



Domestic Violence Awareness Month

Your Employee Assistance Program and the Domestic Violence Awareness Project would like to raise awareness about domestic violence this month.

Statistics show that 1:4 women and 1:13 men will have experienced some form of violence in a relationship during their lifetime.

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.

Does your partner:

- Embarrass you with put-downs?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to or where you go?
- Stop you from seeing your friends or family members?
- Make you ask for, or refuse to give you money?
- Make all of the decisions?
- Tell you that you're a bad parent or threaten to take away or hurt your children?
- Force you to try and drop charges?
- Prevent you from working or attending school?
- Act like the abuse is no big deal, it's your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives or other weapons?
- Shove you, slap you, choke you, or hit you?
- Threaten to commit suicide?
- Threaten to kill you?

If you answered 'yes' to even one of the above questions, you may be in an abusive relationship.

Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating, and affects people of all socioeconomic backgrounds and education levels.

If you or someone you know is a victim of domestic violence, or if you would like to discuss relationship issues, call your Employee Assistance Program at 800-451-1834.