

Every day someone is abused by his/her husband, wife, partner, or family member.

What is domestic violence?

Domestic violence happens when an intimate partner or family member tries to control you or abuses you. Abuse can be physical, social, economical, sexual, or psychological. Physical abuse is when a partner or family member beats or hurts you. This type of abuse can kill. Sexual abuse is when an intimate partner or family member forces you to have sex.

What are the different types of abuse?

There are many types of abuse. For example, abuse can happen if your partner or a family member:

- Does not let you visit friends or family
- Gets angry quickly or acts overly jealous
- Threatens to hurt you or your family
- Destroys your property
- Does not allow you to go out
- Controls all the money and makes you ask to use it



- Forces you to have sex when you don't want to
- Hits, shoves, punches, or slaps you
- Humiliates, yells at, or insults you

What should I do if I am being abused?

There are several things that you can do if your partner or a family member is abusing you:

1. Tell your doctor. Your doctor will assist you in getting help
2. Call 911 or go to the police
3. Tell family or a close friend about the abuse
4. Call the NYC Domestic Violence Hotline (24 hours-a-day) at:
1-800-621 HOPE (1-800-621-4673)



How can the Domestic Violence Hotline help me?

This hotline can help you by:

- Providing counseling
- Providing a support network
- Helping you make a **safety plan**, which includes things like knowing where to go, packing up some essential items into a “go bag,” keeping important documents in a safe place, and saving money (preferably in your own bank account).
- Giving you information on shelters where you can be protected



Children and Domestic Violence

Abuse affects you and your children. Your children may not understand what is happening. Children who witness abuse often grow up to become abusers or victims of abuse.



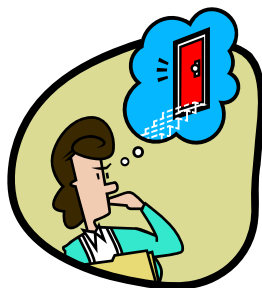
Why do I stay in a violent relationship?

There are several reasons why some people stay in an abusive relationship:

- Small children
- No job, no money
- Spiritual or cultural beliefs
- Fear
- The feeling that it is your fault
- Hope that things will change

What should I take with me if I have to leave?

- Children (if it is safe)
- Clothing
- Money
- Bank books, credit cards
- Social security cards
- Birth certificates
- Passports, green cards
- Medicine



- Domestic violence is a crime
- Get help immediately
- Have a safety plan
- Teach children emergency numbers
- If possible, keep a bag of clothes at a close friend's or family member's home
- Have a code word for when you are in danger. Teach your children the code word.

MetroPlus wants you and your family to be safe at all times. If you need help or more information on **Domestic Violence**, call:

NY State Domestic Violence Hotline
1-800-942-6906

NYC Domestic Violence 24 hour-hotline
1-800-621-HOPE (1-800-621-4673)

MetroPlus Care Management Action Line
1-800-579-9798

The information contained in this publication should not be used as a substitute for the medical care and advice of your doctor. There may be variations in treatment that your doctor may recommend based on individual facts about you.

MetroPlus Health Plan
160 Water St. 3rd Fl, New York, NY 10038
Member information:
1-800-303-9626
For information about MetroPlus Health Plan:
1-800-475-METRO

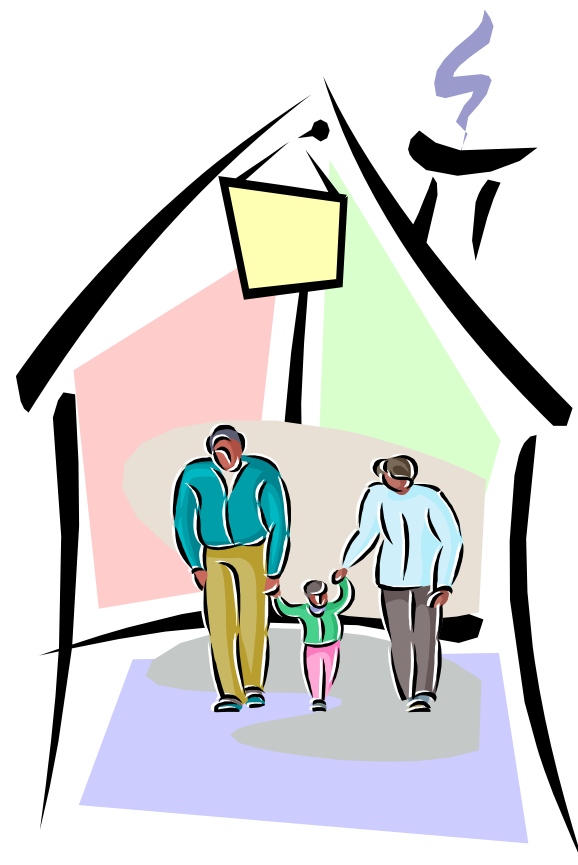
www.MetroPlus.org

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Remember:

- You are not alone
- Don't blame yourself – domestic violence is not your fault

DOMESTIC VIOLENCE: IS YOUR PARTNER HURTING YOU?



 **MetroPlus**
Health Plan
1-800-475-METRO
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