Domestic Violence Resource Guide

About Domestic Violence

- Domestic violence (DV), also known as intimate partner violence (IPV), is an act or pattern of acts involving the use or attempted use of physical, sexual, verbal, emotional, economic, or other forms of abusive behavior in order to harm, threaten, intimidate, harass, coerce, control, isolate, restrain, or monitor another person.¹

- Learn more about the various tactics of abuse by reviewing the Power & Control Wheel and the HIV/AIDS Power & Control Wheel in the Positively Safe Toolkit.

It isn’t always easy to identify abuse in an intimate relationship. If you’ve experienced any of these red flags, you may be in an abusive relationship.

Has Your Partner Ever:

- Physically assaulted you?
- Threatened you with a weapon?
- Isolated you from friends and family?
- Monitored your phone?
- Hurt your children or pets?
- Pressured you into sex?
- Continuously humiliated, insulted, degraded or shamed you?

Frequently Asked Questions

- Does domestic violence have to be physical?
- How can I be sure if I’m experiencing abuse?
- What can I do to protect my family and myself?
- Where can I go for help?
FOR ANSWERS TO THESE QUESTIONS AND ADDITIONAL RESOURCES:

- Learn more about domestic violence by going to http://nnedv.org/resources/stats/gethelp.html.
- Go to www.nnedv.org/resources/coalitions to find an alphabetical list of the coalitions against domestic violence by state or US territory.
- Contact the U.S. National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224.
- Access a free chat hotline offering support to anyone in an abusive relationship at www.thehotline.org.
- Get legal information and support at WomensLaw.org.
- Check out the Fact Sheets for some quick facts about DV and the intersection of DV & HIV in the Positively Safe Toolkit.

1 The National Network to End Domestic Violence. nnedv.org