

DOMESTIC VIOLENCE

SAFETY AWARENESS 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 violence, sexual violence, threats, economic, and emotional/psychological abuse (National Coalition Against Domestic Violence, 2022).

DID YOU KNOW?

40%
OF TEXAS
WOMEN

&

35%
OF TEXAS
MEN

Experience physical intimate partner violence.

- HCSO

205 Texans were killed by intimate partners in 2023.

- TCFV, 2023



Less than 40% of women who experience violence seek help.

- NCADV, 2022

PREVENTION



Understanding and having knowledge of the many types of abuse as well as the various ways that abuse appears, and interconnects can prepare you to respond to situations safely for yourself and others. Possible signs of abuse:

- **Physical Abuse** – punch, slap, kick, bite, choke, use of weapons against you, driving dangerously with you in the car, preventing you from leaving, throwing objects at you, denying you necessary medical treatment.
- **Emotional and Verbal Abuse** – constant name calling or criticizing, acting possessive, isolation from friends and family, monitoring your activities without your knowledge, gaslighting, humiliation, attempting to maintain sole control over what you wear or do, blame, accusations, damaging belongings.
- **Sexual Abuse** – insults you in a sexual manner, forcing or manipulating you into sexual acts without consent, ignores your feelings, intentionally pass on a STD/STI. Sexual Coercion – reacting negatively if you say “no”, continuous pressure to give in after saying “no”, giving you drugs or alcohol to “loosen up”, implying you owe them something sexually for a gift, or action.
- **Financial Abuse** – denying access to your money, closely monitored allowance, maxing out credit cards / open accounts in your name without permission, refusing to contribute in the household or provide money for necessities or shared expenses.
- **Digital Abuse** – controlling who you can follow, what you can post, who you can talk to, sending toxic or threatening emails or texts, demanding passwords, checking your phone, using GPS to monitor and track location, impersonating you online to get you in trouble or embarrass you, making you feel like you can be separated from your phone due to angering them.



CONVERSATION STARTERS

Victims may not want to disclose or discuss their relationship right away but being there and showing you care is the first step.

- Acknowledge that they're in a difficult and scary situation.
- Be supportive and listen.
- Be non-judgmental, respect the decisions a survivor is making, there are many reasons they may want to say.
- Help them develop a safety plan.
- Encourage them to identify and build support networks.
- Help to identify service providers for counseling, assistance, or legal services.



PARTNERS

- Protective orders – free, valid for 2 years, can be obtained at:
 - » **Aid to Victims of Domestic Abuse (AVDA):** avda.org
 - » **Houston Volunteer Lawyers:** makejusticehappen.org
 - » **Harris County District Attorney's Office – Family Criminal Law Division:** app.dao.hctx.net
- **Houston Area Women's Center:** Houston Area Women's Center has worked relentlessly to help survivors affected by domestic and sexual violence build lives free from the effects of violence. hawc.org
- **Bay Area Turning Point:** non-profit community based social service agency providing services to individuals impacted by family violence and sexual assault. bayareaturningpoint.org
- **The Bridge Over Troubled Waters:** provide a variety of services including domestic and sexual violence crisis intervention, a 24/7 hotline, emergency shelter (at Pasadena location only), safety planning, housing assessments, community education, case management, hospital accompaniments, court and police accompaniments, licensed on-site daycare, counseling, support groups, parenting classes, money management and life skills. tbotw.org



WHERE TO REPORT

National Domestic Violence Hotline available 24/7

- Call or TDD: 1-800-799-7233
- If you are unable to speak safely, log onto thehotline.org or text LOVEIS to 22522

Houston Area Women Center (HAWC) Hot Line

- Domestic Violence Hotline: (713) 528-2121
 - » TDD Line: 713-528-3625
- Sexual Assault Hotline: (713) 528-RAPE (7273)
 - » TDD Line: 713-528-3691

Crime Stoppers of Houston Anonymous Tip Line

- 713-222-TIPS (8477), crime-stoppers.org or the Mobile App (Crime Stoppers Houston)



RESOURCE CENTER

We are committed to keeping you safe by providing you with resources and safety tips every month. Visit our resource center on our website at crime-stoppers.org/resource-center to take advantage of monthly safety tips, safety hot topic videos, podcast episodes, and more!

Scan the QR code for more info!