

JUNE 2ND, 2021



SAFE-T Newsletter



Early Signs of Nonphysical Abuse

Countless individuals believe domestic abuse has to involve physical violence. While physical violence is a part of many abusive relationships, there are many different types of abuse you can experience. Whether physical, emotional, mental, or otherwise, involvement in an abusive relationship can affect your self-esteem and cause trauma that can take years for recovery. Fortunately, there are several early warning signs of an abusive relationship. If you are receiving signals and detecting signs of abuse, you can leave the relationship and save yourself a lot of pain and heartache.

In any relationship, it is important to discuss and set boundaries early with your partner. You will both know and understand from the beginning what to expect and how each of you feels about your personal feelings. There will be less stress and fewer misunderstandings in the relationship when expectations are communicated from the start.

Abusers are often hypercritical and are relentless in their criticism. The abuser will point out everything they consider to be a mistake. Constantly hearing that you are not doing things correctly can make you feel inferior in a relationship. Abusers have tendencies to humiliate their victims in front of a third party or even a crowd of people to make them feel awkward. If you are finding yourself dreading social interaction due to being constantly humiliated, consider the warning signs of abuse.(Cont. Pg. 2)

WHAT IS INSIDE

WEBINAR-3

CRISIS RESPONSE
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(Cont. from Pg. 1) One of the most common signs of an abuser is their controlling behavior. They will try to control everything you do, down to the smallest detail. This controlling behavior often intensifies in certain situations, such as social distancing. They will isolate you so you are completely dependent on him or her. This can be physical, by moving away, or emotional, by not allowing you to have relationships with family, friends, co-workers, and acquaintances. Jealousy is one of the warning signs of domestic violence. While a certain amount of jealousy is normal, extreme jealousy is unhealthy. Many abusers associate jealousy with love and it can be tempting to feel flattered by the attention. Unfortunately, the jealousy will soon turn serious and you may experience rage just from interacting with another person or from unfounded accusations. They will blame you for everything that goes wrong in their life, even when it is not within your control. You may also be blamed for their feelings, their abusive behavior, and jealousy. (Cont. Pg. 6)



SAVE THE DATE!

When it comes to using the Internet, teens have been online in some way for most of their lives. This can give them a false sense of security and knowledge. When teens are online they regularly come across content, contact, conduct, and contract risks that make them vulnerable to online grooming, sexual abuse, sextortion, fraud, sexting, and cyberbullying to name a few.

Join us on Zoom Tuesday, June 8th at 1 pm when we'll be identifying the risks they encounter and discussing how we can help our teens be safer and smarter online.

No registration is required. Admission is free.

To join from a browser:

<https://us02web.zoom.us/j/86217719325pwd=Qm1NWW1SYUFHRnBEeTR3b0Y4Z28rdz09>

To join from the app:

Meeting ID: 862 1771 9325

Passcode: 781263





Crisis Response Team Training (Domestic Violence & Sexual Assault Volunteers) needed at all SAFE-T locations: Mount Pleasant, Paris, Clarksville, & Sulphur Springs.

If you are interested in becoming an Advocate for Domestic Violence and Sexual Assault Survivors, a Face-to-Face Technology Training will be held June 23rd, 2021 from 2:00 PM-4:00 PM.

If you are interested or have questions, please contact Program Director Mary Ferguson at 903-572-0973 or Email: mferguson@safe-tagency.com to register.

Signs of Financial Abuse.

Financial abuse occurs in nearly all cases of domestic violence. It's one of the main reasons survivors say they were unable to leave an abusive partner or had to return to one. Below are several ways an abuser may try to take control of their partner's financial resources.

EXPENSES

DOES YOUR PARTNER LIMIT OR DECIDE HOW YOU SPEND MONEY?

[LEARN MORE](#)

CARDS

DOES YOUR PARTNER USE YOUR CREDIT/DEBIT CARDS WITHOUT YOUR KNOWLEDGE?

[LEARN MORE](#)

ACCOUNTS

DOES YOUR PARTNER LOCK YOU OUT OF YOUR OWN OR SHARED BANK ACCOUNTS?

[LEARN MORE](#)

EMPLOYMENT

DOES YOUR PARTNER PREVENT YOU FROM WORKING OR ATTENDING SCHOOL?

[LEARN MORE](#)

FINANCIAL PLANS

DOES YOUR PARTNER EXCLUDE YOU FROM IMPORTANT FINANCIAL MEETINGS?

[LEARN MORE](#)

DEBT

DOES YOUR PARTNER OVERUSE YOUR CREDIT CARDS?

[LEARN MORE](#)

The Allstate Foundation is an important resource for survivors to gain empowerment and freedom from abuse. Visit them today to learn more.

(Cont. from Pg. 2) If you are in a relationship and your partner has threatened you, it is likely time to leave. Threats usually start small but, get more serious over time. Threatening behavior can be destroying items you value, threatening your loved one with violence, or threatening you with violence. By watching out for these early signs of an abusive relationship, you can avoid a bad situation and possibly save your life. It is important to be able to recognize the warning signs of abuse right away, so you can remove yourself from the situation and keep yourself safe.

If you or someone you know needs help with domestic violence, please contact us at SAFE-T Crisis Center 903-572-0973 or our HOTLINE 903-575-9999.



Shelter Donations Needed!

Please drop off
all donations at our
Main Office at 204
Patrick St. Mount
Pleasant, TX or the
Thrift Store at 1014
West 1st St in Mt.
Pleasant, TX



- pillows, comforters & throws
- cleaning supplies
- underwear (men & women, all sizes)
- clothes detergent powder
- towels
- twin size sheets
- soap
- hand sanitizer
- socks (men, women, & children)
- baby wipes

Call 903-572-0973 for
more information.





SAFE-T Thrift Store

1014 W 1st St Mount Pleasant, TX 75455

Store: (903) 577-9035 9am - 6pm

We gratefully accept the following donated items:

- Gently used clothing
- Gently used shoes
- Gently used furniture
- Household items
- Appliances
- Pet items

- Books
- Toys
- Curtains and Drapes
- Electronics
- Lighting
- Home hardware

On every Wednesday, we have a storewide 20% discount for everyone over 55.

June 3rd- 50% off Kitchen

June 4th- Spin The Wheel

June 5th- 50 % Off Home Improvement

June 7th- 50% off Furniture

June 8th- 15% off storewide

