

Whether you are being abused or you know somebody being mistreated, **NEVER** blame the victim. And never blame yourself. No one deserves to be put down and hurt no matter what they said or did.

An abusive person is accountable for their actions – what they are doing is wrong and some of their tactics are against the law. Abuse is NOT a sign of love.

No one deserves to be abused!



Safer Families...Safer Communities

This card was created by
**Public Legal Education and Information
Service of New Brunswick**
in partnership with the Miramichi Family Violence
Prevention Network and Outreach Coordinator.

For more information, go to:
www.legal-info-legale.nb.ca
or call **1-888-236-2444**

For help ending family violence or making a safety plan, contact a local Family Violence Coordinator, transition house, or other social services. . .

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Am I a Victim of Family Violence?

Have you heard people say

"Family violence – I know it's a problem - but not in my community"

Well, think again. . .
because it
is happening in
too many homes
and communities





Many people ignore the hurtful and controlling behaviour that happens between partners and in families. Even victims of abuse may blame themselves. They feel they must have done something wrong

because friends or family ask – Did you push his buttons by nagging? Did you burn his supper; make him jealous; wear the wrong clothes; or talk to somebody he doesn't like?

Or, they might say all women get treated like that so toughen up. Some might admit you are being abused, but then suggest you learn to live with it because he's a good provider or only abuses you when he's drinking.

People who say these things do not recognize the dynamics of family violence. Such comments just allow the abuse to continue.

If you can answer YES to these questions, then you or someone you know is being abused. Does your partner...

- Always have to be right?
- Put you down?
- Decide what to do, where to go, and when to do it?
- Try to tell you how to wear your hair or what clothes to wear?
- Criticize you all the time?
- Say you are too fat, too skinny, ugly, or stupid?
- Call you humiliating names?
- Insist on controlling all the money?
- Threaten suicide if you leave?
- Get upset or jealous when you do things alone with your friends?
- Insult the type of work you do or the kind of courses you take at school?
- Force you to have sex when you do not want to?
- Threaten to hit you, harm your pets or break things?
- Slap, kick or punch you?
- Use a firearm to threaten you?

