

ARE YOU IN A HEALTHY RELATIONSHIP?

GREEN FLAGS

- ▶ ACCEPTS and likes you for who you are
- ▶ TRUSTS YOU and includes you in decision-making
- ▶ Handles conflicts WITHOUT VIOLENCE
- ▶ RESPECTS your sexual limits and personal boundaries
- ▶ Encourages you to pursue your GOALS
- ▶ Uses EFFECTIVE verbal communication
- ▶ Expresses anger in an APPROPRIATE manner
- ▶ SUPPORTS YOU when you want to spend time with friends or doing other activities
- ▶ Doesn't make you feel afraid to VOICE your thoughts, feelings or opinions
- ▶ Respects and VALUES others
- ▶ Has HEALTHY self-esteem and self-respect
- ▶ Is OPEN-MINDED about non-traditional gender roles
- ▶ Accepts RESPONSIBILITY for their own actions

RED FLAGS

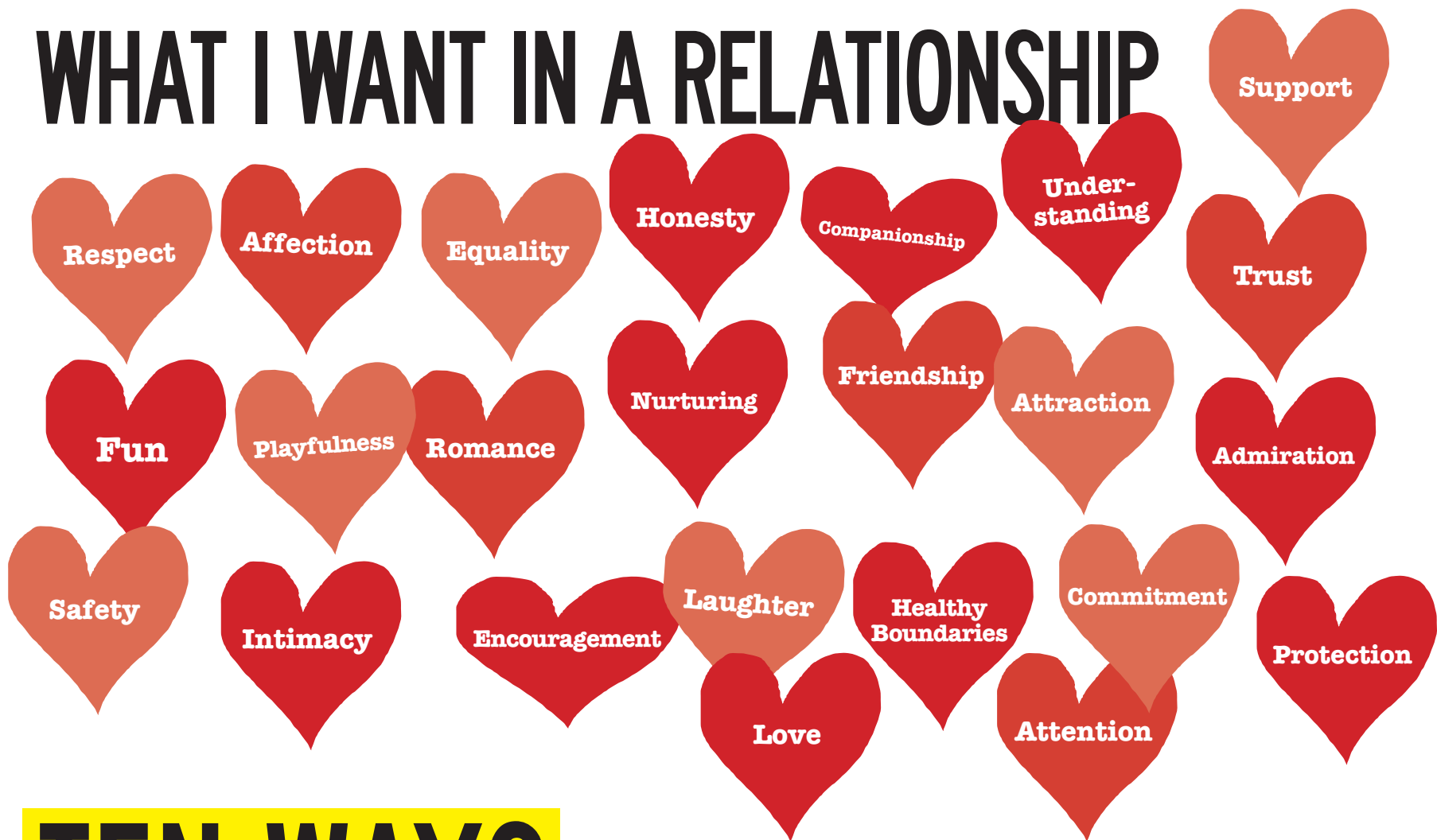
- ▶ Insults or humiliates you in public or private
- ▶ Uses mind games, lies or manipulation
- ▶ Explodes over small things
- ▶ Pressures you for sex
- ▶ Belittles your feelings and opinions
- ▶ Controls or withholds money
- ▶ Makes threats or uses violence against you, your family or pets
- ▶ Tries to control what you do and who you see
- ▶ Monitors your computer usage or uses spy ware to monitor your computer activity
- ▶ Uses GPS to track you (on your phone or installs device)
- ▶ Berates you, threatens you or spreads rumors about you through texting, social media sites, chat rooms
- ▶ Installs cameras on your computer, car or house to watch you
- ▶ Blames others for their own faults

FRIENDS HELPING FRIENDS

DO YOU HAVE A FRIEND THAT MAY BE THE VICTIM OF DOMESTIC ABUSE? HERE ARE SOME WAYS YOU CAN HELP:

