

Did you know?

– *a Domestic Violence fact sheet by Hope for Healing.Org*

Many people think that domestic violence begins with hitting or other forms of physical violence.
It doesn't.

Domestic violence can include any or all of the following forms. It starts with controlling behavior, name calling and other "small acts". Abusive behavior by a boyfriend, ex-boyfriend, husband, ex-husband is a **crime called domestic violence.**

Usually it begins with some form of Emotional Abuse.

This can be name calling, put downs or controlling behavior such as saying things like:

- . • "You look fat." • "You'll never amount to anything."
- . • "You need me to make decisions." • Name calling "bitch, slut, ho" etc.

Controlling behavior may begin with statements like:

- . • "Don't wear that, wear this."
- . • "Don't be friends with them. They don't care about you like I do."
- . • "Why do you want to spend time with them when you can spend time with me?"
 - . • "If you really cared you would..."
 - . • "Nobody will ever love you like I love you."

*It's important to know that for there to be abuse there must be a pattern. Anyone can make a statement similar to any of the above once. But more than that begins a pattern that can escalate into other forms of abuse including assault, rape and may even end in death.
The pattern is called domestic violence.*

Battering behavior may include or escalate to:

- | | | |
|------------|------------------|------------|
| • Pushing | • Hitting | • Stabbing |
| • Grabbing | • Sexual Assault | • Murder |
| • Pinching | • Choking | • Suicide |

Abuse may at first be presented in the context of joking around or horseplay.

The abuser may say statements like:

- *I didn't mean anything by it.*
- *Geez. Can't you take a joke?*

**Abusive behavior towards another person is not a joke.
It should always be taken seriously and never be taken lightly.**

*Love builds a person up. It doesn't tear them down and it's **never** abusive.*

For training contact us at

Hope for Healing.Org

Phone: 865.471.8366

Email: hello@hopeforhealing.org

*The National Domestic Violence Hotline is available 24/7.
Call them at 1.800.799.SAFE if you or someone you love is in danger.*