

# Living a life without violence

**Woman are Sacred** grows out of our stories and our teachings. When something is held as being sacred, it is to be respected, honored and held with the high regard of its power.

This means that when you are treated with respect, you are being given messages **in words and in actions that show you** that you are valued, loved and treated with care.

This is something every human being should be able to expect from her intimate partner, husband or boyfriend.

## **We will provide the following services:**

- Case management
- Help with obtaining local resources
- Advocacy

## **We will provide referrals for the following:**

- Individual and group counseling
- Shelter stay for women and children
- Educational help with completing GED program



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*Break the pattern.  
Envision change.  
Empower hope.*



# WOMEN ARE SACRED

**Kaw Nation  
Domestic Violence  
Program**

# Women are sacred

**A woman living a life without violence carries strength and beauty in her spirit and laughs and loves from deep within.**



## Are you living with domestic violence?

- Have you ever been hit, slapped, kicked or punched by your partner?
- Have you ever been choked or strangled by your partner?
- Is your partner asking you questions about whether you are faithful, or is he expressing jealousy?
- Are you starting to feel like you are losing your relationships with family or friends because of your partner's actions?
- Has your partner ever threatened to hurt you to get you to do something?
- Has your partner ever hurt your pets?
- Has your partner ever destroyed your property or things you care about?
- Has your partner ever tried to stop you from going to school or work, or stop you from doing things you like to do?
- Has your partner ever forced you to have sex when you did not want to?
- Does your partner regularly insult you?
- Are you ever afraid of your partner or of going home? Does he or she make you feel unsafe?

Generally, **domestic violence** is a pattern of behavior, including physical violence or sexual violence, by an intimate current or former partner. It is seen in male-female and same-sex partner relationships.

Domestic violence takes many forms and includes a range of actions intended to control: isolation, intimidation, using children, emotional abuse, economic abuse, coercion and threats, minimizing, denying and blaming, cultural abuse, ritual abuse, male privilege and sexual abuse.

The most recognized form

of domestic violence is physical violence, which may include hitting, punching, slapping, strangling or kicking.

An intimate partner is someone who you live with or have lived with. This can be a boyfriend, a husband, a girlfriend or a wife.

The questions to the right can help you think about whether you are living with domestic violence.

**If you believe you are living with domestic violence, you can get help.**

**Call to talk with an advocate to help you think about options available to you.**

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