ABOUT US

YWCA Kalamazoo is dedicated to promoting healthy relationships through engaging presentations rooted in the empowerment model, bystander intervention and violence prevention. **YWCA Kalamazoo Healthy Relationships Presentation Series** aims to raise awareness, build personal and collective responsibility, and provide skills to challenge violence throughout our lives and community.

For more information, please contact J. Kyon, Community Impact Lead, at jkyon@ywcakalamazoo.org.

COMMUNITY EDUCATION PRESENTATIONS

**1st-3rd Grade**
Very Important People

**Middle School**
Building Boundaries
Social Media Safety

**High School, Collegiate & Adults**
Sexual Assault
Dating and Domestic Violence

CONTACT

YWCA Kalamazoo
353 E. Michigan Avenue
Kalamazoo, MI 49007

24-Hour Crisis Line: (269) 385-3587
www.ywcakalamazoo.org

HEALTHY RELATIONSHIPS

eliminating racism empowering women
ywca
Kalamazoo
HOW CAN I HELP SOMEBODY I AM WORRIED ABOUT?

**Only with the survivor's consent:**

**Emotional Support**
- Tell them you believe them
- Tell them that it is not their fault
- Help them create a safety plan
- Offer to go with them to any service provider or legal setting

**Material Support**
- Help them by storing important documents and a to-go bag
- Help document instances of abuse
- Help them find a service provider that can get housing, food, healthcare, and transportation

**Do not make decisions without the survivor's consent** such as calling the police, posting on social media, meeting with the abuser, seeking services, etc.

HOW DO I KNOW IF I AM IN AN ABUSIVE RELATIONSHIP?

**ISOLATION**
- Tells you that you can not do something or go somewhere and when
- Jealous about who you see
- Monitors your time and makes you account for where you were
- Tries to prevent you from contacting family and friends
- Tries to turn people, including children, against you

**ECONOMIC ABUSE**
- Controls the money
- Makes you ask for money
- Makes all major decisions about money without you
- Spends money only on things they want

**SEXUAL ABUSE**
- Pressures you to have sex
- Treats you like a sex object
- Inflicts unwanted pain on you during sex

**THREATS AND PSYCHOLOGICAL ABUSE** by threatening to:
- Leave the relationship
- Have you committed to an institution
- Hurt or kill you, children, and/or themselves
- Blames you for their problems
- Drives the car in a frightening way

**ANGER AND INTIMIDATION** by:
- Changing their mood suddenly
- Giving silent treatment
- Demonstrating anger
- Shouting or yelling
- Throwing or kicking something

**PHYSICAL ABUSE**
- Throws something at you
- Pushes, grabs, pulls, twists, hits, chokes, or shoves you
- Pins you to the wall, floor, bed
- Threatens you with a knife, gun or other weapons
- Physically and/or sexually abuses the children
- Kills pets
- Deprives you of sleep

**EMOTIONAL ABUSE**
- Says things to spite/insult you in front of others and/or privately, including putting down your physical appearance
- Criticizes your care of children/home
- Calls you names and tells you you are crazy/irrational
- Ridicules family or friends, including your children
- Goes through personal things ie: purse, drawers, pockets

**VOLUNTEER OPPORTUNITIES**

Join Us!
Teacher, Event, and Support Group Childcare
Sexual Assault Supportive Volunteer
Emergency Response Team Member
Anti-Trafficking Language Mentor
Sorting and Organizing Donations
Legal Services Reception
Classroom Support
Bus Riders/Drivers
Kitchen Assistance
Event Volunteers
Administrative Tasks

Visit our website at www.ywcakalamazoo.org or stop by YWCA Kalamazoo’s downtown location 353 E. Michigan Avenue for a volunteer application!

YWCA KALAMAZOO 24/7 CRISIS HOTLINE:
269-385-3587