Did you know?

- An estimated **1.3 million women** are victims of physical assault by an intimate partner each year.
- **85%** of domestic violence victims are women.
- Historically, females have been the most often victimized by someone they knew.
- Females who are **20-24 years of age** are at the greatest risk of nonfatal intimate partner violence.
- Most cases of domestic violence are never reported to the police.
- **Every day** in the United States more than **3 or 26%** of women are murdered by their husbands or boyfriends.
- Domestic violence is the leading cause of injury to women between the ages of **15 and 44** in the United States, more than car accident muggings, and rapes combined.
- One woman is beaten by her husband or partner every **9 seconds** in the United States.
Domestic Violence is...

Domestic violence, also known as intimate partner violence, is a pattern of abusive behavior that is used by one person to gain power and control over another. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. Domestic Violence may include: Physical Violence, Sexual Abuse, and Psychological Abuse.

Physical Abuse can include slapping, pushing, punching, hitting, kicking, grabbing, choking, biting, hair pulling, stalking, the use or the threat to use weapons to hurt you.

Sexual Abuse is any forced sexual contact, whether by physical force, threats, or coercion, attacks on sexual parts of the body, rape, and pressure to have sex.

Psychological Abuse is also known as Emotional and Verbal Abuse. It can include threatening you, controlling the money, controlling how you spend time with your friends, blames the abuse on the victim, isolating the victim from family, undermining a victims self worth and self esteem, and threats to harm you, your pet, and/or take away your children.

Here are some questions to ask yourself if you believe you may be in an abusive relationship:

- Have you ever been physically hurt, such as being kicked, pushed, choked, or punch, by your partner or ex-partner?
- Has your partner ever destroyed your property or things that you care about?
- Has your partner tried to keep you from seeing your family, going to school or doing other things that are important to you?
- Do you feel like you are being controlled or isolated by your partner? For instance, does your partner control your money, transportation, activities or social contacts?
- Have you ever been forced by your partner to have sex when you did not want to or to have unsafe sex?
- Does your partner regularly blame you for things that you cannot control, or for his/her violent outbursts?
- Are you ever afraid of your partner or of going home? Does he/she make you feel unsafe?

Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, or gender. It affects people of all socioeconomic backgrounds and education levels.

Domestic violence also occurs in both opposite sex and same sex relationships, and can happen to intimate partners who are married, living together, or dating.

Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, other witnesses, and the community at large.

You just need to remember two things: first, abuse is NEVER OKAY; second, YOU ARE NOT ALONE. Help is yours for the asking. Your safety as well as the ones attached to you is a priority.

Let's take a stand to stop the violence.