

10 Warning signs of domestic violence

Is someone you know in a relationship with someone who...

1. Puts them down?
2. Loses their temper, strikes or breaks objects?
3. Is extremely jealous?
4. Controls their finances, behavior, appearance, and social life?
5. Hurts animals or children?

Does your friend...

6. Get quiet when their partner is around or seem afraid to anger them?
7. Rarely see friends and family or cancel plans at the last minute?
8. Casually mention their partner's violent behavior but dismiss what happened as "not a big deal"?
9. Have unexplained injuries?
10. Have children who are frequently upset, quiet, or withdrawn?

If you think your friend is in an abusive relationship, but you aren't sure -

GO WITH YOUR INSTINCTS.

You probably wouldn't be concerned without reason.

What if you see an assault in progress?

Be sure to keep yourself safe -

Don't intervene, but do something about it.

Don't assume someone else has already taken care of it.

Write down all the information you can remember, including any license plate numbers and the location of the assault.

Call 911.

Contact the YWCA for more information on **HOW WE CAN HELP**

1-800-334-4628
or text **615-983-5170**

YWCA of Nashville & Middle Tennessee offers support for victims of domestic abuse. No matter where a person is in their journey,

WE CAN HELP:

**Emergency Shelter
Transitional Housing
Counseling
Support Groups
Outreach & Advocacy**

Helping a friend

*Maybe you weren't listening.
Perhaps you overlooked
the silent cries for help.*

You don't have to be an
EXPERT
You just need to be a
FRIEND

Learn how to spot
DOMESTIC VIOLENCE.

eliminating racism
empowering women

ywca

Nashville & Middle Tennessee

  Follow
YWCANashville

Listen .

Let your friend know you care.

Listen without judging.

Your friend may feel responsible, ashamed, inadequate, or afraid.

It is **not** your FRIEND'S FAULT.

Make sure your friend knows they are not alone.

Explain that domestic violence is a **crime**.

Help is available from the police, the courts, and domestic violence programs.

Encourage your friend to **call**.

The YWCA can help establish a safety plan or obtain a protective order.

Contact our 24-hour Crisis & Support Help Line at

1-800-334-4628
or text **615-983-5170**

If you need advice on how to help a friend in an abusive relationship, our 24-hour Crisis & Support Help Line is free and confidential.

What if your friend decides to **Stay?**

Recognize that leaving is difficult. Victims stay with their abusers for many reasons, such as fearing for their life, wanting their children to grow up with both parents, or feeling to blame for the abuse. Sometimes victims just want the violence to end, not the relationship.

Encourage your friend to **keep records in a safe place**.

A log of abuse should include evidence of threats in letters, emails, voicemails, or texts.

Help identify **resources**.

Make a list of providers like the YWCA that can help increase safety and self-sufficiency.

Suggest **telling a doctor**.

A doctor or nurse can document the abuse in medical records and take photographs of injuries, which will be helpful if your friend decides to take legal action.

What if your friend decides to **Leave?**

Suggest developing **a safety plan**.

A safety plan is helpful in case of emergency. Your friend can keep money, important documents, a change of clothes, and an extra set of keys in a safe place, such as with a friend or neighbor.

Decide how **you can help**.

Your friend may need money, assistance finding a place to live, a place to store belongings, or help finding a safe home for pets.



Contact the YWCA or a domestic violence program for assistance.

Contact our 24-hour
Crisis & Support Help Line
1-800-334-4628

or our Crisis Text Line
615-983-5170