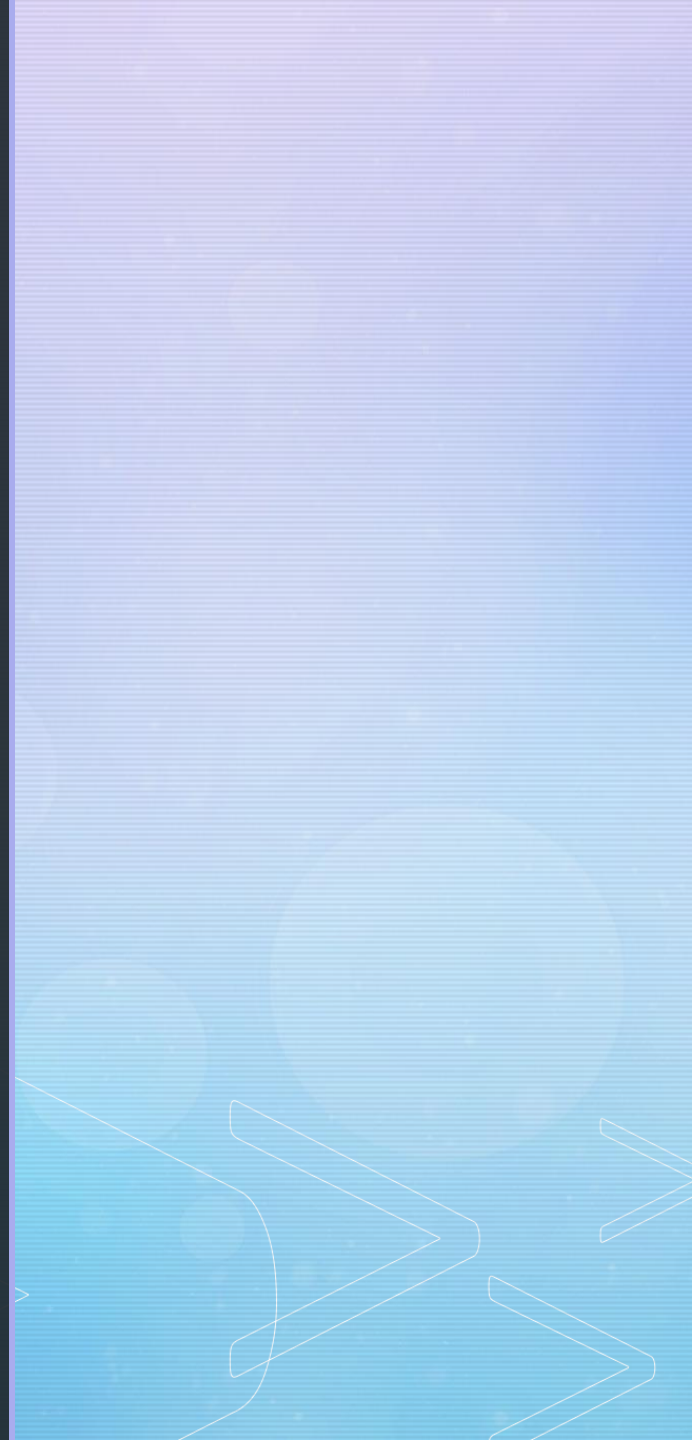


Relationship Safety



Every woman has the right to live her life safely and free of violence!

- ❖ 1 in 4 women in the US will experience violence from an intimate partner.
- ❖ Intimate partner violence includes,
 - Domestic abuse
 - Sexual assault
 - Verbal and emotional abuse
 - Coercion (convincing a person to do something by using force or threat)
 - Stalking

Are you being abused?

- ❖ When your partner gives you a great amount of attention, tells you they love you, or pays for groceries or rent it can be difficult to know if you are being abused.
- ❖ Those who are abusive can sometimes act loving and supportive to keep you in a relationship with them. This loving behavior does not make their abusive behavior OK.



Signs of Abuse

Keeping track of everything you do

- ❖ Monitoring what you are doing at all times including asking where you are or who you're with at all times of the day.
- ❖ Demanding passwords to social media sites and email.
- ❖ Demanding you reply to texts, emails, or call right away.
- ❖ Prevents you from seeing friends or family.
- ❖ Prevents you from going to work or school.

Being jealous, controlling or angry

- ❖ Constantly accusing you of cheating.
- ❖ Your partner has a quick temper so that you never know what you might do or say that will start a problem.
- ❖ Controlling how you spend your money.
- ❖ Controlling your use of medications or birth control.
- ❖ Making everyday decisions that you normally make for yourself, such as what to wear or eat.

▶ More Signs of Abuse

Demeaning you (to disrespect or put you down)

- ❖ Your partner putting you down
- ❖ Embarrassing you in front of others
- ❖ Damaging your property or things that you care about.
- ❖ Blaming you for his or her violent outburst.

Forcing you to have sex or other intimate activity with them

- ❖ Forcing you to have sex when you do not want to through physical force or threats.
- ❖ Assuming that since you agreed to a certain sex act in the past means you must participate in the same acts in the future.

