

What can I do if someone I care about may be in a dangerous relationship?

- Educate yourself by contacting a local domestic violence agency.
- Talk with, and listen to the person you are concerned about, in a non-judgmental manner
- Let them know there are resources available, i.e. brochures, hotline number, literature, legal help.

“Why do they stay?”

- **Fear of:**
 - Further threats or injuries
 - Economic issues
 - Single parenthood
 - Being alone
 - Harm to children or pets
- **Religious or cultural beliefs**
- **Family Relationships**
 - Not wanting to be judged by extended family
- **Lack of information or resources.**
- **They blame themselves**
- **The “good times” are good. They hope for no more “bad times.”**
- **They do not realize how bad the situation really is.**
- **False promises or gifts**

These are just a few of the many reasons why a person may stay in a dangerous relationship!

If you or someone you love may be in a dangerous relationship, calling a domestic violence hotline is a great beginning.

Laurel House
Hotline:
1-800-642-3150

National Domestic Violence
Hotline:
1-800-799-7233

Laurel House is dedicated to the vision of ending domestic violence in each life, home, and community...

~The mission of Laurel House is to provide safe haven for abused women and their children, to raise public awareness about domestic violence and to advocate for social change against domestic violence ~



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**Domestic Violence
Frequently Asked
Questions**

**24-Hour Hotline
1-800-642-3150**

**Laurel House
Administrative Office:**
P.O. Box 764
Norristown, PA 19404
Office: 610.277.1860
www.laurel-house.org

North Wales Satellite Office:
123 S. Main Street, Suite 2
North Wales, PA 19454
215-699-8830

What is Domestic Violence?

Domestic Violence occurs between intimate partners, spouses, adult parent/child, adult siblings and in-laws. It is a pattern of behavior when one person in a relationship tries to control or maintain power over another. Forms of abuse include: verbal, psychological, physical, sexual and economic.

Signs of A Dangerous Relationship

Isolation: Controls and limits what you do, whom you see and where you go.

Intimidation: Making you afraid through looks, actions and gestures.

Gender Privilege: He wants to be “king of the castle” or she wants to be “treated like a princess”.

Psychological and Emotional

Abuse: Threats made or carried out with the intent of harm or humiliation. Name-calling, putting you down, or blaming.

Physical Abuse: Attempts to physically hurt or frighten you. Slapping, pushing, pinching, hair pulling or forced drug and alcohol use.

Economic Abuse: Controls family finances. Refuse to share financial information with you. Refuses to give you money.

Sexual Abuse: Rapes you, make you do sexual things against your will, attack sexual body parts.

The Cycle of Violence



Tension-building phase- You feel as if you are walking on eggshells. Begins to blame you for things that go wrong in the relationship. Tries to control what you do. Threatens to hurt you if you don't follow orders. You feel confused, frightened and worried.

Violent and abusive phase- Becomes physically violent and/or emotionally threatening. You are afraid for your safety.

Honeymoon Phase- Apologizes and promises that the threats and violence will never happen again .

Then the cycle begins again!

Violence will most likely escalate unless someone or something steps in to “break the cycle.”

**No one deserves to be abused!
You didn't cause it
and you can't change them!**

What can I do if I am in a dangerous relationship?

- Educate yourself
- Contact a local domestic violence hotline and see what services are available to you
- Carefully consider all options, but move at your own pace and learn to trust your instincts
- Make a safety plan
- Do not expect things to happen quickly.
- Do not judge yourself.

Remember: Becoming trapped in a dangerous relationship is a process, therefore becoming free of a dangerous relationship is a process.

Whether you leave or stay, you will be safer if you have a safety plan!

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1-800-642-3150**