

chat at [www.thehotline.org](http://www.thehotline.org)  
call 1.800.799.SAFE (7233)  
TTY 1.800.787.3224

The National Domestic Violence

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## WHAT IS DOMESTIC VIOLENCE?

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Does your partner ever....

- Embarrass you with put-downs?
- Control what you do, who you see or talk to or where you go?
- Push you, slap you, choke you or hit you?
- Control the money in the relationship?
- Tell you that you're a bad parent or threaten to take away your children?
- Prevent you from working or attending school?

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

Find more information at **[www.thehotline.org](http://www.thehotline.org)**.

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