
Domestic violence is a pattern of abusive and controlling behaviors that some individuals use against their intimate partners or former partners. It can include:

Physical Abuse: *Hitting, slapping, punching, shoving, kicking, burning, choking, using weapons and other objects to cause injury.*

Sexual Abuse: *Forcing a partner to engage in unwanted sexual acts, refusing to practice safe sex, treating a partner like a sex object.*

Emotional Abuse/Intimidation: *Name-calling and put-downs; denying/shifting blame; treating a partner as an inferior; threatening to harm self/others or to have a partner deported; abusing children or pets; stalking; using threatening looks, actions or gestures.*

Property/Economic Abuse: *Stealing or destroying belongings/money; refusing basic needs such as food or medical treatment; interfering with a partner's work or education.*



Knowing the Facts

Domestic violence is a social problem. It is rooted in social values that place importance on people having power over others, and allow violence against women and other groups to occur without punishment.

Battering is not caused by using drugs or alcohol, mental illness, being “provoked,” stress, or poor anger control _ batterers choose to be abusive.

There are many barriers for battered women seeking to escape abuse including: fear of injury; shame and self-blame; lack of money, resources and support; social pressures to keep their family together and other cultural taboos.

Racism, homophobia, ageism and discrimination based on physical ability, nationality or other factors can make finding safety even more difficult for some women.

Battering can have many effects on victims such as: lowered self-confidence, physical illness and disability, difficulty trusting self/others, and poverty. Despite these effects, battered women find many creative and courageous ways to survive and protect themselves and their children.

There is no simple way to identify or describe batterers. Often they are well-respected members of their communities.

Joining the Effort

To stop domestic violence, we all need to work together. The following are some things that you can do to help:

Help a friend who is being abused. Let her know that the abuse is not her fault, listen to her, help her to identify resources and options, empower her to make choices for her safety, and provide nonjudgemental support and an opportunity for her to seek your support again.

Support your local domestic violence program Most hotlines, advocacy or shelter organizations could benefit from your time, financial support or other donations. Call them to find out how to help in your area.

Speak up about abuse. Let abusers know their behavior is wrong and encourage them to get help. If you see abuse, call the police — doing nothing can make the abuse worse and even deadly.

Educate yourself and others. Call your local domestic violence program to schedule informational workshops for your workplace, community group or church. Encourage schools to include abuse prevention as part of their curricula.

Set an example. Make a commitment to work for equality and ending violence in all of its forms. Model non-violent and respectful behavior through your everyday actions.

A Serious Problem

Domestic violence, or battering, has been a serious problem around the world for centuries, but has only become an issue for social concern in the U.S. in the past 20 years.

Domestic violence affects members of every community regardless of economic status, race or ethnic background, marital status, age, physical ability, or sexual orientation. While battering can occur in any relationship, the vast majority of victims are women abused by male partners or ex-partners.

National studies indicate that at least two to four million women are severely, physically abused each year. (Straus and Gelles, 1985; Commonwealth Fund, 1993) In 1995, approximately 1,200 women were killed by intimate partners (FBI Uniform Crime Report, 1995).

Given these statistics, it is likely that you know women who are battered. They may be your friends and family members, your neighbors or co-workers. Domestic violence takes its toll on our communities as well -- contributing to other forms of violence and suffering, burdening us with huge medical and criminal justice costs, and decreasing workplace productivity.

Getting Help

There are a number of places that offer 24-hour support, emergency shelter, advocacy and information about resources and safe options for victims of domestic violence. For assistance, call:

National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 TTY

OR

Access your local resources:

This brochure is part of a series developed by the the Public Education Technical Assistance Project National Resource Center on Domestic Violence. It may be freely reproduced. For more information, call (800) 537-2238 / (800)553-2508 TTY.

**DOMESTIC VIOLENCE...
*Putting the Pieces Together***

Help End Domestic Violence



Knowing the Facts

Domestic violence is a pattern of abusive and controlling behaviors that some individuals use against their intimate partners or former partners. It can include:

Physical Abuse: Hitting, slapping, punching, shoving, kicking, burning, choking, using weapons and other objects to cause injury.

Sexual Abuse: Forcing a partner to engage in unwanted sexual acts, refusing to practice safe sex, treating a partner like a sex object.

Emotional Abuse/Intimidation: Name-calling and put-downs; denying/shifting blame; treating a partner as an inferior; threatening to harm self/others or to have a partner deported; abusing children or pets; stalking; using threatening looks, actions or gestures.

Property/Economic Abuse: Stealing or destroying belongings/money; refusing basic needs such as food or medical treatment; interfering with a partner's work or education.



Domestic violence is a social problem. It is rooted in social values that place importance on people having power over others, and allow violence against women and other groups to occur without punishment.

Battering is not caused by using drugs or alcohol, mental illness, being “provoked,” stress, or poor anger control _ batterers choose to be abusive.

There are many barriers for battered women seeking to escape abuse including: fear of injury; shame and self-blame; lack of money, resources and support; social pressures to keep their family together and other cultural taboos.

Racism, homophobia, ageism and discrimination based on physical ability, nationality or other factors can make finding safety even more difficult for some women.

Battering can have many effects on victims such as: lowered self-confidence, physical illness and disability, difficulty trusting self/others, and poverty. Despite these effects, battered women find many creative and courageous ways to survive and protect themselves and their children.

There is no simple way to identify or describe batterers. Often they are well-respected members of their communities.

Joining the Effort

To stop domestic violence, we all need to work together. The following are some things that you can do to help:

Help a friend who is being abused. Let her know that the abuse is not her fault, listen to her, help her to identify resources and options, empower her to make choices for her safety, and provide nonjudgemental support and an opportunity for her to seek your support again.

Support your local domestic violence program Most hotlines, advocacy or shelter organizations could benefit from your time, financial support or other donations. Call them to find out how to help in your area.

Speak up about abuse. Let abusers know their behavior is wrong and encourage them to get help. If you see abuse, call the police — doing nothing can make the abuse worse and even deadly.

Educate yourself and others. Call your local domestic violence program to schedule informational workshops for your workplace, community group or church. Encourage schools to include abuse prevention as part of their curricula.

Set an example. Make a commitment to work for equality and ending violence in all of its forms. Model non-violent and respectful behavior through your everyday actions.

A Serious Problem

Domestic violence, or battering, has been a serious problem around the world for centuries, but has only become an issue for social concern in the U.S. in the past 20 years.

Domestic violence affects members of every community regardless of economic status, race or ethnic background, marital status, age, physical ability, or sexual orientation. While battering can occur in any relationship, the vast majority of victims are women abused by male partners or ex-partners.

National studies indicate that at least two to four million women are severely, physically abused each year. (Straus and Gelles, 1985; Commonwealth Fund, 1993) In 1995, approximately 1,200 women were killed by intimate partners (FBI Uniform Crime Report, 1995).

Given these statistics, it is likely that you know women who are battered. They may be your friends and family members, your neighbors or co-workers. Domestic violence takes its toll on our communities as well -- contributing to other forms of violence and suffering, burdening us with huge medical and criminal justice costs, and decreasing workplace productivity.

Getting Help

There are a number of places that offer 24-hour support, emergency shelter, advocacy and information about resources and safe options for victims of domestic violence. For assistance, call:

National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 TTY

OR

Access your local resources:

This brochure is part of a series developed by the the Public Education Technical Assistance Project National Resource Center on Domestic Violence. It may be freely reproduced. For more information, call (800) 537-2238 / (800)553-2508 TTY.

**DOMESTIC VIOLENCE...
*Putting the Pieces Together***

Help End Domestic Violence

