

## Stay strong and trust yourself.

- If you feel sad or confused about breaking up, talk with someone you trust or call an abuse hotline for support (YWCA's 24-Hr Hotline: 518.374.3386)
- Trust yourself. Ending an abusive relationship is the right thing to do.
- Remember, you deserve to be in a healthy relationship.

**For more information, visit the National Domestic Violence Hotline website:**

**[www.thehotline.org](http://www.thehotline.org)**

Get help ending an unhealthy or abusive relationship by calling: 1.800.799.SAFE (7233)

**YWCA NorthEastern NY is on a mission to stop the cycle of violence and be a support to teens who may be living in a home where there is domestic violence or who may be in an abusive relationship.**

We are currently working with athletic teams and within education, centers to help young adults identify unhealthy relationship traits- and how to be an ally for friends who may be experiencing dating violence. By working together with students and all those who are willing to be leaders in our community, we will stand up together and demand that everyone needs to be treated with respect and no one is deserving of abuse.

**YWCA IS ON A MISSION**

**YWCA NorthEastern NY**  
***servicing our community since 1888***  
YWCA NorthEastern NY is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all

## WHAT WE DO

- Individual and group domestic violence support counseling
- Family/parent domestic violence counseling (non-offending parent w/ children or individual youth)
- Legal Advocacy
- Financial empowerment counseling
- Emergency domestic violence shelter
- 24-hour domestic violence hotline
  - 518.375.3386
- Permanent housing options for single women 18 years & older (trans-inclusive)
- Early Learning Centers
  - Ages 6 weeks to 5 years
- Volunteer and internship opportunities
- Social justice activities and community engagement events

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For more information about our programs & services, please contact us

**44 Washington Ave.  
Schenectady, NY 12305**

**Phone: 518.374.3394**

**24-Hr Domestic Violence Hotline:  
518.374.3386**

**[www.ywca-neny.org](http://www.ywca-neny.org)**



Scan for more information,  
to make a donation, or to  
follow YWCA NENY

# BREAKING UP SAFELY

## ENDING AN ABUSIVE RELATIONSHIP



**44 Washington Ave.  
Schenectady, NY 12305**

**p. 518.374.3394**

**f. 518.374.3385**

**24-hour DV Hotline 518.374.3386**

**[www.ywca-neny.org](http://www.ywca-neny.org)**

**eliminating racism  
empowering women**

**ywca**

**NorthEastern NY**

## You may be in an abusive relationship if the person you are with:

- Puts you down, calls you names, or makes you feel bad about yourself.
- Keeps you from seeing your friends or doing things you enjoy.
- Tracks your calls, texts, emails, social media, or internet use.
- Hits, kicks, or punches you, or threatens to hurt you, your family, or pets.
- Forces you to have sex when you don't want to.
- Threatens to hurt themselves if you leave.

## You can take steps to safely leave an abusive relationship.

If you are being abused, or are afraid you might be abused in the future, make a plan to leave the relationship.

**If you feel like you are in immediate danger, call 911**

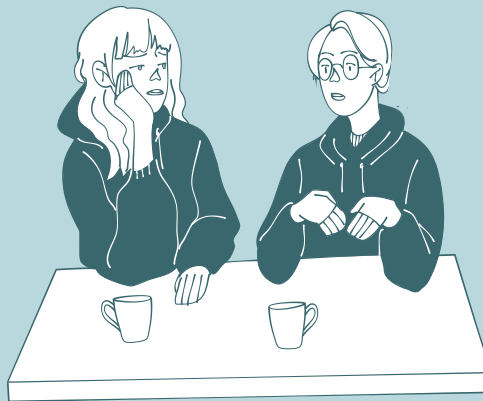
### Community of Respect Policy:

In order to provide a respectful environment where all are welcome, YWCA NENY does not discriminate or allow discrimination in programs or practices on the basis of race, religion, employment/unemployment status, color, genetic information, pregnancy, sex, national origin, age marital/partnership status, sexual orientation, gender identity, disabilities, stalking victim/survivor status, domestic violence victim/survivor status, or veteran status. This policy governs all aspects of YWCA program operations and is in place for all staff, volunteers, and clients.

## It is normal to have mixed feelings

- It is normal to feel safe or guilty about breaking up, even if you have been abused.
- You may still care for the person.

## Even if you feel confused, you should not stay with an abuser



## Tell someone about your plan to end your relationship

- A school counselor, parent, teacher, trusted friend, doctor, nurse, or religious leader are all good choices.

## Call an abuse hotline

- You can call 1-800-799-7233
- Counselors offer support. They can help you plan for when and where you will end the relationship

## Be safe

- Break up in a public place, or over the phone, email, or by text.
- Be very clear that you are breaking up. Say, "I do not want any more contact."

## After breaking up

- Avoid contact with the abuser.
- Don't respond to texts, calls, DM's, or emails.



## What if you're being stalked? Stalking can be dangerous. The abuser may be stalking you if they:

- Pressures you to be in a relationship you don't want.
- Continues to call, text, DM, message, post on social media, email, etc. after you told them to stop.
- Makes threats to you or someone close to you.
- Harms you in any way.
- Follows you.



**If you feel that you are being stalked, contact the police right away.**