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



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
- 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 yellingThrowing 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.



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!