



Catholics For Family Peace

Education and Research on Domestic Abuse
NATIONAL INSTITUTE FOR THE FAMILY

**Are you concerned
about a family
member or friend
experiencing abuse?**

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”

– Matthew 11:28

Once you recognize the abuse, know you are not to blame and you are not alone. No one deserves to be abused.

This is not just the law in America.

This is the teaching of the Catholic Church.

Call the National Domestic Violence Hotline:

800-799-SAFE (7233) - 24 hours, toll free www.ndvh.org

How do I know if I am being abused?

In your relationship, you may be experiencing:

- constant insults and belittling
- threats against you or your children
- intimidation and harassment
- jealousy and possessiveness
- pushing, shoving or holding down
- punching, slapping, kicking or choking
- forced or unwanted sex or sexual acts

How do I know if I am abusing?

- If you are extremely jealous
- If you control your partner’s activities
- If you use physical force to solve problems

**From the U.S. Catholic Bishops’ Committee:
When I Call for Help: A Pastoral Response to
Domestic Violence against Women:**

“We acknowledge that violence has many forms, many causes, and many victims—men as well as women. The Catholic Church teaches that violence against another person in any form fails to treat that person as someone worthy of love. Instead, it treats the person as an object to be used.”

Learn more about how the Church cares at www.CatholicsForFamilyPeace.org

Catholics For Family Peace Education and Research is an Initiative of the National Institute for the Family working toward a coordinated Catholic response to domestic abuse.