

VIOLENCE IS REAL

1 IN 3 WOMEN AND 1 IN 4 MEN IN THE UNITED STATES HAVE EXPERIENCED A FORM OF INTIMATE PARTNER VIOLENCE IN THEIR LIFETIME

(according to a recent study commissioned by the Centers for Disease Control and Prevention).

AN ABUSER:

- Tries to control what you do, who you talk to, where you go.
- Engages in behavior that attempts to intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, or blame you.
- Intimidates you with weapons, hits you, chokes you.
- Threatens to end your life or theirs.
- Prevents you from seeing friends or family.

TECHNOLOGY SAFETY:

- Email can be intercepted.
- Computers can be monitored.
- The history of websites visited cannot be completely erased.
- Cell phones can be monitored.
- GPS systems can be placed ANYWHERE and will let the abuser know where you are at all times.

WHAT CAN YOU DO TO BE SAFE?

- National Domestic Violence Hotline
 - 800-799-SAFE (7233)
 - ndvh.org
- Tell someone you trust.
- LCMS Domestic Abuse Resources
 - lcms.org/socialissues

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