

The Center for Women and Families serves 14 Kentucky counties.



THE CENTER FOR WOMEN AND FAMILIES



TOLL FREE (877) 803-7577

KENTUCKY INDIANA (502) 581-7222 (812) 944-6743

24 HOUR CRISIS LINES

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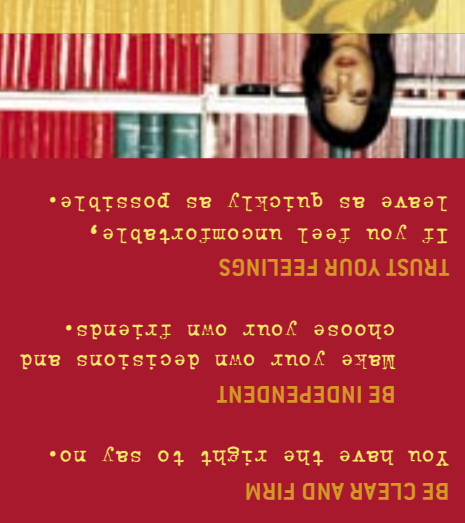
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BE CLEAR AND FIRM
You have the right to say no.

BE INDEPENDENT
Make your own decisions and choose your own friends.

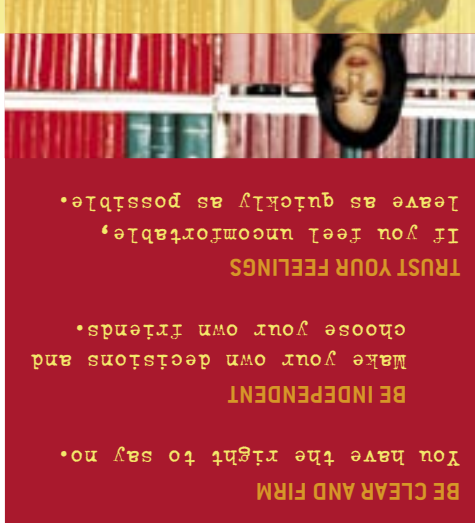
TRUST YOUR FEELINGS
If you feel uncomfortable, leave as quickly as possible.



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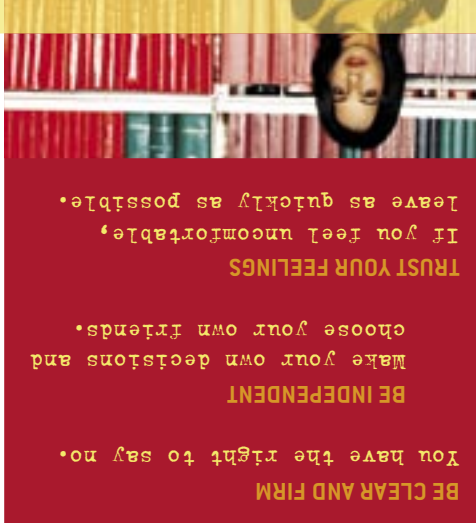
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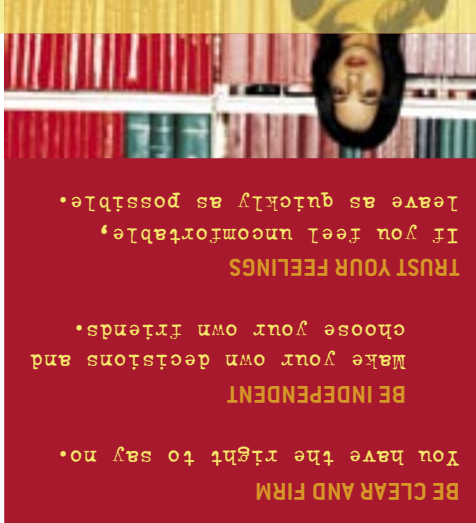
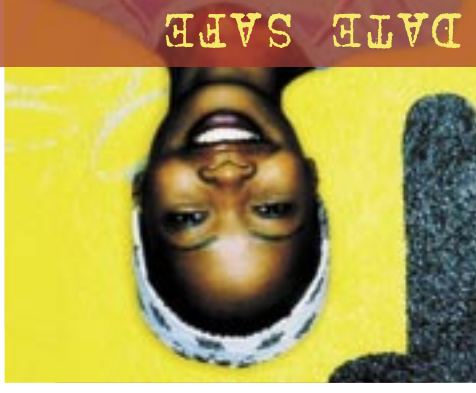
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DATING VIOLENCE



Dating violence means physical, emotional/psychological or sexual abuse in a dating relationship.

"Violence" is slapping, hitting, pushing or shoving. It's also threats, ridicule, name calling and controlling what you do, where you go and who you see.

While physical violence is more immediately damaging, emotional abuse may be more long term and devastating.

WARNING SIGNS

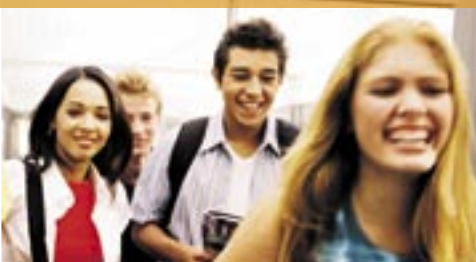
- * Jealousy and control issues
- * Possessiveness
- * Verbal abuse
- * Sexual demands
- * Violent temper
- * Abusive home life
- * Rapidly changing mood
- * Excessive alcohol or drug use

WHAT TO DO

1. Get away from the violent person
2. Tell someone. Reach out for help from family, friends, teachers, police, or someone you trust.
3. Call The Center for Women and Families
4. Remember, the violence will not go away on its own.

HELP IS AVAILABLE.

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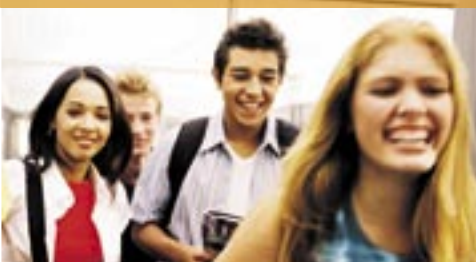
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