

What is Domestic Violence?

Domestic Violence, also known as Domestic Abuse, Spousal Abuse, Battering, Family Violence, Dating Abuse, and Intimate Partner Violence, is a pattern of behavior which involves the abuse by one partner against another in an intimate relationship such as marriage, cohabitation, dating or within the family. Domestic Violence can take on any form including Physical Aggression or Assault (hitting, kicking, biting, shoving, restraining, slapping, throwing objects, battery) or threats thereof; Sexual Abuse; Controlling or Domineering; Intimidation; Stalking.



Signs of an Abusive Relationship:

- *Jealousy
- *Controlling Behavior
- *Rushes you to commit to the relationship
- *Unrealistic Expectations
- *Isolation from your Family and Friends
- *Blames you or others for their Problems or Feelings
- *Hypersensitivity
- *Using Force in Sex
- *Cruelty to Animals or Children

For a relationship to be an abusive one, there will be a recurring pattern of the above behaviors. No one deserves to be abused-You have the right to be Safe.

“VIOLENCE AGAINST WOMEN IS AN EVERY-DAY REALITY, ACT NOW, ALWAYS AND FOREVER BEFORE IT IS TOO LATE.”

If you need to talk about your relationship or would like more information, call Bridgette Brittain at 360-709-1874

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ARE YOU SAFE IN YOUR RELATIONSHIP?

Safety planning is a way for you and your children to talk and plan ways to be safe. We have a general safety plan available, and we can create one for your Individualized needs. Please call me any time, day or night or just drop in my office and I can assist you with a plan that works for you.

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360-789-3627—24/7
360-709-1874—24/7