Threatening to hurt you or your loved ones or physically hurting you

- ❖ Threatening to hurt you, your children, other people or pets in your household.
- ❖ Physically hurting you, such as hitting, beating, pushing, shoving, punching, slapping, kicking or biting.
- ❖ Threatening to or using a weapon against you.
- ❖ Threatening to hurt himself or herself when upset with you.
- ❖ Threatening to call the cops for illegal activity if you report them for physical abuse.

Challenges Women Face with Opioids

Greater Risk for Over-Prescription:

- Women are more likely to experience painful medical conditions and are also more likely to experience depression or PTSD (Post-Traumatic Stress Disorder.)
 - This leads to women being more likely to be **prescribed opioids** for chronic pain whether it is physical or emotional pain.

Greater Risk for Non-Medical Opioid Use:

- Females' with Opioid Use Disorder are more likely to have experienced **domestic violence** or **childhood trauma**.
 - This can lead to women being more likely to self-medicate to aid these distressing feelings.

Greater Risk for Opioid Overdose:

- Women **can become addicted** more quickly to **opioids** and also have more cravings than men.

Facing Abuse in Recovery

If you are facing abuse in recovery, your partner might engage in behaviors designed to:

- ❖ Weaken your mental health and interfere with your sobriety.
- ❖ Control your ability to go to treatment.
- ❖ Sabotage your recovery efforts.
- ❖ Discredit you with people or organizations that may provide protection such as the police.
- ❖ Exploit your substance use for personal or financial gain.

Examples of what abuse can look like in recovery

- ❖ Introducing you to opioids.
- ❖ Forcing or coercing you to use.
- ❖ Forcing you into withdrawal.
- ❖ Coercing (convince by force or threat) you to engage in illegal acts (dealing, stealing, prostitution.)
- ❖ Using your opioid history as threat (deportation, arrest, CPS, custody, job.)
- ❖ Isolating you from recovery and other helpful resources.
- ❖ Sabotaging your recovery efforts; Stalking you when you're accessing MAT.

For more information about relationships, violence and safety, call the **Office on Women's Health Helpline** at 800-994-9662 or contact the following organizations:

**Centers for Disease Control and Prevention,
(CDC), HHS**
800-232-4636 • www.cdc.gov

National Coalition of Anti-Violence Programs
212-714-1141 • www.avp.org/index.php

National Domestic Violence Hotline
800-799-SAFE (7233) • www.thehotline.org

National Sexual Assault Hotline
800-656-HOPE (4673) • www.rainn.org

**Victim Connect Resource Center, National
Center for Victims of Crime**
855-484-2846 • www.victimconnect.org

800-799-SAFE (7233) • www.thehotline.org
National Domestic Violence Hotline

For local and national resources:

St. Louis and National Resources

Helplines / Hotlines

Safe Connections Crisis Helpline – 314.531.2003
St. Louis Regional Sexual Assault Hotline – 314.531.7273
Life Crisis-Suicide/Crisis Hotline – 314.647.4357
Kids Under Twenty One (KUTO) – 314.644.5886
Elder Abuse Hotline – 800.392.0210
Child Abuse Hotline – 800.392.3738
Domestic Violence and Rape Hotline – 800.392.0210
National Teen Dating Abuse Helpline – 888.331.9474
United Way of Greater St. Louis Information Line – 211
National Human Trafficking Resource Center Hotline – 1-888-373-7888
SAWEERA (South Asian Women Emporment Regional Association)
877.729.3722

St. Louis Region Advocacy Services

ALIVE – 314.993.7080

Professional therapy for women, children and men; court advocacy

AWARE – 314.362.9273

Hospital Advocacy; court advocacy

Bridgeway Sexual Assault Center – 636.224.1203

Professional advocacy for women; hospital advocacy

Bridgeway Domestic Violence Services – 636.224.1038

Shelter; therapy for women and children; court advocacy

Kathy J. Weinman Shelter for Battered Women and Their Children – 314.423.1117

Shelter services

The L.E.A.D. Institute – 573.445.5005

(Leadership through Education and Advocacy for the Deaf) Court advocacy; hospital advocacy; therapy; ASL fluency

Life Source Consultants – 314.524.0686

Court advocacy; spiritual counseling

Lydia's House – 314.771.4411

Transitional housing; court advocacy; adult education

Redevelopment Opportunities for Women (ROW) – 314.588.8300

Economic education and advocacy; adult education

St. Martha's Hall – 314.533.1313

Shelter services; court advocacy

SAWERAA – 314.435.3722 Main Office

(South Asian Women's Empowerment Regional Association) Motel placement; court advocacy; support groups

Woman's Place – 314.645.4848

Drop-in center; court advocacy; support groups

The Women's Safe House – 314.772.4535

Shelter services; court advocacy

YWCA St. Louis Regional Sexual Assault Center – 314.726.6665

Professional therapy for women and men; hospital advocacy; court advocacy

<https://www.womenshealth.gov/relationships-and-safety>

<https://www.safeconnections.org/local-and-online-resources/>

<http://www.nationalcenterdvtraumamh.org/trainingta/webinars-seminars/2018-trauma-opioids-and-domestic-violence/>