

Helping Write New Chapters

Abusive vs Healthy Relationships:

⊘ Signs of an abusive partner/relationship

- Jealousy
- Controlling behavior
- Rushes you to commit to the relationship
- Unrealistic expectations
- Isolation from your friends or family
- Blames you or others for their problems or feelings
- Hypersensitivity
- Cruelty to animals or children
- Using force in sex

♡ Signs of a healthy partner/relationship

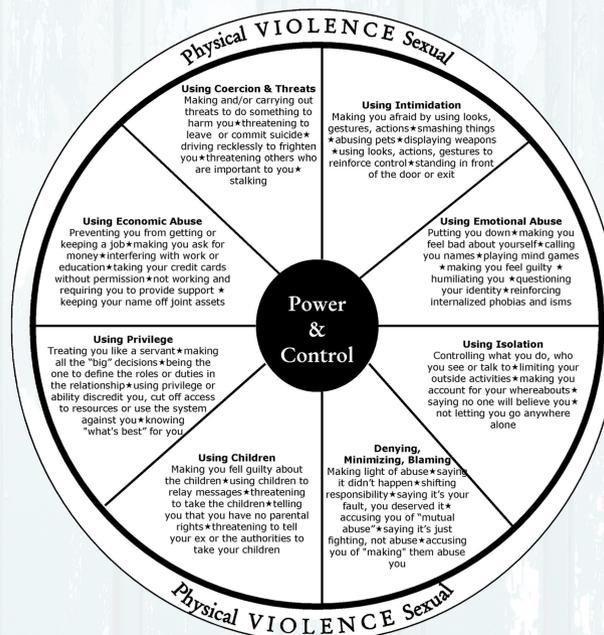
- Respectful of your friendships and family
- Does not try to control your life
- Does not push for any commitment or sexual activity when you aren't ready
- Takes equal responsibility for making the relationship work
- Is comfortable talking about problems or feelings
- Partners are equal

For a relationship to be an abusive one, there will be a recurring pattern of the above dangerous/negative behaviors.

Miscommunication about feelings happen; one or two jealous instances in healthy relationships don't necessarily make the partnership a bad one. When these issues occur frequently and are resolved in abusive ways, there is reason for concern.

If you need to talk about your relationship or would like more information, call SafePlace at (360) 754-6300 tty: 711.

Safety Planning & Recognizing Violence



Safety planning is a way for you and your children to talk about and plan ways to be safe when you feel you are or could be in danger.

SafePlace has help available, with advocates to work with you on creating a safety plan, tailored to your personal needs. This may include legal advocacy, short term housing solutions, or any of our other services available.

Call our Business Line to set up a time to **talk at our office in person** about your safety: (360) 786-7854.

Call our 24/7 HelpLine day or night to discuss how to keep you and your family SAFE. (360) 754-6300 tty: 711

Domestic Violence: Beyond Bruises

It Can Happen To Anyone...

Domestic violence can happen to *anyone*. It doesn't matter how much money you have, your race, religion, gender, sexual preference or age. It is a societal problem; not a personal one.

It's Not Just Physical...

Domestic violence is not just physical abuse. Although it can include hitting, punching, slapping and pushing, **domestic violence also includes emotional, verbal, sexual and financial abuse as well.**

Emotional abuse may be hard to recognize, but can include manipulation, isolation from friends and family, and threats. **Verbal abuse** includes name calling and insults. **Sexual abuse** is when your partner forces you to have unwanted sexual interaction. **Financial abuse** includes control of money you would need to escape the relationship.

Are you concerned for a loved one? 4 Things you can say to support a survivor of domestic violence:

1. I'm afraid for your safety.
2. I'm afraid for the safety of your children/family.
3. This is not your fault, you don't deserve to be controlled or abused.
5. There are places to call for help.

We're Here to Help! Connect With Us

SafePlace offers these free and confidential services to people who have experienced all forms of violence and abuse:

- Short term safe and confidential housing
- Safety planning with trained advocates to discuss exit strategies
- 24-hour/7 days a week telephone HelpLine to connect you with resources and services, available any time you need us
- Someone to provide support in court if you need a Protection Order or help with the legal process
- Support groups to help process your experiences and emotions
- Free cell phones to call 911
- Gift cards for food and other necessities*
- Our FREE Legal Clinic every first and third Thursday of the month by appointment
- Immigration resources/referrals and safety planning relief help
- Support during medical exams and law enforcement interviews

It's Never Okay...

No one deserves to be abused - you have the right to be heard, secure, and safe.

SafePlace provides free and confidential services in multiple languages for survivors of domestic violence regardless of age, ethnicity, nationality, race, gender, sexuality, class, religion, veteran status, the presence of a physical, sensory or mental disability, marital status or pregnancy status.

Talk to someone RIGHT NOW!



(360) 754-6300 TTY: 711

Our HelpLine is available 24 hours a day, 7 days a week.

**SafePlace Community Service Center:
521 Legion Way SE
Olympia, WA 98501**

**Hours: Monday-Friday 9am-12pm, 1pm-5pm.
Business Office: (360)786 8754
SafePlace@SafePlaceOlympia.org**

Safeplaceolympia.org

SafePlace

Freedom from Violence

"SafePlace helped me go from pieces to peace."

Information about Domestic Violence

Warning signs, resources, and support