



# DOMESTIC VIOLENCE AWARENESS

## How to Report a Tip



Call 713.222.TIPS (8477)



Use our **Mobile App**

Download app name: Crime Stoppers Houston



Go to [crime-stoppers.org](https://www.crime-stoppers.org)

Tipsters will remain anonymous and could be eligible for a cash reward of up to \$5,000.



Domestic violence is the willful intimidation, physical assault, battery, sexual assault and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical and sexual violence, as well as emotional and digital abuse.

## Did you know?

- 1 in 3 women have been physically abused by an intimate partner.
- 20 people are victims of rape, physical violence or stalking by an intimate partner every minute.
- On a typical day, domestic violence hotlines nationwide receive approximately 20,800 calls.
- More police officers die responding to domestic disturbances than any other 911 call.
- 40% of child abuse victims have reported being exposed to domestic violence.
- 20% of victims were not the intimate partners themselves, but a family member, friend, neighbor or bystander.
- 19% of domestic violence involves a gun increasing the risk of homicide by 500%.
- Domestic violence and abuse does not discriminate. It does not look the same in all relationships. It happens among heterosexual couples and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds and economic levels. Victims are both male and female.
- Domestic violence often occurs in cycles with periods of happy times followed by times of abuse. This can occur over days or months. Many abusive relationships start off well; abusive behaviors do not always appear overnight but develop over time.
- Leaving can be the most dangerous time for a victim since the control and power is being taken away which can trigger retaliation and violent behavior.



## Healthy Relationship - A relationship that allows for healthy communication and boundaries including:

- Respect
- Balance
- Honesty
- Compromise
- Trust
- Support of one another

## Physical abuse:

Physical abuse is physical injury (ranging from minor bruises to severe fractures or death) that result from:

- Shoving, punching, slapping, hitting, etc.
- Using weapons to hurt or threaten
- Damaging or destroying property
- Physically blocking the entrance

## Sexual abuse:

Sexual abuse is coercing or attempting to coerce any sexual contact or behavior without consent. Examples:

- Unwanted touching and kissing
- Forcing you to have sex or rape
- Making you feel obligated to engage in sexual behavior



## Emotional abuse:

Emotional abuse is undermining an individual's self-worth and/or self-esteem, and creating the feeling that there is no way out of the relationship or that you will be left with nothing without your partner. Examples of this behavior are:

- Verbal abuse such as yelling, name-calling and blaming
- Humiliation, shaming and put downs
- Controlling behaviors such as isolation, intimidation and manipulation, including finances
- Keeping you from your friends or family



## Digital abuse:

Digital abuse is the use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner. Examples of this behavior are:

- Sending you negative, insulting, or threatening messages through email or social media
- Sharing or threatening to share explicit pictures and/or videos of you
- Asking or demanding your passwords
- Looking through your phone
- Excessive texting or calling



## Important safety tips and plans:

- Think before you hit send – you lose control of any message or picture as soon as you send.
- Do not share your passwords with anyone.
- If you have children in a home that is experiencing domestic violence, let them know that they should always stay safe and not try to protect you.
- Have a safe place your children can go in case of violence (ex: a neighbor's home or a locked room).
- Have important documents such as birth certificates and passports in an easily accessible place away from your home if possible.
- Document abuse by taking photos of any injuries, save threatening voicemails, notes, email and journal each incident.
- If you have a protective order against your abuser, carry it with you – if not, consider obtaining one.
- Call the authorities – if you see or hear evidence of domestic violence.
- Lead by example – show your children how to treat others with respect.



## Reasons people stay in abusive relationships:

There are many reasons why a victim may stay - remember to offer support to anyone who may be in an abusive relationship without judgment and be a good listener.

- The victim is afraid if they leave, the abuser's violent behavior will escalate.
- The abuser has threatened to kill the victim or loved ones.
- The victim believes he or she will change.
- The victim is financially dependent on the abuser.
- The victim blames themselves and is embarrassed to speak out
- The victim has nowhere to go if he or she leaves