



Domestic Violence

Prevention, Information and Resources

Know the Patterns of Abuse – Threats, Power Misuse, and Control

What symptoms below fit your life?

Emotional abuse

- Putting the other person down
- Making the other person feel bad about themselves
- Calling the other person names
- Making the other person think they are crazy
- Playing mind games
- Humiliating the other person
- Making the other person feel guilty

Abusing Privileges or Rights

- Treating the other person like a servant
- Making all the big decisions
- Acting like the master of the castle
- Being the one who determines the roles

Economic Abuse

- Preventing the other person from getting or keeping a job
- Making the other person ask for money
- Giving the other person an allowance
- Taking the other person's money
- Not letting the other person know about or have access to family income

Using Coercion and Threats

- Making or carrying out threats to do something to hurt the other person
- Threatening to leave the other person, to commit suicide, report the other person to welfare
- Making the other person drop charges
- Making the other person do illegal things

Roanoke County Police – Domestic Violence Division

Office (540) 777-8699 • Emergency Dial 9-1-1 • Non-Emergency (540) 562-3265

Email domesticviolence@roanokecountyva.gov



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Using Intimidation

- Making the other person afraid by using looks, gestures, or actions
- Smashing things
- Abusing pets
- Displaying weapons

Using Children

- Making the other person feel guilty about the children
- Using the children to relay messages
- Using visitation to harass the other person
- Threatening to take the children away

Using Isolation

- Controlling what another person does, who they see and talk to, what's read, and where they go
- Limiting their outside involvement
- Using jealousy to justify actions

Minimizing, Denying, Blaming

- Making light of the abuse and not taking the other person's concerns about it seriously
- Saying the abuse never happened
- Shifting responsibility for abusive behavior
- Saying the other person caused the abuse to happen

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Has any of the following happened to you?

Does your partner:

- Blame everyone else especially you, for his or her mistakes? Yes___ No___
- Prevent you from seeing your family or friends? Yes___ No___
- Curse you, say mean things, mock you or humiliate you? Yes___ No___
- Force you to have sex or force you to engage in sex that makes you feel uncomfortable?
Yes___ No___
- Restrain, hit, punch, slap, or kick you? Yes___ No___
- Intimidate or threaten you? Yes___ No___
- Ever prevent you from leaving the house, getting a job, or continuing your education? Yes___
No___

If you answered "Yes" to any of these questions, you may be in an abusive relationship. Call Roanoke County Police Department's Domestic Violence Division at (540) 777-8699, (540) 562-3265, or email us at domesticviolence@roanokecountyva.gov for assistance. We can help you obtain warrants, orders of protection and counseling.

Dial 9-1-1 in an emergency.