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**Information about:**

# **DOMESTIC VIOLENCE**

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## **DOMESTIC VIOLENCE IS A CRIME.**

### **Domestic Violence Affects Everyone.**

Domestic violence is a violent crime, violence or abuse in a domestic setting, such as cohabitation or marriage. Often it may be referred to as intimate partner violence which involves a spouse or intimate partner in intimate partner relationships.

Domestic violence can happen to anyone of any age, and can occur in both heterosexual and same sex relationships. Domestic violence can also include violence against children, parents or the elderly, and can take on several forms, including physical, verbal, emotional, and sexual abuse. Partners may be married, heterosexual, gay, lesbian, living together, separated or dating.

According to the National Coalition Against Domestic Violence about 20 people per minute are physically abused by an intimate partner (1 in 4 women and 1 in 9 men).

- 1 in 4 women and 1 in 7 men have been victims of severe physical violence (e.g. beating, burning, strangling) by an intimate partner in their lifetime.
- 1 in 7 women and 1 in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.
- Intimate partner violence accounts for 15% of all violent crime.
- Women between the ages of 18-24 are most commonly abused by an intimate partner.
- 19% of domestic violence involves a weapon.
- Domestic victimization is correlated with a higher rate of depression and suicidal behavior.
- Only 34% of people who are injured by intimate partners receive medical care for their injuries.

*SOURCE: National Coalition Against Domestic Violence*

### **Signs of an Abusive Relationship:**

- Avoiding certain topics out of fear of angering your partner
- A feeling of not being able to do anything right for your partner
- The belief that you deserve to be mistreated or hurt
- The feeling of being emotionally numb or helpless
- A fear or anxiety about pleasing your partner
- Frequent harassing phone calls from your partner
- Checking in with your partner or your partner checking in with you, to constantly report where you are or what you are doing
- Agreeing with everything your partner says and does
- Isolation from friends and family

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### **When Preparing to Leave an Abusive Relationship:**

- Open a savings and/or credit card account in your own name to increase your independence.
- Leave money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust so that you can leave quickly.
- Determine where you can stay and who might be able to lend you money.
- Keep close at hand the shelter, police or DV Hotline phone numbers as well as loose change and a calling card.

### **CHECKLIST - What To Take With You**

- Driver's License
- Children's Birth Certificates
- Your Birth Certificate
- Social Security Card
- Passport
- Pictures of you, your children and your abuser
- Money or credit cards
- Bank books/Checkbooks
- House and car keys
- Your Protection Order
- Lease, rental agreement or house deed
- Car registration and insurance papers
- Medications/Medical Records
- Divorce and Custody Papers
- School Records
- Work Permits, Green Card
- Address Book
- Vaccination Card

### **IMPORTANT PHONE NUMBERS**

If you are in immediate danger, call 9-1-1

For anonymous confidential help, 24/7, please call the **National Domestic Violence Hotline** at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY)

**24-Hour Crisis Hotline** 800-526-7157

**Haven House** 800-219-0958

**Valencia Shelter Services** 505-864-1383

**Roberta's Place** 505-287-7724

**Enlace Comunitario (Servicios en Espanol)** 505-246-8972