

# DOMESTIC VIOLENCE



## THINGS TO REMEMBER

- You are not alone
- Abuse is not your fault

## Resource

- **National Domestic Violence Hotline**
  - 24/7
  - call 1-800-799-7233
  - chat online
  - text "start" to 88788

### WHAT IT IS

Domestic violence is a pattern of behavior that is intended to gain or maintain power and control over an intimate partner. This can happen to anyone, no matter the race, age, sexual orientation, religion, or gender.

### SIGNS

Does your partner do any of the following?

- put down your accomplishments
- use intimidation/threats to gain control
- grab, push, or hit you
- show up to make sure you are where you said you were
- prevent you from spending time with friends/family

### SIGNS

Do you feel or do any of the following?

- scared of how your partner will behave
- make excuses for your partner's behavior
- always do what your partner wants instead of what you want
- afraid of what your partner would do if you broke up
- avoid things that would make your partner angry

### TYPES

There are 6 types of abuse you should be aware of.

- emotional - undermines sense of self-worth; verbal
- psychological - cause fear by intimidation, threatens self-harm
- financial - making you financially dependent on them
- physical - physically hurting or trying to hurt partner
- sexual - forcing partner into act of sex without consent
- stalking - no purpose but to harass, annoy, or terrorize victim