

You didn't cause the abuse. No one has the right to abuse you.

Know that most abused children learn to use violence as a way to control others by using power and strength. Relationships based on fear, power, and control are abusive.

Know that others understand why you want to stay and that leaving a relationship is not easy. Everyone has the right to be safe from threats and violence, but you must take the first step. Once you recognize that it is not your fault, and it is possible to change your situation! It's time to find the help you need.

What to do if you are a victim

- Call the police. 1.
- Ensure you are safe from continuing violence. When you believe you are in danger, leave the house and take your children with you.
- Carry important documents such as your driver's license, birth certificates, vehicle registration, etc.
- Get medical attention. Don't try to self-cure yourself, you may be more hurt than you think.
- Seek help whether you decide or not to press charges, you may need to talk to a professional about your situation.
- 6. Contact your local shelter, support group, or
- Victim Assistance Center.
 Keep all test (s) you can. You may want to take pictures of the injuries. If you decide to file charges later, you will need proof of your injuries.

Knowledge to protect yourself

- Find out about safe houses and shelters before you need them.
- Take pictures of your wounds; You can use them later.
- Save money, important papers, clothes, car keys and other essential items in a safe place.
- 4. Teach your children to use the phone to communicate with the police in case of an emergency.
- 5. Meet with a shelter defender or other program designed to help or with a friend, and make a safety plan.
- 6. Practice this plan with your children.