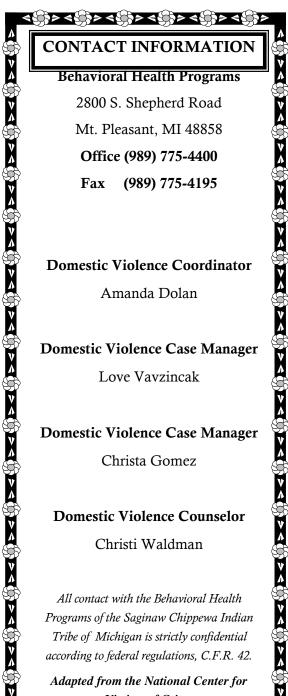
IF YOU ARE BEING ABUSED, **YOU MIGHT...**

- Believe it's your fault.
- Feel angry, sad, lonely, depressed, or confused.
- Feel helpless to stop the abuse.
- Feel threatened, humiliated, or ashamed.
- Feel anxious, trapped, or lonely. *
- Worry about what might happen next. *
- Feel like you can't talk to family or friends.
- Be afraid of getting hurt.
- Feel protective of your partner.

These are normal reactions to being abused. You are not alone.

IF SOMEONE YOU KNOW IS BEING ABUSED, YOU CAN HELP

- Listen. Show support. Don't blame the victim for the crime. Tell your friend that you're worried about them. Ask how you can help.
- Encourage your friend to seek help: give them information about victim service providers.
- Instead of deciding what's best for your friend, help your friend make their own decisions.
- Find someone you can talk to about your feelings about the situation.



Victims of Crime

Saginaw Chippewa Indian Tribe of Michigan





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IS THIS DOMESTIC VIOLENCE?

If the person you're involved with acts controlling, aggressive, coercive, or violent, that's abuse. Relationships can be abusive even if there is no hitting: abuse can be verbal, emotional, physical, sexual, or spiritual.

Ask yourself: Does my partner...

- ☑ Call or text me frequently to find out where I am, who I'm with, or what I'm doing?
- \square Call me names, insult me, or criticize me?
- ☑ Act jealous, possessive, controlling, or bossy?
- \square Give me orders or make all the decisions?
- ☑ Take my paycheck against my wishes or control all the finances?
- ☑ Threaten to hurt me or someone in my family if I don't do what they want?
- ☑ Threaten to hurt themselves if I don't do what they want?
- \square Follow me or track where I go?

Every 12 seconds a woman is beaten by her partner.

- ☑ Refuse to allow me normal contact with my family and friends?
- ☑ Shove, punch, slap, pinch, kick, or hit me? Pull my hair? Strangle me?
- Does my partner hit me, does he/she act sweet and loving afterward? Say he/she's sorry? Cry? Buy presents?
- ☑ Touch or kiss me when I don't want to? Force me to have sex? Not let me use birth control?
- $\begin{tabular}{ll} $$ $$ Use alcohol or drugs and pressure me to do it too? \end{tabular}$
- ☑ Destroy household or personal belongings or abuse pets?

If so, you are in an abusive relationship. We can help.

Anyone can be involved with an abuser. It can happen in straight or gay relationships. Both women and men are victims, but women and men abuse their partners in different ways. In some relationships the abuse only happens once in a while; in others it's every day.

Approximately, one-third of women who are murdered each year are killed by current or former partners.

