 **Examples of Domestic Violence**

* Telling the victim that they can never do anything right
* Showing jealousy of the victim’s family and friends and time spent away
* Accusing the victim of cheating
* Discouraging the victim from seeing friends or family
* Embarrassing or shaming the victim with put-downs
* Controlling every penny spent in the household
* Taking the victim’s money or refusing to give them money
* Looking at or acting in ways that scare the person
* Controlling who the victim sees, where they go, or do
* Dictating how the victim dresses, wears their hair, etc.
* Stalking the victim or monitoring their victim’s every move
* Telling the victim that they are a bad parent or threatening to hurt, kill, or take away their children
* Threatening to hurt or kill their friends, loved ones, or pets
* Intimidating the victim with guns, knives, or other weapons

**For anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or for Deaf and hard of hearing at 1-800-787-3224 (TTY).**For more information, go to the National Coalition Against Domestic Violence (NCADV) website or to the **Seeds of Security webpage of the Baltimore-Washington Conference at www.bwcumc.org/sos.**

**RESOURCES**

**Susanna Wesley House (Baltimore)**410-837-3787, [www.susannawesleyhouse.org](http://www.susannawesleyhouse.org)**Arundel House of Hope**
410-863-4888, [www.hoh.org](http://www.hoh.org)**Marian House**
410-467-4121, <https://www.marianhouse.org/>**Sarah’s House**
410-551-7722,  [Catholicharities-md.org](http://www.bwcumc.org/Page/edit/863973/Catholicharities-md.org) (multiple locations)

 **Source**: NCADV https://ncadv.org/learn-more

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