

Give your daughter
the information
she needs to
protect herself.

For additional resources, contact:

Montgomery County Victim Assistance and Sexual Assault Program (VASAP)
240-777-1355 • 240-777-HELP (4357) 24 hours
E-mail: vasap@montgomerycountymd.gov
www.montgomerycountymd.gov/vasap

Montgomery County Abused Persons Program (APP)
240-777-4195 (intake) • 240-777-HOPE (4673)
www.co.mo.md.us/hhs/civs

Maryland Network Against Domestic Violence
1-800-MD HELPS (24 hour helpline)
e-mail mnadv@aol.com
www.mnadv.org

Maryland Coalition Against Sexual Assault, Inc.
1-800-983-RAPE (toll free)
www.mcasa.org

Montgomery County Commission for Women Counseling and Career Center
301-279-1800
www.co.mo.md.us/cfw



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Montgomery County Commission for Women
255 North Washington Street – 4th floor
Rockville, Maryland 20850
www.co.mo.md.us/cfw

Talk to your
daughter
about
violence

What she doesn't know *can* hurt her

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Most parents warn their children to beware of strangers.

**Good advice . . .
but not
good enough.**

Many more women and girls are assaulted, raped and murdered **not by strangers**, but by:

- ◆ **people they know** and trust
- ◆ people with whom they share a home, or
- ◆ people they invite into their homes

Crime Reports for Montgomery County, Maryland, Show that:

- ◆ 80% of all women who were murdered were **killed by someone they knew** (1994 - 1998)
- ◆ 78% of all reported rape victims **either knew or were related to** their attackers (1998)
- ◆ 50% of all reported rape victims were **between 11 and 20 years old** (1998)
- ◆ The incidence of rape **increases** sharply between **the after school hours of 2 and 4 p.m.**

Girls and women are much more likely to be victims of date rape or domestic violence than of street crime.

Signs Your Daughter May Be in an Abusive Relationship:

(The symptoms below can be signs of many problems, but they may also be indicators of an abusive relationship.)

- ◆ Heightened anxiety (fear of "setting off" her boyfriend)
- ◆ Depression; thoughts of suicide
- ◆ Bruises; broken bones; cuts; heavy make-up to cover up injuries
- ◆ Excessive guilt; shame; indecisiveness
- ◆ Feeling inadequate; low self-esteem
- ◆ Truancy; falling grades
- ◆ Withdrawal; passivity
- ◆ Heightened aggressiveness

Talk to Your Daughter . . .

Getting out of an abusive relationship is often difficult and can be very dangerous.

In fact, the most perilous time for a woman is when she tries to leave an abusive situation. It's much better **not** to get into one.

Teach her to recognize the signs of violence in others, and to *avoid* dating people who:

- ◆ Try to control or restrict her behavior and activities
- ◆ Have angry outbursts
- ◆ Criticize or demean her or those she cares about
- ◆ Intimidate or threaten her
- ◆ Physically restrain or hurt her
- ◆ Take foolish risks to show off
- ◆ Enjoy hurting animals
- ◆ Abuse drugs or alcohol/pressure her to drink or take drugs
- ◆ Isolate her from other relationships
- ◆ Pressure her for sex or dates
- ◆ Make all the decisions for her
- ◆ Blame her for his abusive behavior

Tell Your Daughter . . .

- ◆ Her safety is more important than the breaking of any family rule. Tell her that no matter what the situation, she can **always** come to you, and she can call for a ride home, anytime—no questions asked.
- ◆ Assaultive behavior is **always** the responsibility of the offender. It is **never** her fault if she is abused.
- ◆ In **every** relationship, she has the right to say "No," to ask for what she needs, to make her own decisions, to trust herself, to be understood and cared about, to be treated well.

violence