

Healthy choices, healthy babies

During pregnancy, women have the honor of providing children with a safe beginning. **Did you know?**

- Drinking alcohol during pregnancy and while breast-feeding harms babies and their growing brains.
- Even if you are planning for a baby or having unprotected sex, *it's important not to drink* because babies' brains start developing right away.

It can be hard to stop drinking, especially if you are in a relationship in which someone is hurting or scaring you. But you are not alone—a health care provider, counselor or advocate can help you get safe and stop drinking.

Getting help

Getting support for yourself and your children can help you move toward health, happiness and freedom—even the smallest step is something to celebrate. Trained advocates can:

- Talk with you privately on the phone or in person.
- Empower and assist you to make a safety plan.
- Connect you to safe shelter.
- Encourage you and your children through small-group support.

Help is just a phone call away.

Helplines

If your partner or someone else is hurting you, **it's not your fault.** Call for anonymous help or advice:



Alaska Native
Tribal Health Consortium
www.anthctoday.org

FUTURES
WITHOUT VIOLENCE™

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National Domestic Violence Hotline
1-800-799-SAFE (7233)
TTY 1-800-787-3224

Sexual Assault Hotline
1-800-656-4673

You can also dial **911**, the State Troopers, or your village public safety officer/tribal police for help, or **211** for any social service.

We are worthy

How is your relationship?

Do I feel...

- Safe, respected and cared for by my partner?
- Supported to spend time with friends and family?
- Like I can talk about problems or share ideas without being afraid?
- Respected in my choices about birth control/condoms and when/if I want children?

If you answered **YES** to these questions, it is likely you are in a healthy relationship, which can lead to better physical and mental health for you and your children.

On bad days?

Does my partner...

- Shame me or put me down?
- Hurt me, make me feel afraid, or make me feel like my spirit is broken?
- Try to control me or keep me from seeing people?
- Make me do sexual things I don't want to do or try to get me pregnant when I don't want to be?

If you answered **YES** to any of these questions, it is not your fault and you don't deserve this. Your health care provider can support you, connect you to helpful programs, and can give you confidential help with birth control that **you** can control.

How are you feeling?

Am I...

- Overeating or not eating enough?
- Using tobacco, alcohol, medications, or other drugs to get through the day?
- Having trouble sleeping or sleeping too much?
- So sad that it's hard to take care of myself or my children?
- So sad that I think about hurting or killing myself?

If you answered **YES** to any of these questions, it may be due to tough times such as someone hurting or scaring you. It's okay to ask for help from a health care provider, counselor or advocate.

Your body is yours.

You have the right to:

- Decide when and how someone touches your body.
- Decide when and how you and your partner engage in sexual activity. If you don't want to do something, you don't have to, and your partner needs to respect that.
- Be free from sexually transmitted diseases.

If someone has touched you or sexually bothered you in a way you didn't want them to or when you were asleep or blacked out, **it is not your fault** and you are not alone. A domestic violence advocate, counselor or health care provider can help.