

News for Women

Want To Feel Safe Again?

(NAPSA)—Millions of American women—at least one in four—find themselves in a destructive relationship at some time in their lives. Women who suspect they are in this type of a situation should ask themselves the following questions:

- Does your husband or boyfriend ever push, shove or hit you?
- Does he track your every move?
- Does he threaten you?
- Does he keep you away from family and friends?



Women in destructive relationships: help is available.

If this sounds like you, you are not alone. You do have options. You can work out a plan to help keep your family safe. Emergency support such as safe housing may be available. You may be able to seek court protection.

If you or someone you know would like more information, call the National Center for Victims of Crime at **1-800-FYI-CALL** or visit **www.ncvc.org**.