

# IT'S NOT LOVE IF YOUR PARTNER . . .

## CONTROLS EVERYTHING YOU DO

Doesn't let you see family or friends  
Is jealous of everyone you talk to  
Puts you on an allowance and makes you account for every penny you spend  
Monitors your phone calls, texts or emails  
Follows you or escorts you everywhere you go  
Tracks where you go and what you do through GPS technology

## CRITICIZES YOU & EVERYTHING YOU DO

Finds fault in how you look, dress, keep house and cook  
Humiliates you in front of family, friends, and others; calls you names  
Makes you feel badly about yourself, your ethnicity, your religion

## HURTS YOU OR THREATENS TO HURT YOU

Shoves, punches, slaps, chokes, hits, pinches, pulls your hair  
Intimidates you with a weapon  
Damages or destroys things that belong to you  
Says he'll hurt himself or commit suicide if you don't do what he wants  
Threatens to take your children away from you  
Threatens to have you or other family members deported  
Says he's sorry, he'll never do it again – you believe him because you love him, but he does hurt you - again and again

## FORCES YOU TO HAVE SEX

When you don't want to and in ways that make you uncomfortable  
Makes you have unprotected sex; forces you to have sex with his friends

# YOU ARE NOT TO BLAME IF YOU OR SOMEONE YOU KNOW IS A VICTIM OF ABUSE . . .

**BREAK THE SILENCE:** Tell someone you trust about what is happening – your priest, the Philoptochos social worker, a family member, friend, neighbor, co-worker, Employee Assistance Professional

**SAFEGUARD IMPORTANT PAPERS & ESSENTIAL BELONGINGS** in a safe place in case you have to leave quickly: passport, Green Card, birth certificate, marriage license, driver's license, extra cash, change of clothes for you and your children, a cell phone with important numbers programmed into it.

**9-1-1:** Teach your children how to call 9-1-1. Instruct them where to go in an emergency and where to meet you if you must leave quickly.

**IF AN INCIDENT OF ABUSE OCCURS:** Call the police immediately; if physically injured go to a doctor or emergency room and report what happened. Ask ER staff to photograph your physical injuries to document your situation.

**TALK TO A VICTIM ADVOCATE** who can help you sort out what YOU want to do, and who can help you develop a personalized safety plan to keep you and your children safe.

**ANONYMOUS & CONFIDENTIAL HELP, REFERRALS TO LOCAL PROGRAMS:  
NATIONAL DOMESTIC VIOLENCE HOTLINE  
CALL 24 HOURS / DAY, 7 DAYS / WEEK  
1.800.799.SAFE (7233) • [www.theHotline.org](http://www.theHotline.org)**

**FOR INFORMATION AND HELP IN THE GREEK ORTHODOX COMMUNITY  
NATIONAL PHILOPTOCHOS DEPARTMENT OF SOCIAL WORK  
1.212.977.7782 • [PauletteG@philoptochos.org](mailto:PauletteG@philoptochos.org)  
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