

WHAT IS DOMESTIC VIOLENCE

According to S.C. Code of Laws, “domestic violence is defined as causing physical harm or injury to a person’s household member, offering or attempting to cause physical harm or injury to a person’s own household member with the apparent present ability under circumstances reasonably creating fear or imminent peril” (The Domestic Violence State Report, October 2011-September 2012). Also, domestic violence has been defined as a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Domestic violence can include physical, emotional, psychological, economic, and/or sexual abuse. Abusers use threats, intimidation, isolation, and other behaviors to gain and maintain power over their victims. Domestic violence can affect anyone, regardless of income, race, ethnicity, sexual orientation, gender identity or religion.

SIGNS THAT YOU’RE IN AN ABUSIVE RELATIONSHIP

YOUR INNER THOUGHTS AND FEELINGS

Do you:

Feel afraid of your partner much of the time?

avoid certain topics out of fear of angering your partner?

feel that you can’t do anything right for your partner?

believe that you deserve to be hurt or mistreated?

wonder if you are the one who is crazy?

feel emotionally numb or helpless?
person?

Your Partner’s Violent Behavior or Threats

Does your partner:

have a bad and unpredictable temper?

hurt you, or threaten to hurt or kill you?

threaten to take your children away or harm them?

threaten to commit suicide if you leave?

force you to have sex?

destroy your belongings?

YOUR PARTNER’S BELITTLING BEHAVIOR

Does your partner:

humiliate or yell at you?

criticize you and put you down?

treat you so badly that you’re embarrassed for your friends or family to see?

ignore or put down your opinions or accomplishments?

blame you for their own abusive behavior?

see you as property or a sex object, rather than as a

Your Partner’s Controlling Behavior

Does Your Partner:

act excessively jealous and possessive?

control where you go or what you do?

keep you from seeing your friends or family?

limit your access to money, the phone, or the car?

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constantly check up on you?

CHECKLIST (provided by the National Coalition Against Domestic Violence)

Look over the following questions. Think about how you are being treated and how you treat your partner. Remember, when one person scares, hurts or continually puts down the other person, it's abuse.

Does your partner....

- Embarrass or make fun of you in front of friends or family?
- Put down your accomplishments or goals?
- Make you feel like you are unable to make decisions?
- Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?
- Treat you roughly – grab, push, pinch, shove or hit you?
- Call, text, or email you several times a day or show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?
- Pressure you sexually for things you don't want to do?
- Make you feel like there "is no way out" of the relationship?
- Prevent you from doing things you want – like spending time with your family or friends?
- Try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson"?

Do you....

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe that you can help your partner change if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Always do what your partner wants you to do instead of what you want?
- Stay with your partner because you are afraid of what your partner would do if you broke-up?

If any of these are happening in your relationship, talk to someone. Without some help, the abuse will continue.

These are your resources

National Domestic Violence Hotline: 1-800-799-SAFE (7233)
National Sexual Assault Hotline: 1-800-656-HOPE (4673)
South Carolina Coalition Against Domestic Violence and Sexual Assault: (803)256-2900
In Columbia Call: (803)791-0515 (803)791-1322
(803) 791-0966 (803)791-7393

****Information taken from the SC Delta Fellows Project**