

Am I witnessing abuse at home?

Domestic abuse or violence is a pattern of behavior used to gain and maintain power and control over another person in a family or dating relationship. It can take many forms. It is never the fault of the abused.

The types of abuse:

- Emotional/verbal abuse
- Physical abuse
- Sexual abuse
- Technological abuse
- Psychological abuse
- Financial abuse
- Cultural abuse
- Stalking

You always deserve to be and to feel safe at home and in your relationships!

We are here for you!
Christineann.net
920-235-5998

What should I do if I am witnessing or experiencing abuse at home?

If someone in your home is hurting you or others, that is not okay. Here are some things you can do:

1. **Go to a safe space**- bedroom, closet
2. **Distract your head**- coping skills, activities you enjoy
3. **Never get in the middle**- call 911 if in immediate danger
4. **Tell a safe adult**- school counselor, parent, social worker
 - a. Reach out to Christine Ann Domestic Abuse Services for youth advocacy or safety planning with your counselor or parent at 920-235-5998