



## YOUR SOURCE Balancing Work, Family & Life

### Domestic Violence: Your Personal Safety

Domestic violence can happen in any relationship—regardless of ethnic group, income level, religion, education, age or sexual orientation. It's often called a silent crime because many people don't report it. They may feel alone and not sure where to turn for help. Make a difference in your life, the life of your family and others close to you by learning more about domestic violence, how to stay safe and how you can help yourself or others that may be in an unhealthy relationship. *No one deserves to be abused for any reason.*

Help break the silence and go online to access *Your Personal Safety* in the *Spotlight* section so you can:

- learn about domestic violence, the types of abuse and how to identify warning signs;
- develop a personal safety plan and learn ways to stay safe;
- access resources from organizations that can protect you;
- learn how domestic violence impacts the workplace and access a helpful manager guide;
- find out if you may be in an unhealthy relationship by taking a self-assessment.

#### Podcast—Preparing a Safety Plan & Putting an End to Violence

Through this Podcast, you will learn about the types of domestic violence, how to effectively build a safety plan if you are considering leaving, and how to help someone close to you that may be in an unhealthy relationship. This Podcast will be available on the Web site in October under *Tools, On Demand Learning, Webinar Recordings and Podcasts.*



### Employee Assistance Program

*We Care, Just Call*

**1-800-222-0364**

1-888-262-7848 TTY Users

[www.FOH4YOU.com](http://www.FOH4YOU.com)

#### Who is at the greatest risk for domestic violence?

- a. Females 30 – 40 years of age
- b. Females 20 – 24 years of age
- c. Males 25 – 35 years of age
- d. Males 16 – 24 years of age

*Check your answer on the bottom.*

### Now That's An Idea!

It hurts when someone close to you is in an unhealthy relationship. You can make a difference by:

- listening and being non-judgmental;
- encouraging help from a professional;
- believing and taking the abuse seriously;
- focusing on the strengths of that person;
- not minimizing the situation;
- encouraging the person to develop a safety plan;
- being informed about domestic violence.

Answer: According to the *U.S. Department of Justice, Bureau of Justice Statistics*, females 20 – 24 years of age are at the greatest risk.