

**Domestic Violence:** is a **pattern** of abusive behaviors used by one person to gain **power** and exert **control** over another in an intimate or familial relationship

# IT CAN STOP

Abuse Comes In Many Forms:

Domestic Violence is also known as: battering, intimate partner violence, spousal abuse, family violence, and dating violence

Physical	Sexual	Economical	Emotional
<ul style="list-style-type: none"> <li>• Hitting</li> <li>• Slapping</li> <li>• Shoving</li> <li>• Grabbing</li> <li>• Pinching</li> <li>• Biting</li> <li>• Hair pulling</li> <li>• Forced alcohol or drug use</li> <li>• Throwing objects</li> </ul>	<ul style="list-style-type: none"> <li>• Coercion of sexual contact or behavior without consent</li> <li>• Marital rape</li> <li>• Attacks on sexual parts of the body</li> <li>• Treating one in a sexually demeaning manner</li> <li>• Reproductive coercion</li> </ul>	<ul style="list-style-type: none"> <li>• Making (or attempting to make) an individual financially dependent by                             <ul style="list-style-type: none"> <li>◦ maintaining absolute control over financial resources</li> <li>◦ withholding access to money</li> <li>◦ denying the right to employment</li> <li>◦ assigning an allowance (often unrealistic)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Constant criticism or name-calling</li> <li>• Regularly threatening to leave</li> <li>• Diminishing partner's abilities</li> <li>• Withholding approval, appreciation, or affection as punishment</li> <li>• Undermining partner's sense of self-worth or self-esteem</li> <li>• Threatening physical harm to self, partner, children or partner's family, friends, or pets</li> <li>• Forcing isolation from family, friends, school, or work</li> <li>• Damaging partner's relationship with their children</li> </ul>

ON A TYPICAL DAY, U.S. DOMESTIC VIOLENCE HOTLINES RECEIVE 15 CALLS A MINUTE<sup>1</sup>

## Domestic Violence Does Not Discriminate It Affects Everyone

- 85% of domestic violence survivors are women<sup>2</sup>
- 54% of transgender and gender nonconforming individuals experience some form of intimate partner violence<sup>3</sup>
- 15.5 million children are exposed to domestic violence every year<sup>4</sup>
- Men exposed to domestic violence as children are 4x more likely than other men to perpetrate domestic violence as adults<sup>5</sup>

No person deserves to be abused or violated. If you are currently experiencing violence, you are not alone. There is hope and help available. Everyone is entitled to resources and services to ensure safety and foster healing.

The National Domestic Violence **HOTLINE**

1-800-799-SAFE(7233) TTY 1-800-787-3224



1-800-782-6400 TTY 602-279-7270

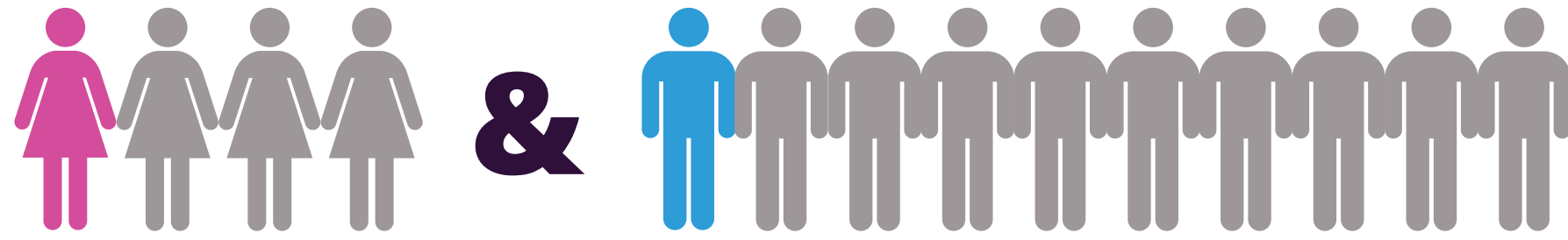


To file for an Order of Protection, visit [azpoint.azcourts.gov](http://azpoint.azcourts.gov)



To find an Advocacy Center near you, visit [ACFAN.net](http://ACFAN.net).

1. National Network to End Domestic Violence (2021). Domestic violence counts national summary.  
 2. Bureau of Justice Statistics Crime Brief, Intimate Partner Violence, 1993-2010, 2012  
 3. The Report of the 2015 U.S. Transgender Survey. Washington, DC: National Center for Transgender Equality  
 4. McDonald, R et al. (2006). "Estimating the Number of American Children Living in Partner Violent Families." Journal of Family Psychology, 30(1), 137-142.  
 5. Whitfield, C.L., Anda, R.F., Dube, S.R., & Felitti, V.J. (2003). "Violent childhood experiences and the risk of intimate partner violence in adults." Journal of Interpersonal Violence, 18, 166-185



There are **warning signs** that indicate you may be in an abusive relationship. Does a loved one or caretaker:

Make you feel afraid?

Make it next to impossible to say 'no'?

Get angry when you disagree?

Cause you to avoid topics or situations out of fear that it may anger them?

Tell you that you deserve to be hurt?

Tell you that you are not worthy of love?

Tell you that you can not do anything right?

Embarrass you by their behavior?

Attempt to control your reproduction?

