

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 DO I KNOW IF I AM IN AN ABUSIVE RELATIONSHIP?

ISOLATION

- Tells you that you can not do something or go somewhere and where
- 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

YWCA KALAMAZOO 24/7 CRISIS HOTLINE:

269-385-3587

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.

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!

