SHEAR HAVEN®

at YWCA Nashville & Middle Tennessee

SIGNS OF DOMESTIC VIOLENCE

- *Telling you that you never do anything right*
- *Showing extreme jealousy of your friends or time away from them*
- *Preventing or discouraging you from spending time with friends, family , or peers*
- *Insulting, demeaning, or shaming you, especially in front of others*
- *Preventing you from making your own decisions*
- *Controlling finances in the household*
- *Pressuring you to have sex or perform sexual acts you're not comfortable with*
- *Pressuring you to use drugs or alcohol*
- *Intimidating you through threatening looks or actions*
- *Has abused past partners*
- *Insulting your parenting or threatening to harm or take away your children or pets*
- *Intimidating you with weapons such as guns, knives, bats, or mace*
- *Destroying your belongings or your home*

The online Shear Haven training offers the tools to recognized and respond to the signs of domestic abuse. Resources are available to those in need or those who have questions about domestic violence. If you or someone you know needs help, please tear off a number below or visit the Shear Haven website for more resources. www.shearhaventraining.org

Helpline 1-866-863-0511 www.awhl.org

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