Limit your access to money or necessities?

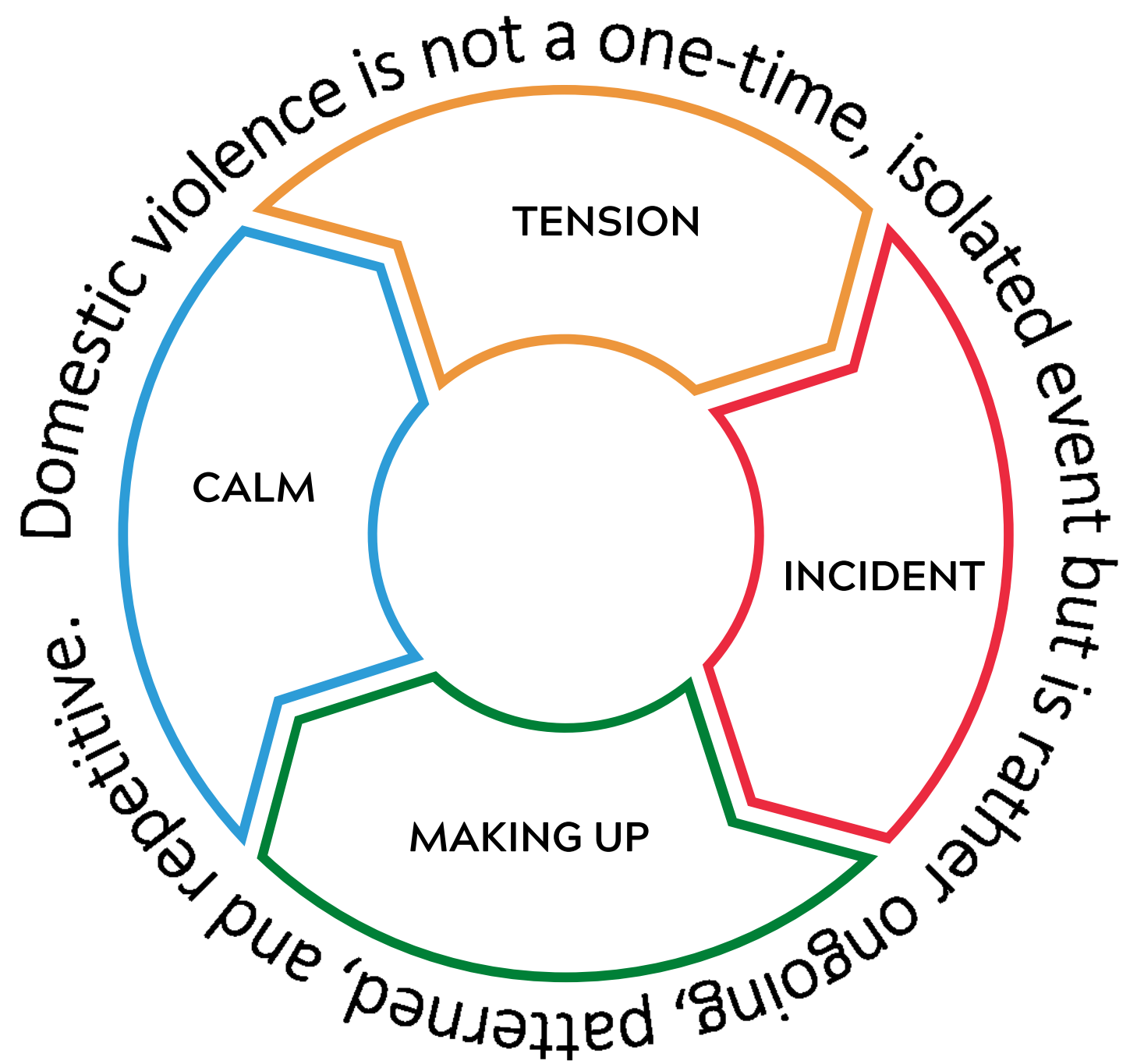
Track where you go and monitor your activities?

Cause you to frequently miss work, school, or cancel plans?

Limit who you interact with?

Isolate you from your family and friends?

Abuse your pet to frighten you?



## Safety Planning

Often, the most dangerous time of an abusive relationship is when the victim attempts to leave their abuser.

It is recommended to have a safety plan if you are in an abusive relationship to empower yourself and increase your safety (and your children's).

Each situation is unique, so your plan should be personalized to your own needs

- Talk with people you trust
- Keep evidence of abuse
- Know where you can get help, like your local Family Advocacy Center or shelter
- Talk with your children about safety
- Set money aside
- Plan how you would escape if need be
  - Leave when least expected
- Prepare an emergency bag:
  - Emergency numbers
  - House keys, car keys, driver's license, car registration
  - Birth certificates, social security cards
  - Passport, green card, work permit
  - Money, debit cards, and/or credit cards (in your name)
  - Insurance policies, medical records, medication
  - Copies of any lease or rental agreements, or the deed to your home
  - Divorce and custody papers
  - Medications
  - Pay-as-you-go cell phone
  - Several changes of clothes, sentimental items



Commission  
to Prevent Violence  
Against Women



The Governor's Office  
of Youth, Faith  
and Family

**ItCanStop.AZ.gov**

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