

## CAC Cares

This month we want to discuss a topic that involves everyone—relationships. We engage in a variety of relationships daily. You may wake up next to a significant other and say, “Good morning!” You may take your dog for a walk in the neighborhood and wave to a neighbor. Maybe you’re a stay at home parent who plays with your child and keeps the household going. Or maybe you go to work and interact with co-workers. Whatever your day looks like, you partake in a wide array of relationships whether it’s personal, professional, or romantic. The big question is... “*Are your relationships healthy?*” Find the unhealthy behaviors listed below in the word search. If you are experiencing any of these unhealthy behaviors in your relationship, please reach out for help and/or support.

W Q Z F S M U B I T I N G Q E	HITTING
L K Q R G P I T O N V S B D Y	CRITICIZING
J O F L T I I S H R U E N R E	SPITTING
I C G V S R U T O R Q V H B H	BITING
Y R O X W S L V T L E Y I H T	ISOLATION
W I C W M T Y G O I A A T Q P	JEALOUSY
K T J E A L O U S Y N T T D B	CHEATING
M I M P P M L N B N U G I S C	THREATS
A C R V J H H B E A U I N O A	BLACKMAIL
N I A M C Q X B V R P I G U N	
Z Z R Y B L A C K M A I L R F	
W I Z P L V G A E W W L J J K	
I N K U Q K T L Z H A L P Y F	
V G E Z X K K W Q V W Z A P F	
H C P C H E A T I N G E V U T	

*\*Answer key can be found on page 3 of this document\**

It’s important to recognize unhealthy behaviors (often referred to as **red flag behaviors**) in our own relationships and the relationships around us. When more than one of these unhealthy behaviors occur in a relationship, it can quickly turn into a violent relationship (violence is never okay!). Domestic violence (violence within the home) is very complex, and there are many ways abuse can occur. If you have concerns or want to find out if your relationship is healthy, take this free [quiz](#). Also reach out for help if you or someone you know is experiencing

domestic violence. Below is a list of *free & confidential* 24-hour hotlines with trained professionals ready to assist you!

**As always if you have any concerns for the safety of a child, please call and report it to the Louisiana Child Abuse Hotline at 1-855-4LA-KIDS (1-855-452-5437).**

**Louisiana Coalition Against Domestic Violence (Statewide Hotline): 1-888-411-1333**  
([www.lcadv.org](http://www.lcadv.org))

**Chez Hope Family Violence Crisis Center (Assumption Parish Local Crisis Hotline): 337-828-4200** ([www.chezhope.org](http://www.chezhope.org))

**IRIS Domestic Violence Center (Ascension, East Feliciana, & West Feliciana Parishes Local Crisis Hotline): 1-800-541-9706 (toll free) or 225-389-3001** ([www.stopdv.org](http://www.stopdv.org))

**Metro Centers for Community Advocacy (St. Charles, St. John, & St. James Parishes Local Crisis Hotline): 504-837-5400** ([www.mcwcgno.org/](http://www.mcwcgno.org/))

**Southeast Advocates for Family Empowerment (SAFE) (Livingston, St. Helena, & Tangipahoa Parishes Local Crisis Hotline): 985-542-8384** ([www.SAFELouisiana.org](http://www.SAFELouisiana.org))

Answer Key

W Q Z F S M U B I T I N G Q E  
L K Q R G P I T O N V S B D Y  
J O F L T I I S H R U E N R E  
I C G V S R U T O R Q V H B H  
Y R O X W S L V T L E Y I H T  
W I C W M T Y G O I A A T Q P  
K T J E A L O U S Y N T T D B  
M I M P P M L N B N U G I S C  
A C R V J H H B E A U I N O A  
N I A M C Q X B V R P I G U N  
Z Z R Y B L A C K M A I L R F  
W I Z P L V G A E W W L J J K  
I N K U Q K T L Z H A L P Y F  
V G E Z X K K W Q V W Z A P F  
H C P C H E A T I N G E V U T

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