

**ABUSE IN RELATIONSHIPS IS:** Any pattern of behavior by one person that causes another person to do anything they do not want to do, prevent them from doing something they want to do, or causes them to be afraid. Abuse can be verbal, physical, sexual, emotional, economic, social, psychological, or spiritual and can happen to couples who are married, living together, or who are dating.

**HEALTHY AND EQUAL RELATIONSHIPS ARE:**



**TO GET HELP** contact **CENTER FOR DOMESTIC PEACE**, home of Marin Abused Women’s Services. We offer hotlines, shelter, support groups, legal aid, prevention programs, and much more.

Women’s English Hotline: 415.924.6616  
 Women’s Spanish Hotline: 415.924.3456  
 Men’s Hotline: 415.924.1070

**IS YOUR RELATIONSHIP UNHEALTHY AND UNEQUAL?**



*Are you with someone who:*

1. Does all the talking?  
 Yes  No
2. Blames you and is critical?  
 Yes  No
3. Who pressures you into things you may not want to do?  
 Yes  No
4. Checks up on you all the time?  
 Yes  No
5. Is jealous and possessive?  
 Yes  No
6. Wants you all to themselves?  
 Yes  No
7. Puts you and your family down?  
 Yes  No
8. Scares you?  
 Yes  No
9. Say they can't live without you?  
 Yes  No
10. Makes you afraid of their reactions?  
 Yes  No

*If you answered "YES" to any of these questions, you may want use the resources listed on the back.*

**October is....  
 DOMESTIC VIOLENCE AWARENESS MONTH**