

You Have Rights!

You have the right to be safe and free from any form of abuse.



You have the right to be treated with respect.



You have the right to your own opinions, to express them and to be taken seriously.



You have the right to ask questions about anything that affects your life.



You have the right to earn and control your money.



You have the right to say NO.



You have the right to control your own life and change it if you are not happy with it.



You and your children have the right to be free from physical, emotional, or sexual abuse.



You have the right to call the police and use the courts and other community services.

Are You Being Abused?

Does Your Partner . . .

- . . . Put you down, call you names or humiliate you? Scare you?
- . . . Make you feel afraid by using looks, gestures, smashing things, displaying weapons, abusing pets?
- . . . Make light of the abuse?
- . . . Make all the decisions? Treat you in a possessive or jealous manner?
- . . . Control what you do, who you see, where you go, use jealousy as an excuse?
- . . . Threaten to leave you, to commit suicide, force you to drop charges?
- . . . Make you feel like you're walking on eggshells?
- . . . Force you to have sex or engage in sexual acts that make you feel uncomfortable?
- . . . Hit, punch, kick, shove, strangle, try to restrain you; pull you by your hair?
- . . . Threaten to take your children from you; force them to choose sides or threaten to harm them?

24-hour hotline: 518.793.9496



Domestic Violence Project

of Warren and Washington Counties



Reaching Out



518.793.9496
24-hour hotline

A program of Catholic Charities of Saratoga, Warren and Washington Counties