

## Does Your Partner:

- ✓ Insult, demean or threaten you?
- ✓ Isolate you from friends and family?
- ✓ Limit your access to money and monitor all finances?
- ✓ Explode into rage and assault you physically?
- ✓ Strangle, punch, slap, kick, or otherwise hurt you?

If this sounds familiar you may be a victim of domestic violence, but you are not alone.

**Call to Speak to Someone Today!**



## Your Rights in a Healthy Relationship

- ✓ To express your opinions and have them respected.
- ✓ Have your needs be as important as your partner's needs.
- ✓ To be responsible for your actions, not your partner's.
- ✓ To NOT be physically, emotionally, verbally or sexually abused.



## Effects of Domestic Violence on Children

Children who see violence in their homes may show:

- Intolerance
- Poor impulse control
- Depression
- Absence from school
- Hopelessness
- Poor self-image
- Social isolation
- Increase in lying
- Poor understanding of personal boundaries
- Self-blame
- Violence towards pets or younger siblings
- May use violence to try to solve problems.



**24 Hour Hotlines**

**540-743-4414**

**540-218-4028**



Printing for this brochure is paid for by a grant from  
Virginia Department of Criminal Justice Services,  
#17-Q3579SA15



**Choices, Council on  
Domestic Violence for Page County, Inc.**

***We Listen - We Believe - We Support***

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ChoicesofPageCounty.org  
hotline@choicesofpagecounty.org

***All Services  
Free & Confidential***

Providing non-discriminatory assistance and  
information for victims/survivors of domestic  
violence and sexual assault.

## What is CHOICES ?



Choices, Council on Domestic Violence for Page County, Inc. provides confidential services free of charge to any individual who is, or has ever been:

- Physically, emotionally or verbally abused
- Sexually harassed or assaulted
- Stalked

Abuse is hurting another person physically, emotionally, or verbally. Physical injuries are not the only type of abuse.

Sexual Assault or Harassment is any unwanted sexual contact or conduct.

Stalking is a course of conduct directed at a specific person that would cause a reasonable person fear.

*Intimate partner violence, sexual assault and stalking are used to exert power and control over someone.*

## What is Domestic Violence?

Domestic violence is a pattern of abusive behaviors used by one individual to control or exert power over another individual in the context of an intimate relationship.

Patterns involve a variety of abusive behaviors which usually increase in frequency and intensity over time.

Abusive Behaviors include:

- Verbal assault & threats
- Intimidation & isolation
- Physical & sexual assault
- Destruction of property
- Violence directed toward victim's loved ones or pets
- Behaviors that cause fear



## CHOICES MISSION

*To prevent both domestic and sexual violence through public awareness and education, and to serve as a resource and safe haven to those affected.*

## CHOICES Provides

- 24/7 Hotline
- Emergency Shelter
- Crisis Counseling
- Individual & Peer Counseling
- Support Group
- Legal Advocacy
- Community Education
- Information & Referrals

**All Services Provided by Choices are FREE & CONFIDENTIAL.**



*Choices does not discriminate on the basis of race, color, sexual orientation, religion, gender, physical or mental disability.*



**CALL US 24/ 7!**