



Am I In A Bad Relationship?

Family Violence


Healthy relationships should enhance the lives of both partners and the lives of the children in the family.

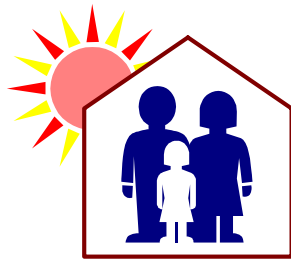
Living at home should not mean living in fear... for you or your children.

How do you know when the


relationship is not enhancing your life?


Does Your Partner Hurt You Physically?


 Hit, slap, shove, choke or kick you




or your children?


 Threaten or hurt you with a weapon?


 Throw objects at or restrain you?


 Abandon you or lock you out?

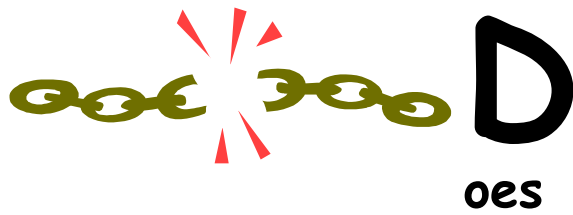
 Hurt you when sick or pregnant?

Does Your Partner Hurt You Sexually?

 Forces you to have sex or other unwanted practices?

 Criticizes your sexual performance?

 Forces you to have sex with others?



Does your partner Hurt You Emotionally...Saying Things That Shame or Insult You?

- You're stupid, fat, ugly, etc.
- You can't do anything right.
- You'll never get a job.
- You're not fit to be a parent.
- You don't deserve anything.

Does Your Partner.....

- Threaten to hurt you or your child or pet?
- Forbid you to work, have money?
- Accuse you of having affairs?

- Keep you from contact with family or friends?
- Confuse you with promises, lies?
- Take your keys, damage your car?
- Hide or destroy important papers?

If you find that you have answered "yes" to many of these questions, ask yourself this one last question,

"HOW is this relationship enhancing my life and the life of my children?"

Contact the agency below for assistance in locating support and help.

Derived from materials provided by The Spring of Tampa Bay, a shelter for battered partners.

For more information contact:



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPI (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

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