- ▶ TAKE THE TIME TO LISTEN AND TALK TO YOUR FRIEND.
- ▶ DON'T BE AFRAID TO LET THEM KNOW THAT YOU ARE AFRAID FOR THEIR SAFETY.
- ▶ ACKNOWLEDGE THAT HE OR SHE IS IN A VERY DIFFICULT AND SCARY SITUATION.
- ▶ BE SUPPORTIVE AND NON-JUDGMENTAL.
- ▶ RESPECT YOUR FRIEND'S PRIVACY. DON'T GOSSIP OR REPEAT WHAT THEY'VE TOLD YOU IN CONFIDENCE WITHOUT THEIR PERMISSION.
- ▶ ENCOURAGE YOUR FRIEND TO PARTICIPATE IN POSITIVE ACTIVITIES OUTSIDE OF THE RELATIONSHIP WITH FRIENDS AND FAMILY.
- ▶ KEEP IN TOUCH WITH YOUR FRIEND BUT DON'T CONTACT THEIR ABUSER.
- ▶ REASSURE YOUR FRIEND THAT THEY DID NOT CAUSE THE ABUSE; NO ONE DESERVES TO BE ABUSED.
- ▶ LET YOUR FRIEND MAKE HIS OR HER OWN DECISIONS. GIVE SUPPORT BUT NOT ADVICE.
- ▶ HELP YOUR FRIEND MAKE A SAFETY PLAN. DO THEY HAVE AN ESCAPE PLAN IN PLACE IF NECESSARY?
- ▶ KNOW THE COMMUNITY RESOURCES, INCLUDING HOTLINES, LEGAL, MEDICAL AND COUNSELING OPTIONS THAT ARE AVAILABLE IN YOUR AREA.

WHAT I WANT IN A RELATIONSHIP



TEN WAYS

YOU CAN HELP STOP DOMESTIC VIOLENCE IN THE COMMUNITY:

1. Call the police immediately if you witness violence taking place.
2. If you suspect that a friend, neighbor or co-worker is a victim of domestic violence, refer them to a free 24-hour crisis hotline.
3. Learn about and volunteer at local domestic violence services and organizations in your community.
4. Talk to your friends, neighbors, co-workers and community members about the importance of honoring and respecting women.
5. Avoid participating in any behavior that is demeaning to women.
6. Come to an agreement with your colleagues, neighbors and family members that abusive actions and language is unacceptable.
7. Develop a safety campaign in your workplace, neighborhood, school or house of worship.
8. Suggest that local schools develop curriculum and provide information about dating and family violence.
9. Ask that health care professionals in the community receive diagnostic and treatment guidelines about domestic violence as developed by the American Medical Association.
10. Make your own life violence-free. Maintain a violence-free home and lifestyle.

3 DEFINITIONS OF CRIME:

Domestic Assault (*duh-mes-tik uh-sawlt*) *n.* a sudden, violent attack involving the home, household affairs, or the family, including grabbing, pushing, kicking, hitting or threatening physical harm to a spouse, sibling, child, boyfriend or girlfriend.

Sexual Assault (*sek-shoo-uhl uh-sawlt*) *n.* an unlawful physical attack upon another person, pertaining to or for sex, with or without battery, but may include sexually abusing a person against their will, with the use of force, threat, or intimidation.

Stalking (*stawk -ing*) *n.* to pursue or proceed in a steady, deliberate, or sinister manner, placing a person in fear of sexual assault, bodily injury or death with repeated actions that may include following someone, sending numerous emails or texts, calling repeatedly or sending unwanted gifts or letters.



and educational programming for adults and children residing in New Kent, Charles City, King William and King and Queen Counties. There is no charge for these services and all information is confidential.

Safe Harbor

24-hour crisis hotline: 287-7877

Provides free services to victims of domestic violence including a 24-hour hotline, emergency shelter, hospital accompaniment, community counseling and support groups, children services, court advocacy and education and violence prevention presentations.

Virginia Sexual and Domestic Violence Action Alliance

24-hour hotline: 1-800-838-8238

The Action Alliance is a coalition of persons and agencies devoted to ending sexual and domestic violence. They provide advocacy, community resources and education to individuals, communities professionals and legislators and they work to build networks in Virginia.

YWCA

24 hour crisis hotline: 643-0888

Provides support for victims of domestic and/or sexual violence. Services include: hospital and court accompaniment, shelter, individual and group counseling, adult and child-centered case management, as well as speakers and training for community or workplace groups.

HOTLINE & INFORMATION RESOURCES:

Hanover Safe Place

24 hour hotline: 752-2702 or 1-888-370-SAFE

The mission of Hanover Safe Place is to prevent domestic violence and sexual assault, provide services for victims and create community awareness around these issues.

The James House Intervention/ Prevention Services

(Sexual Assault/Domestic Violence Crisis Center) 458-2704, helpline@thejameshouse.org. 24-Hour Crisis Hotline: 458-2840 (TTY)

Quin Rivers Rural Economic and Community Development

24 hour crisis hotline: 1-877-966-4357

Quin Rivers is part of a 24-hour hotline network for crisis assistance with respect to domestic violence, child abuse and sexual assault situations. Project Hope staff members provide intervention and prevention services which include individual and group supportive counseling, court advocacy, accompaniment, emergency assistance,

THANK YOU TO OUR SUPPORTERS:

Chesterfield County Domestic Violence Task Force DELTA Project

Hanover Safe Place

Henrico Community Partners, Inc.

Henrico Fraternal Order of Police Lodge #4

James House Intervention/Prevention Services

Powhatan Department of Social Services

Quin Rivers Project Hope

Safe Harbor

Senior Connections, The Capital Area Agency on Aging

Virginia Coalition for the Prevention of Elder Abuse

YWCA of Richmond