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Social Service Focus: Intimate Partner Abuse

DOES YOUR PARTNER . . .

Recognizing behaviors that are part of intimate partner abuse is not always easy, even for the victim - in part because domestic violence is much more than physical abuse. In fact, many victims who are controlled by their partners or who live in fear have never been physically assaulted. Understanding what domestic violence is means being aware of the many different things abusers do to control their partners.

Use the following checklist of behaviors to help you decide if you or someone you know is being abused.

USE EMOTIONAL CONTROL?

- Call you names, yell or put you down, make ethnic slurs, constantly criticize you or undermine your abilities as a wife and mother?
- Act in an overprotective way or become extremely jealous?
- Make it difficult or prevent you from seeing family or friends, or badmouth your family and friends?
- Prevent you from going where you want, when and with whom you want, or insist he go with you wherever you go because he "loves you" so much?
- Humiliate or embarrass you in front of others?

USE ECONOMIC CONTROL?

- Deny you access to family savings or checking accounts, credit cards or car?
- Insist that everything - house, car, etc. - is in his name only?
- Control all the family finances, take the money you earn, give you a meager allowance, force you to account for every penny you spend?
- Prevent you from getting or keeping a job, or going to school, sometimes saying that "a mother should be home" with her children? Or, "it's too hard for you to work and raise the children at the same time?"
- Keep you from using his health or dental insurance or prescription plan?

MAKE THREATS?

- Threaten to report you to the police or child welfare for "being a bad mother"?
- Threaten to harm or kidnap the children?
- Frighten you with looks, actions, gestures?
- Display weapons to scare you, or threaten you directly with a weapon?

- Intimidate you by his size and/or weight?
- Use his anger or loss of temper as a threat to get you to do what he wants?
- Threaten to jeopardize your citizenship or permanent resident status?
- Threaten to take your passport or your children's passports?
- Threaten to report one of your family members to immigration or the IRS?

COMMIT ACTS OF PHYSICAL VIOLENCE?

- Carry out threats to hurt you, your children, your pets, family members, friends or himself?
- Destroy personal property, throw things around or at you?
- Grab you, push, hit, punch, slap, pinch, kick, choke or bite you?
- Force you to have sex when you don't want to, or engage in sexual acts that make you uncomfortable, or force you to have sex with others?
- Force you to drink or drug with him?
- Prevent you from taking medications, getting medical or dental care, deny you access to food, fluids or sleep?

**YOU ARE NOT ALONE!
YOU ARE NOT TO BLAME!
YOU HAVE THE RIGHT TO BE SAFE**

*For confidential referrals to local programs, call
National Domestic Violence Hotline:
1-800-799-SAFE (7233)
or TTY 1-800-787-3224
24 hours / day, 7 days / week*

*National Philoptochos Society - Department of Social Work
www.philoptochos.org/socialservices*