

**H**urting your wife or girlfriend...

- Hurts the people you love.
- Hurts your children and teaches them abusive behavior.
- Drives away your family.
- Takes over your life.

It may seem impossible to change your behavior, but it isn't. It may seem like no one can help, but we can.

**TOGETHER, WE CAN STOP  
RELATIONSHIP VIOLENCE.**

Made possible by a grant from The California Endowment. All characters depicted are models.  
©2000

If you are hurting your wife or girlfriend, talk to your health care provider. We can help you.

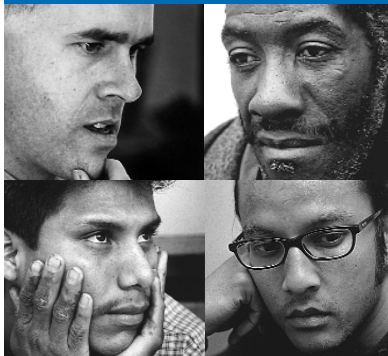
***You can change your behavior.***



*To find help near you,  
you may also call the  
National Domestic  
Violence Hotline at:*

**1-800-799-7233 or  
1-800-787-3224 (TTY)**

*Are you hurting  
your wife or  
girlfriend?*



*You can get help.*

# *Are you hurting someone? Talk to us, we can help.*

Have you ever...

- Called your wife or girlfriend names?
- Told her what to do and who she can see?
- Threatened to hurt her?
- Pushed or hit her, or forced her to have sex?
- Promised not to do it again (and had trouble keeping your promise)?

If you answered “yes” even once, you may be abusive.

Health care providers can help you. Talk to us and let us know that you are hurting your wife or girlfriend. We can:

- Help you find someone to talk with.
- Refer you to people who can help you stop your behavior.
- Get help for your wife, girlfriend, or children.

## **Here's how you can begin to change your behavior:**

- Remember you can always leave.
- Take responsibility for the hurt and fear you may be causing.
- Talk with someone about what you are doing.
- Watch for warning signs of your behavior.
- Call 1-800-799-7233 to find help near you.

*Together we can stop family violence.*