

**IF YOU STAY...  
LITTLE BOYS LEARN TO  
ABUSE...  
LITTLE GIRLS LEARN IT'S  
OK TO BE ABUSED.**

Battering is when one person gains power and control over another person using violence or the threat of violence.

Abusive behavior is carried out without regard to the victim's rights, body or health.

Some physical force or violence is usually present in an abusive relationship, but not always.

Physical assault is not the only way to hurt another person's health and well-being.

Many other abusive behaviors that may not seem violent can be damaging, including depriving that person of sleep, money, food, transportation, heat, water, medication or medical care.

Living in an abusive situation may cause stress-related illnesses such as depression, ulcers or high blood pressure.

Other forms of abuse are: Isolation from friends or family, not letting you leave the house, insulting you or making you have sex when you do not want to.

**Offices That May Help You In  
Your Area:**

**Harmony House Child Advocacy  
Center**

63 Spring Station Dr.  
Franklin Springs, GA 30639  
706-245-8700

**Northeast Georgia Council on  
Domestic Violence**

(Hart Haven)  
351 West Franklin St.  
Hartwell, GA 30643  
706-376-7111  
1-800-334-2836

**Project Safe**

P.O. Box 7532  
Athens, GA 30604  
Crisis Hot Line: 706-543-3331  
Teen Texting Line: 706-765-8019

**Victim Services**

40 Spring Lake Dr.  
Danielsville, GA 30633  
706-795-6322 (Madison, Franklin)  
762-338-8825 (Elbert, Oglethorpe)  
706-376-3128 (Hart)

**STOP FAMILY  
VIOLENCE**



***VICTIM SERVICES***  
Serving the  
Northern Judicial Circuit

## IS THIS HAPPENING TO YOU?

Does your spouse or partner, family member, or caretaker:

- Say things that embarrass, insult, or ridicule you?
- Blame you for his/her violence or excuse his/her violence because of something you did or failed to do?
- Use religion, lies, or promises to manipulate you?
- Insult your family and friends or drive them away?
- Take away your house keys, car keys, or money?
- Accuse you of having affairs with someone else?
- Withhold affection as punishment on a frequent basis?
- Threaten to take your children away from you?
- Stop you from getting medical care?
- Force or coerce you to have sex when you do not want to?
- Threaten to hurt or kill your family members or friends?
- Abuse your pets in order to hurt or scare you?
- Threaten to hurt you with objects or weapons?
- Hit, slap, punch, kick, grab, hold, push, shove or spit on you?

If you answered yes to some of these questions, you are in an abusive relationship.

**\*\*An estimated three to four million American Women are battered each year by their husbands or partners.**

**\*\*Research suggests that battering results in more injuries that require medical treatment than rape, auto accidents and muggings combined.**

You do not deserve this treatment. Nothing you do or say makes another's physical or emotional violence right. There are people from whom you can get help, who will understand the problems you are facing.



### IF YOU ARE ABUSED

You can talk with a friend, neighbor or relative. You can call a battered woman's program or shelter near you. Most offer telephone counseling, support groups, temporary shelter, legal information and children's programs.

You can go to a hospital or doctor to check your injuries. Most hospitals have a social worker on staff that may be able to help you.

You can call the police to protect you until you can get to a safer place.

You can seek a Temporary Protective Order through the court that tells the abuser to stay away from you and may grant you temporary custody of your children. If you cannot afford a lawyer for your divorce, Victim's Services can help you, free of charge, to obtain a Temporary Protective Order. Please call Victim Services at 229.246.5222.

### SAFETY PLANNING

Leaving an abusive relationship requires planning. Pack a small bag with:

- ❖ \$50 or more in cash,
- ❖ Clothing for you and your children,
- ❖ Prescriptions, eyeglasses, etc.
- ❖ Checkbook,
- ❖ Abuser's Social Security Number, date of birth, work address, telephone number, and his/her proof of income if possible,
- ❖ Insurance policies, pension plan, 401(k),
- ❖ Certificates of Deposits,
- ❖ Children's birth certificates and immunization records,
- ❖ Important phone numbers,
- ❖ Keys to your residence and vehicle(s)