

# Facts on Domestic Violence



## Warning Signs

- Jealous and controlling
- Always wants to be together
- Shows up without calling
- Isolates you from friends and family
- Puts you down
- Everything is your fault
- Makes excuses for his behavior
- Forces you to do things that make you uncomfortable

## How Can You Tell?

Does this person...

- Show up late for work or other appointments?
- Have no money despite working?
- Get written up or fired because their partner calls too often?
- Have a change in behavior, affect, or appearance?

## Types of Violence

- *Verbal:* Yelling, screaming, using profanity
- *Emotional:* Lying and accusations
- *Sexual:* Humiliation and forces you to have sex
- *Physical:* Pinching, slapping, punching, kicking, hitting
- *Financial:* Taking your paycheck, giving you little or no money

## Prevalence

- 1 in 4 women will be physically assaulted by a partner during her lifetime
- 1 in 3 teens is a victim of physical, sexual, emotional, or verbal abuse from a dating partner
- Every 9 seconds in the U.S. a woman is assaulted or beaten
- 1.3 million women in the U.S. are victimized by domestic violence every year

## Power and Control

Domestic Violence is about power and control by using:

- Situations and people to control the victim
- Intimidation
- Emotional abuse
- Isolation
- The children
- Economic control
- Denial and blaming the victim for the abuse

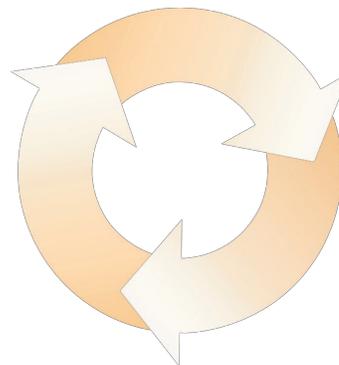
## The Cycle of Violence

### *Tension Building*

Things start to get tense between you and the person you're with

### *Honeymoon/Make Up Phase*

Both partners are happy and loving. The relationship is enjoyable. Also, this is when the abuser will apologize, try to make up with you, and shift the blame for the explosion to someone or something else



### *Explosion*

There is an outburst of violence that can include intense emotional, verbal, sexual, and/or physical abuse