

## Are you at risk? Does your partner...

- Embarrass you with bad names and put-downs?
- Look at you or act in ways that scare you?
- Control what you do, whom you see or talk to, or where you go?
- Stop you from seeing or talking to friends or family?
- Take your money or Social Security, make you ask for money, or refuse to give you money?
- Make all the decisions?
- Tell you you're a bad parent or threaten to take away or hurt your children?
- Act like the abuse is no big deal, it's your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives, or other weapons?
- Shove you, slap you, or hit you?
- Force you to drop charges?
- Threaten to commit suicide?
- Threaten to kill you?
- Monitor your time, make you account for every minute when you run errands, go to work, etc.?
- Pressure you into sex?
- Tell you no one else will love you?
- Interfere with your ability to work?

**If you answered yes to even one of these questions, you may be in an abusive relationship.**

## If you are in an abusive relationship:

Call 9-1-1 if you are in immediate danger

There is no excuse for physical violence or other forms of abuse and the victim is NEVER to blame.

Know that you are not alone and should not feel ashamed. Anyone can experience domestic violence.

Get connected to the crisis center nearest you by calling our statewide toll-free domestic violence hotline. You don't have to be in crisis to call and you do not have to give them your name. Trained advocates are ready to answer your questions, offer support, safety plan with you, and provide referrals anytime day or night.

**New Hampshire's domestic violence hotline: 1-866-644-3574**

Visit the [New Hampshire Coalition Against Domestic and Sexual Violence website](http://www.nhcadv.org) at [www.nhcadv.org](http://www.nhcadv.org) to find out about more resources or to find a [crisis center near you](#).

# How to help a friend or a family member

**Reaching out** to a friend, relative or co-worker you suspect is in abusive relationship can be difficult and emotionally challenging. The following are tips on how to start the conversation. For further information or advice it helps to talk to an advocate at your local domestic violence program. They can be reached through the statewide 24-hour hotline at 1-866-644-3574.

Ask direct questions about the situation, gently. Give them time to talk. If they say no, ask again a few days later.

Listen without judging. Your friend, relative or co-worker may believe the abuser's negative messages. S/he may feel ashamed, inadequate, and afraid of being judged by you.

Let the person you approach know you care about him/her and that it's not her/his fault.

Explain that there's never an excuse for physical violence in a relationship.

If the person remains in the relationship, continue to be a friend while firmly expressing your concern for her/his safety. Remember that, for many victims, leaving an abusive relationship can take time and may not happen right away. Emphasize that when your friend is ready, she can make a choice to leave the relationship, and that help is available.

Explain that domestic violence is a crime –he/she can seek protection from the police or courts.

If your friend has a restraining order, let her know that any contact by the abuser is breaking the law. If she chooses, she can ask the police to arrest the abuser for making contact.

## Phrases you can use to help\*

**I'm afraid for you** Tell your friend that you care and are concerned.

**I'm afraid for your children** They can be harmed by exposure to abuse and are at risk for physical abuse.

**It will only get worse** Usually domestic violence only gets worse and will occur more often over time.

**I'm here for you** Let your friend know you will be there when she or he needs you, no matter what.

**It's not your fault. You don't deserve to be abused** Give reassuring, non-judgmental messages

\*Phrases adapted from the AVON Foundation Speak Out Against Domestic Violence Resource Guide and were recommended by National Center on Domestic and Sexual Violence.

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