

STATISTICS ABOUT PARTNER ABUSE

- **Women ages 16 to 24 experience the highest per capita rates of intimate violence.**
(Bureau of Justice Special Report: Intimate Partner Violence, May 2000)
- **In the U.S.A., 1,247 women and 440 men were killed by an intimate partner in 2000. In recent years an intimate killed about 33% of female murder victims and 4% of male murder victims.**
(U.S. Department of Justice Crime Data Brief on Intimate Partner Violence, 1993-2001, February 2003)
- **Each year over 324,000 pregnant women are victims of intimate partner violence in the United States.**
(Centers for Disease Control and Prevention, 2002)
- **In 2002, 20 percent of female crime victims and 3 percent of male crime victims were victimized by intimates.**
(Bureau of Justice Statistics, August 2003)

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www.annamaries.org

Anna Marie's Alliance

Services Are

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Advocates are here for you!



ANNA MARIE'S ALLIANCE/
CENTRAL MN TASK FORCE ON BATTERED WOMEN

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TTY: 320.258.3321

E-mail: info@annamaries.org

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Are You In An
Unhealthy Relationship?

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tomorrow



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ARE YOU IN AN ABUSIVE RELATIONSHIP?

You might be in an abusive relationship if you:

- are frightened or intimidated by your partner
- are humiliated or degraded by name calling, put-downs or accusations
- have been threatened by your partner
- are afraid to disagree with your partner
- have been forced to have sex
- have been kicked, hit, shoved or restrained by your partner
- feel isolated and alone

Does your partner:

- exhibit extreme jealousy
- lose his/her temper frequently and easily
- stop you from seeing your family or friends
- make you afraid using looks or gestures
- destroy your property
- mistreat or make you get rid of your pet

TRUST YOUR INSTINCTS

The best way to find out if you are in an abusive relationship is to **trust your instincts**.

If you feel you have been abused, then you are not imagining it.

Abuse can be a lot of things

It is rare for abuse in relationships to start out with severe violence. In most cases the abuse starts with subtle verbal and emotional abuse followed by apologies and promises never to do it again.

Other abusive behaviors include: name calling, putting you down, following you everywhere to keep tabs on you, taking your money or pressuring you not to get a job, pressuring you to be sexual when or in a way you don't want to, refusing to practice safer sex, threatening to hurt you, threatening to tell other people you have been sexually active, threatening to commit suicide if you leave or threatening to *out* you if you are gay, lesbian, transgender or bisexual.

Abuse can happen to anyone

Jealousy is not love

Abuse is never okay

WHAT TO DO

- Tell someone you trust.
- If you have physical injuries go to the hospital.
- If you have been physically or sexually assaulted report the assault(s) immediately.
- If you fear you will be hurt again, call the police.
- Consider seeking counseling.
- Contact your local domestic violence program.

Resources

National Domestic Violence Hotline
1.800.799.SAFE (7233)

Anna Marie's Shelter— St. Cloud
320.253.6900

Central MN Sexual Assault Center
320.251.HELP or 1.800.237.5090

