

## FACTS ON DOMESTIC VIOLENCE

### Warning Signs

- Jealous and controlling
- Always wants to be together
- Calls late at night
- 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

### 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

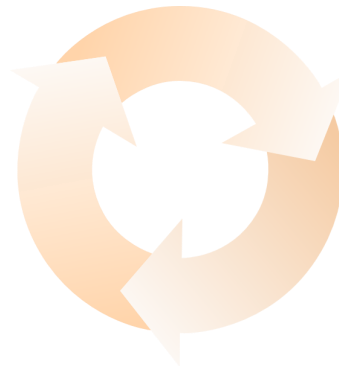
### THE CYCLE OF VIOLENCE

#### **Tension Building**

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

#### **Honeymoon**

The abuser will apologize, try to make up with you, and try to 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

