

# Domestic Violence can happen to anyone.

If someone is hurting you or someone you know, you can come to any Community Healthcare Network health center. Don't suffer alone. Tell someone at CHN. We will help you. Text the word "CENTER" to 877877 to find a CHN health center near you.

## Dating Violence for Teens

An unhealthy relationship is not just about physical violence. An unhealthy relationship can appear in many ways. It's not healthy if your partner:

- ◆ Is disrespectful or calls you names.
- ◆ Doesn't trust you.
- ◆ Doesn't talk to you about their feelings.
- ◆ Tells you what to wear or who to hang out with.
- ◆ Keeps you from getting a job or gets you fired.
- ◆ Humiliates you on Facebook.

Stalking is also a type of abuse. This is when someone repeatedly contacts you, follows you, sends you things, or threatens you. It makes you feel afraid or nervous.



**Some teens experience digital dating abuse. Digital dating abuse is the use of texting or social networking to bully, stalk, or scare a partner.**

### **For help, call:**

Teen Dating Abuse Helpline: 1 (866) 331-9474  
LoveIsRespect.org: 1 (866) 331-9474

## Dating Violence in Elders

Each year, about 5 million older adults are abused. Older adults can go through the same abuse that younger people can. But with older adults, the abuse is likely to happen by a family member or caregiver.

Adult children or other caregivers may suffer from mental illnesses, drug or alcohol abuse, or money concerns of their own. So they may take out their problems and frustration on their elderly parents.



**More than half of older victims are older than 80.**

**Two-thirds are women.**

### **For help, call:**

Adult Protective Services: 1(800) 342-3009  
Jewish Association Serving the Aging: (212) 273-5272

**NYC Domestic Violence Hotline**

**1-800-621-HOPE (4673)**

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## Abuse in the Lesbian, Gay, Bisexual, and Transgender Community

Abuse is not just physical. Abuse can also be:

- ◆ **Emotional:** a partner threatens you or your family or yells at you
- ◆ **Technology:** a partner checks your phone or computer or keeps them from you
- ◆ **Health:** a partner doesn't let you go see your doctor
- ◆ **Immigration:** a partner takes your documents and doesn't give them back

People who are transgender may go through more serious and deadly forms of violence. You can get help.



**Violence or abuse can happen anywhere. Prepare yourself ahead of time in case you find yourself in a violent situation.**

### For help, call:

Anti-Violence Project Hotline: (212) 714-1141  
Gay Men's Health Crisis: (212) 367-1000

## Children Who See Domestic Violence

Over 3 million children see domestic violence in their home each year. Children who see domestic violence are more likely to have:

- ◆ Anxiety
- ◆ Low self esteem
- ◆ Depression
- ◆ Anger problems

The stress children experience from seeing abuse can show up in the way they act and feel. It can even cause health problems. These issues can affect children's development and can continue into adulthood.



**Families under stress means children under stress. If a spouse is being abused while there are children in the home, the children will be affected by the abuse.**

### For help, call:

Sanctuary for Families: (212) 349-6009  
Safe Horizon Counseling Center: (347) 328-8110

**NYC Domestic Violence Hotline**

**1-800-621-HOPE (4673)**

# Has your partner ever:

- Hurt you or threatened you?
- Forced you to have sex when you didn't want to?
- Destroyed things that you care about, like your phone or family photos?
- Made you ask for permission to do things?

If you answered "yes" to any of these questions, you may be in an unhealthy relationship.

## You have the power to help.

If you think you or someone you know may be abused:

- talk to a doctor, social worker, or health educator here at CHN
- tell a trusted family member or neighbor
- call the resources listed here
- if you are in a dangerous situation, call the police (911)

## You can get help.

### For help, call:

Safe Horizon Domestic Violence Hotline (Bilingual services provided)- 1(800) 621-HOPE (4673)  
New York Police Department Rape and Sexual Assault Hotline- (212) 267-RAPE (7273)

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