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