

# 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](http://ndvh.org)

Tell someone you trust.

LCMS Domestic Abuse Resources

- [lcms.org/socialissues](http://lcms.org/socialissues)

