



## No Visible Wounds

**PARTNER VIOLENCE IS WHEN ONE PARTNER IN AN INTIMATE** relationship abuses the other. The abuse can be physical, sexual, emotional or a combination of all three.

Which one of these women is a victim of domestic violence?

I've been dating a guy I like for eight months. In the beginning of the relationship he seemed really protective and I liked that, but lately he is getting more and more controlling and jealous— wanting to know where I am, who I am with, telling me to call and page him throughout the day. He is even jealous of the time I spend with my sister! He has forbidden me to hang out with some of my best friends, saying they are sluts and bad influences on me. I feel suffocated and trapped.

Nina, 19

My husband breaks things I love when he gets angry. He has broken keepsakes and presents I treasure—even a mirror I got when I was a little girl that he knew had a lot of sentimental value to it. My parents never fought and I am embarrassed to tell them what is going on.

Karen, 29

Whenever my fiancée gets drunk he turns into a different person. He is an angry drunk, and even the slightest thing sets him off. When he comes home after drinking I tip toe around him, but he always finds something to blow up about. He screams and yells at me, and has even pushed and hit me. The next day he is so upset and embarrassed. He apologizes and is really sweet.

Each time I want to believe it will be the last.

Lorna, 22

My husband would never hit me, but his words hurt so much more. When I was younger, I swore I would never let a man talk down to me. I can't believe I put up with him calling me names. Sometimes he humiliates me by making fun of me and at other times he completely ignores me. I can't figure out how things have gotten to this point or what I can do to make them right.

Linda, 31

All of these women are victims of domestic violence. Domestic violence is not just pushing or hitting. Some of the most common violence women experience from their partners doesn't leave bruises. "Domestic violence is defined as a pattern of violent behavior committed by one intimate partner against another. The violence doesn't have to be physical—it can be sexual, economic, emotional and/or psychological," says Bonnie Campbell, deputy director of the U.S. Department of Justice's Office of Women Against Violence. "The primary purpose is to control, overpower, manipulate and, therefore, abuse the partner, often using humiliation and fear tactics."

Help is available. If you are concerned about abuse in your relationship, VZ-LIFE can help. Contact VZ-LIFE 24 hours a day / 7 days a week. All calls are confidential.

**ADVISORY COUNCIL ON FAMILY CARE**

**877-ACFC-HELPS | 877-223-2435**

**www.ACFCcares.com**