

Safe & healthy babies start with safe & healthy pregnancies!



Are you and your baby safe?

HAS YOUR PARTNER EVER?

- Hit, kicked, strangled (choked), or otherwise hurt or threatened you?
- Tried to harm your pregnancy by hitting, kicking, or pushing your stomach?
- Threatened to try to end your pregnancy?
- Blamed you for being pregnant?
- Demanded that you get an abortion?
- Called you names? Insulted you?
- Threatened to kill you or your baby if you leave?
- Threatened to take your baby after birth?
- Tried to control how you care for yourself and your baby?
- Forced you to get pregnant when you didn't want to?
- Refused to use a condom or other contraception when you asked them to?
- Led you to believe they were using contraception when they were not?
- Coerced you, threatened you, and/or used physical violence to keep you from using contraception?
- Tampered with your form of contraception?
- Kept you from seeing a health care provider or seeking medical treatment?
- Tried to keep you from seeing your family and friends?
- Taken your phone?
- Constantly called or texted to see where you were?
- Blamed you for problems with the relationship?
- Accused you of cheating?
- Questioned the paternity of your baby?
- Destroyed your things?
- Hurt or killed your pets?
- Kept you from getting a job or accessing money?
- Tried to sabotage your employment?
- Made you feel like you had to walk on eggshells?
- Done other things that make you feel afraid?

Talk with your healthcare provider. Medical visits are an opportunity to reach out for support.



MARYLAND HEALTH CARE COALITION *Against Domestic Violence*

HealthandDV.org

For more information, scan the QR code on the reverse page.

The Facts About Abuse During Pregnancy



ABUSE CAN BE PHYSICAL, VERBAL, EMOTIONAL, ECONOMIC, PSYCHOLOGICAL, AND/OR SEXUAL.

- Intimate partner violence (IPV) affects millions of people regardless of age, socioeconomic status, race, religion, ethnicity, sexual orientation, or educational background.
- Individuals subjected to IPV may have lifelong health consequences.
- 1 in 3 women globally experiences violence in her lifetime. Many individuals who are pregnant report that abuse began or got worse during pregnancy.
- Abuse is four times more likely to occur if the pregnancy is unwanted.
- Children born to abused mothers are 17% more likely to be born underweight and more than 30% more likely than other children to require intensive care upon birth.
- Health disparities negatively impact maternal and reproductive health outcomes. Abuse from a partner can make these issues worse.

Being free of violence and fear can help you have a safe and healthy pregnancy. Help is available.

In Charles County, please reach out to the Center for Abused Persons:

301-645-3336 (24/7 Crisis and Information Hotline)
www.centerforabusedpersonscharlescounty.org

National Domestic Violence Hotline (24/7 toll-free support)

1-800-799-SAFE (1-800-799-7233) TTY 1-800-787-3224



Scan or take a picture of this QR Code to access more information on abuse during pregnancy, possible health risks, strategies to talk to your doctor, and resources for help.



MARYLAND HEALTH CARE COALITION *Against Domestic Violence*

MedChi
The Maryland State Medical Society



HealthandDV.org

1211 Cathedral Street
Baltimore, MD 21201
410-539-0872 or
800-492-1056 x3316

This material was created through the Local Health Department Preventing Maternal Mortality Funding for Charles County, in partnership with the Center for a Healthy Maryland and the Charles County Department of Health.