

Learn the warning signs

Does your partner:

- ✓ Insult you in public and in private?
- ✓ Check up on where you've been and who you've talked to?
- ✓ Put down your family and friends?
- ✓ Tell you jealousy is a sign of love?
- ✓ Blame you for the abuse?
- ✓ Limit where you can go and what you can do?
- ✓ Try to control your money?
- ✓ Destroy your belongings?
- ✓ Threaten to hurt you, your family members or your pets?
- ✓ Make you have sex in ways that are uncomfortable for you?
- ✓ Touch you in a way that hurts or frightens you?
- ✓ Tell you your fears about the relationship are not important?

If you experience any of these behaviors, you could be in danger of getting hurt.

FREE & CONFIDENTIAL services in these counties:

Butler	641-812-0418
Cerro Gordo	641-424-9133
Floyd	641-228-0015
Franklin	641-812-0418
Grundy	641-939-8186
Hamilton.....	515-851-1208
Hancock.....	641-585-1050
Hardin	641-939-8186
Humboldt	515-851-1208
Kossuth.....	641-585-1050
Mitchell	641-228-0015
Webster	515-570-4185
Winnebago.....	641-585-1050
Worth	641-228-0015
Wright	515-851-1208

Crisis Intervention Service

P.O. Box 656
206 Third NE
Mason City, IA 50402-0656

cis@cishelps.org
www.cishelps.org

24-Hour Crisis Line

641-424-9133
855-424-9133



Love shouldn't hurt

There is NO excuse for domestic violence.

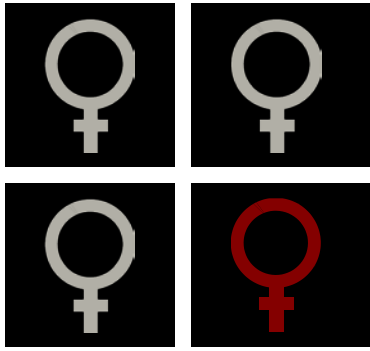
One in four women will be the victim of domestic violence in her lifetime.

We can help.

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or 855-424-9133
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ONE IN FOUR women will be the victim of domestic violence in her lifetime.

Why get help?

The danger is real.

If you have a controlling partner, don't ignore frightening behaviors. They are not the result of stress, anger, drugs or alcohol. They are **learned behaviors** that one person uses to intimidate and to manipulate another. They are **destructive** and **dangerous**. Every year, thousands of women are seriously hurt or killed by their husbands or partners.

What hurts you hurts your children.

Children get hurt when they see a parent being yelled at, pushed or hit. They may feel scared and ashamed or think it's their fault. Children grow up learning that it's okay to hurt people or let other people hurt them. One third of all children who see their mothers abused develop emotional problems. Boys who see their fathers abuse their mothers are **ten times more likely to be abusive** in their adult intimate relationships. **Domestic violence hurts all family members.**

Everyone has a right to feel safe.

Disagreements develop from time to time in relationships. **Domestic violence is not a disagreement.** It is a pattern of behaviors used by one partner to establish control over the other. These behaviors can become more frequent and more intense over time.

Don't wait until you get hurt.

How to help others:

If you think your friend is being abused:

- Call 911 if an assault is occurring.
- Take the time to listen and believe what your friend says.
- Don't downplay the danger.
- Don't judge or criticize your friend's choices.
- Give emotional support.
- Offer to help with transportation or child care.
- Express concern for your friend's safety.
- Tell your friend about agencies that can help.
- Stick by your friend and be patient. Getting out of an abusive relationship can take time.



If you see someone being abusive:

- Tell them you feel uncomfortable when they insult or put down their spouse or partner.
- Tell them that their behavior disturbs you.
- Tell them you care about them and urge them to get help.
- Don't agree with any statements that suggest their partner deserved the abuse.

Remember there's no excuse for domestic violence.

You are not alone.



WE CAN HELP

24-Hour Crisis Line:

1-855-424-9133

641-424-9133

- Counseling and education for the victim and the victim's loved ones
- Legal and medical advocacy
- Accompaniment to hospitals, law enforcement agencies, court proceedings, etc.
- Information and referrals
- Prevention and community education

If you are in immediate danger, call 911