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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