

## Facts about domestic violence during pregnancy

- Pregnant women are 60% more likely to be beaten than women who are not pregnant.
- 50-70% of women abused before pregnancy are abused during pregnancy.
- Women are two to four times more likely to suffer increased abuse as a result of an unintended or unwanted pregnancy.
- Violence is cited as a pregnancy complication more often than diabetes, hypertension or any other serious complication.
- Murder is the second most common cause of injury-related death for pregnant women, after car accidents.
- 26% of pregnant teens reported being physically abused by their boyfriends. Nearly half of them said the battering began or intensified after he learned of the pregnancy.

## Resources

Indiana Coalition Against Domestic Violence  
toll free hotline 800.332.7385

Connect2Help  
(in most areas of Indiana)  
211

National Domestic Violence Hotline  
800.799.SAFE - [www.ndvh.org](http://www.ndvh.org)

[loveisrespect.org](http://loveisrespect.org)

Rape Abuse & Incest National Network  
800.656.HOPE - [www.rainn.org](http://www.rainn.org)

[futureswithoutviolence.org](http://futureswithoutviolence.org)

# Be Safe During Pregnancy

## Have a healthy baby



Dubois County office	812.482.1555
Perry County office	812.547.8878
Spencer County office	812.649.2303
Daviess County office	812.610.4456
Pike County office	812.809.4495



P.O. Box 903 - Jasper, IN 47547

Fax: 812.482.1571

Email: [info@crisisconnectioninc.org](mailto:info@crisisconnectioninc.org)

Visit: [crisisconnectioninc.org](http://crisisconnectioninc.org)

24 hour hotline 800.245.4580

# INDIANA SAYS NO MORE

TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT



Crisis Connection is a member of the Indiana Coalition Against Domestic Violence.

# Be Safe During Pregnancy

## What is domestic violence?

Domestic violence is the use of power and control within an intimate relationship that threatens a person's well-being. The abuse can be physical, sexual, emotional and financial. It can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or dating.

Domestic violence affects people of all socioeconomic backgrounds and education levels. It can happen to friends, family or co-workers. It can happen to you.

**If you are hurt or threatened** by your partner while you are pregnant, you have a higher risk of miscarriage and a low birth weight baby. You may also risk having first and second trimester bleeding and complications during labor.



### There are no obligations.

You and your partner should be a collaborative team that supports each other through each decision made. When you get pregnant, abusers see it as another means of control, and most of the time abuse increases after the pregnancy. If you want to leave, do not feel obligated to stay with the father of the child.

## Are you safe in your relationship?

Does your partner:

- make you feel afraid?
- hit, hurt or threaten you?
- tell you you're stupid, ugly, fat or worthless?
- force you to have sex when you don't want to?
- keep track of your every move?
- limit your contact with friends or family?
- limit your access to money?
- threaten you, the baby or your other children?
- regularly accuse you or flirting with others or cheating?

If you answer YES to any of these questions, you may be experiencing domestic violence.

## Violence during pregnancy increases your baby's risks of:

- being hurt during a fight.
- weighing too little at birth.
- having trouble nursing or taking a bottle.
- having trouble sleeping.
- crying more and being harder to comfort than other babies.
- having problems learning to talk, walk and learn well.
- experiencing lasting emotional trauma.
- being physically and sexually abused.



## Keep medical treatment in mind.

Regular check ups are important for any expecting mother, but even more so for a pregnant woman in an abusive relationship. If a doctor knows what's going on medically, they can help you keep yourself healthy.



Pregnancy can be a dangerous, sensitive time. Taking care of yourself is incredibly important.

## Have a plan for safety.

- Plan a safe place to go if you must leave.
- Plan a primary and backup escape route out of your home - practice the route.
- Arrange a signal with a trusted friend so they know when you need help.
- Carry a cell phone at all times.
- Avoid taking shelter in rooms with only one exit, like a bathroom.
- Keep your purse or wallet packed and ready to go at all times. Include important phone numbers like a doctor, attorney, insurance agent, pharmacy and safe friend.
- Have an overnight bag packed with your identification, important documents, medication and clothing. Include eye glasses, money, address book, comfortable shoes, toiletries, pictures, jewelry and other valuable items.
- Make copies of all your important documents, your house and car keys and hide them in a safe place. Tell someone you trust the location of the hiding place. Important documents may include your birth certificate and social security card.