



DOMESTIC VIOLENCE SAFETY TIPS

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?

- In America, 24 people per minute experience rape, physical violence, or stalking by an intimate partner.
- Nearly 30% of women and 10% of men experience rape, physical violence, or staking by an intimate partner in America each year.
- Roughly 25% of women and 14% of men have suffered serious physical injuries as a result of physical violence by an intimate partner.
- Nearly half of all women and men in America have experienced psychological aggression by an intimate partner.
- Females ages 18-34 experience the highest level of intimate partner violence in the United States.
- Nearly 50% of female homicides in the United States are committed by former or current intimate partners.
- Intimate partner violence has grown by an estimated 40% in Harris County alone during COVID-19.

PHYSICAL ABUSE

An intentional act causing injury or trauma to another person by way of bodily contact and could include:

- Biting, slapping, kicking, punching, shoving, pinching, throwing objects, strangulation, using a weapon to harm someone, denying medical care, sleep deprivation, and forcing drug or alcohol use

Signs that someone you may know is experiencing physical abuse include:

- Bruises, black eyes, broken bones, open wounds, broken glasses or frames, and sudden changes in behavior

SEXUAL ABUSE

Any sexual act, attempt to obtain a sexual act, unwanted sexual comments, or advances, or acts to trafficking or otherwise direct, against a person's sexuality using coercion and could include:

- Pressuring unwanted sexual acts in any way (verbal or physical), unwanted kissing, forced touching, rape (including marital rape), leaving unwanted marks such as hickeys on someone, refusing or altering birth control and coercion of any kind

Signs that someone you may know is experiencing sexual abuse include:

- Depression, sleep disturbances or nightmares, frequent urinary infections, isolation from friends and family, withdrawal from usual activities, anxiety or overly pleasing behavior, excess of anger or rebellion, self-harm, and obsessive compulsive behavior

EMOTIONAL ABUSE

A pattern of behavior that threatens, intimidates, dehumanizes, or systematically undermines self-worth and can include:

- Threats, isolation, public humiliation, unrelenting criticism, personal devaluation, stalking, and anything that makes someone feel like their partner has nearly total control over them

Signs that someone you know may be experiencing emotional abuse include:

- Depression, suicidal ideation, eating disorder, and drug and alcohol abuse

ECONOMIC ABUSE

When one intimate partner has control over the other partner's access to economic resources or when Marital assets are used as means of control and can include:

- Preventing a spouse from resource acquisitions
- Limiting what a partner can use
- Exploiting the economic resources of an intimate partner
- Forcing or pressuring an intimate partner to sign documents or to sell things
- Forcing someone to change a will
- Putting an intimate partner on an allowance.

Signs that someone you know may be experiencing abuse include:

- Malnourishment
- Frequently seeking partner's approval
- Frequent critique of self
- Makes lots of sacrifices to please other


WHEN HOME IS NOT SAFE

While social distancing is critically important to slow the spread of COVID-19, it can also cause increased danger for people surviving violence in their relationships and families.

- In response to the virus please reach out to loved ones, friends, colleagues, and extended family members who might be in violent home situations.
- If someone you know is experiencing violence in the home, offer for them to social distance with you at your home. If they do not feel comfortable doing that, make sure to check in with them every day.
- Coronavirus could lead to people being trapped in abusive relationships because of the economic impact over time. As a community, we must look for increased rates of domestic violence due to COVID-19.
- If you or someone you know is surviving domestic violence, make a "safety plan" or strategy to minimize risk even if the survivor still has contact or is living with an abusive partner.
- If you are surviving domestic violence, please consider contacting a shelter. Many shelters will take you even if you are experiencing COVID-19 symptoms.
- Set up a code word with a friend or neighbor who can call 911 if necessary
- If you need assistance please contact the National Domestic Violence Hotline available 24/7
 - Call or TTY @ 1-800-799-7233
 - If you are unable to speak safely, log onto thehotline.org or text LOVEIS to 22522



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)**

**To report suspected domestic violence,
call 1-800-799-SAFE (7233).**