TOP 10 WARNING SIGNS

1. Emotionally abuses you (insults, belittles, degrades, ignores, pouts or gets angry when you initiate an action or idea).

2. Tries to control elements of your life or relationship which involves telling you who you may be friends with, or how you should dress.

3. Berates or talks negatively about women in general.

4. Demonstrates jealousy for no reason.

5. Thinks poorly of himself and guards his masculinity by acting tough.

6. Berates you for not wanting to get drunk, get high, have sex, or go with him to an isolated or personal place.

7. Is physically violent to you or others, even if it’s "just" grabbing and pushing to get his way.

8. Invades your "personal space" (sits too close, speaks as if he knows you much better than he does, touches you when you tell him not to). Acts in an intimidating manner toward you.

9. Demonstrates the inability to handle sexual and emotional frustrations without becoming angry.

10. Makes you feel like there is no way out of the relationship.

For the Lord God will help Me; Therefore I will not be disgraced; Therefore I have set my face like a flint, and know that I will not be ashamed.”

Isaiah 50:7 (NKJV)

Brochure Author: Traycie L. Tonge, 2004
Series Editors: La Trelle D. Jackson, Ph.D. & Mary Beth Covert, M.A.
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Relationship Violence: The Deadly Truth

“Over 4.4 million physical assaults are committed against women by an intimate partner annually.”
—Center for Disease Control and Prevention “Costs of Intimate Partner Violence Against Women in the United States,” 2003

Many gain strength in assisting other people in need. Whether you have survived... or know someone who has dealt with domestic violence, consider the following list of things you can do to make a difference:

- Get involved and volunteer at shelters or community based programs that offer assistance to individuals in abusive situations.
- Lend your support to organizations that support Domestic Violence Awareness Month.
- Give your time, talents, financial support, or donations to your local shelter or transitional housing facility.
- Lend your ear at a 24-Hour Hotline.
- Become an advocate with Stop the Violence.
- Continue to pray for peace in the world, your country, your neighborhood, and your relationships.

Take a step, make a fresh start and face the truth. If you or someone you know is currently dealing with these or similar issues, please contact: Regent University–Psychological Services Center at (757) 352-4488 for more assistance.
What Should I Know About Relationship Violence?

What is Sexual Violence? Do You See the Signs?

Sexual violence is a sex act completed or attempted against a victim’s will or when a victim is unable to consent due to age, illness, disability, or the influence of alcohol or other drugs. It may involve actual or threatened physical force, use of guns or other weapons, coercion, intimidation, or pressure.

Sexual violence also includes intentional touching of the genitals, anus, groin, or breast against a victim’s will or when a victim is unable to consent. Also, voyeurism, exposure to exhibitionism, or undesired exposure to pornography are considered acts of sexual violence. The perpetrator of sexual violence may be a stranger, friend, family member, or intimate partner.

What Life-Skills Do I Need?

- Anger management (John 4:2)
- Communication skills (I John 4:11)
- Stress management (I Cor. 6:19)
- Decision Making & Problem Solving skills (Psalm 27:14)

Resources: If you currently believe that you are, or may become a victim of domestic violence, contact the National Domestic Violence Hotline at:

1-800-799-SAFE (7233)