

# HUMAN OPTIONS

PREVENT. PROTECT. EMPOWER. TRANSFORM.

## Facts on Intimate Partner Violence

### Warning Signs

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

### How Can You Tell?

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

### Types of Violence

- o *Verbal:* Yelling, screaming, using profanity
- o *Emotional:* Lying and accusations
- o *Sexual:* Humiliation and forces you to have sex
- o *Physical:* Pinching, slapping, punching, kicking, hitting
- o *Financial:* Taking your paycheck, giving you little or no money
- o *Digital:* Using technologies such as texting and social networking to bully, harass, stalk or intimidate

### Facts

- o Persons who harm with access to firearms increases the risk of homicide at least five-fold. When firearms have been used in the most severe abuse incident, the risk increases 41-fold.
- o 72% of all murder-suicides involve an intimate partner.
- o An estimated 48% of Non-Hispanic (NH) Alaskan Native (AIAN) women and 41% of NH AIAN men experienced contact sexual violence, physical violence, and/or stalking by an intimate partner
- o In Orange County, 26.3% of adults females report having experienced physical or sexual violence by an intimate partner since age 18.
- o 1.3 million women in the U.S. are victimized by domestic violence every year
- o 26% of gay men and 37.3% of bisexual men have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime, in comparison to 29% of heterosexual men.

### Power and Control

Domestic Violence is about power and control by using:

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



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IF YOU NEED HELP NOW, CALL: 877.854.3594 | 24 hours | 7 days