

# Love Shouldn't Hurt.

If you or someone you know is living in an abusive relationship, help is available. Go to [www.erasedomesticcrime.com](http://www.erasedomesticcrime.com).

You can build a safety plan:

- Identify “**safe**” **areas** of your house (more than one exit, nothing that could be used as a weapon).
- **Tell someone** you trust what is happening to you and make a plan with her in case you need help.
- If possible, always have an easily accessible **phone**.
- Keep **important items** (documents, medications) together in case they need to be grabbed quickly.
- **Talk to your children** about safety. Tell them not to get involved in the violence at home.
- **Teach your children** how to get help and practice the safety plan with them.

## Violence at home. Victims at work.



This project is funded under an agreement with the State of Tennessee, Department of Finance and Administration, Office of Criminal Justice Programs and is supported by Award #9779 awarded by the Bureau of Justice Assistance, Office of Justice Programs, USDOJ.