

Plan for your health & safety

ABUSIVE RELATIONSHIPS

- Identify and locate safe areas/exits in your home
- If possible, have a phone accessible at all times - memorize emergency numbers/contact numbers
- Keep copies of important documents - Social Security card, birth certificate, insurance policies
- Keep record of abusive incidents
- Create a safety plan with your children - who to call, where to go, etc.
- Come up with a back-up safety plan in case your abuser discovers your plan.

HIV/AIDS

- Get tested/know your status
- Seek out treatment options
- Contact your local HIV/AIDS program for resources
- Keep medication in a safe and secure place

COMMUNITY RESOURCES



1325 Massachusetts Ave., NW
7th Floor
Washington, DC 20036
Phone: 202.543.5566
Fax: 202.543.5626
www.nnedv.org

NATIONAL DOMESTIC VIOLENCE HOTLINE

1.800.799.SAFE (7233)
TTY: 1.800.787.3224

NATIONAL SEXUAL ASSAULT HOTLINE

1.800.656.HOPE (4673)

TEEN DATING HOTLINE

1-866-331-9474

NATIONAL HIV HOTLINE

1-800-CDC-HOTLINE (232-4636)

LOCATE HIV TESTING SITES

<http://hivtest.cdc.gov/>

Living Healthier, Living Safer



WHAT EVERY WOMAN SHOULD
KNOW ABOUT HEALTHY LIVING

This project was supported by Grant No. 2013-TA-AX-K006 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Women & HIV

The number of HIV diagnoses among women has tripled since 1985, and unprotected sex with men is the most common way women acquire HIV.



WHEN TO GET TESTED

Women should get tested at least once a year.

This is especially important if...

- You have had unprotected sex with more than one partner
- Your partner is having sex with someone other than you
- You have been/are currently in an abusive relationship
- You have shared or are now sharing needles
- You have had/are having sex with someone who has HIV or a history of drug use
- You or your partner have been incarcerated
- You had a blood transfusion between 1978 and 1985

IF YOU'RE HAVING UNPROTECTED SEX YOU NEED TO BE TESTED MORE OFTEN

WHAT DO I DO IF I'M BEING ABUSED?

You don't deserve to be abused and there are people who care.

Contact a domestic violence program in your community or call the National Domestic Violence Hotline at **1.800.799.7233** or **www.thehotline.org**

Domestic violence

1 in 4 women will be a victim of domestic violence in their lifetime. Power and control is at the center of domestic violence — the most dangerous time for victims is when they are leaving or have left the relationship.

RED FLAGS OF ABUSE

- Wants to move too quickly into the relationship
- Hits, slaps, punches, pushes, or uses threats
- Sabotages job or controls all the money
- Excessively jealous
- Criticizes, makes derogatory comments, or places blame
- Withholds medical treatment or medication
- Threatens to reveal your HIV status
- Deceptive or overly charming
- Controls your birth control and condoms
- Uses technology to track you, views your email and social media
- Uses your immigration status to keep you in the relationship

YOUR HEALTH IS IMPORTANT!

- Take time to get to know a potential partner
- Practice safe sex
- Understand state HIV disclosure laws
- Be aware of “red flags” in relationships
- Get tested for HIV—it's safe and confidential
- Talk to your kids about safe, healthy relationships
- See a physician, get a complete exam once a year