

## Am I a Victim?

Are you concerned about your relationship? Are you ever afraid of your partner? Does your partner tell you what to do and who to see? Has your partner ever threatened to harm you? Has your partner ever pushed or hit you, thrown things at you, or forced you to have sex? Does your partner threaten to have you deported? **You are not alone.**

Abuse happens in every culture, every country, and every age group, and it may be happening to you. If you are being abused, you may feel frightened, hurt, confused, disappointed, angry, ashamed, or hopeless. Your partner might make it worse by blaming you. But no one deserves to be abused or threatened. You cannot stop your partner's abuse, but you can find help and support for yourself.

### **What You Can Do**

Talk with somebody you trust: a friend or relative, someone from your job or house of worship.

Put together an "emergency kit" of things you would really need if you had to leave suddenly, such as identification, medicine, keys, and money. ([more information on what is in an emergency kit in Suggestions for Safety Planning](#))

**Call the National Domestic Violence Hotline at (800) 799-SAFE (799-7233)** to find out about domestic violence shelters and programs in your area.

Call the police if you are in danger.

Remember that you are the expert about your own life. Don't let anyone talk you into doing something that's not right for you.

There is no excuse for domestic violence.

### **Building a Personal and Workplace Safety Plan**

If you are in a violent relationship, one of the most important steps you can take is to make a safety plan for your home and the workplace. These plans contain simple but critical steps you can take to increase your safety while you deal with the violence you face in your personal life:

#### [Suggestions for Safety Planning](#)

#### [My Personal Safety Plan](#)

Battered Women's Project

24 Hour-Hotline

1-800-439-2323/ out of state 207-769-8251