



# DOMESTIC VIOLENCE AWARENESS

## 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)

Tipsters will remain anonymous and could be eligible for a cash reward of up to \$5,000.



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?

- Every 9 seconds a woman in assaulted or beaten in the US.
- 20 people are victims of rape, physical violence or stalking by an intimate partner every minute.
- On a typical day, domestic violence hotlines nationwide receive approximately 20,800 calls.
- More police officers die responding to domestic disturbances than any other 911 call.
- 40% of child abuse victims have reported being exposed to domestic violence.
- 20% of victims were not the intimate partners themselves, but a family member, friend, neighbor or bystander.
- 19% of domestic violence involves a gun increasing the risk of homicide by 500%.

Domestic violence and abuse does not discriminate. It does not look the same in all relationships. It happens

- among heterosexual couples and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds and economic levels. Victims are both male and female.

Domestic violence often occurs in cycles with periods of happy times followed by times of abuse. This can

- occur over days or months. Many abusive relationships start off well; abusive behaviors do not always appear overnight but develop over time.

- Leaving can be the most dangerous time for a victim since the control and power is being taken away which can trigger retaliation and violent behavior.



## Healthy Relationship - A relationship that allows for healthy communication and boundaries including:

- Respect
- Trust
- Honesty
- Balance
- Compromise
- Support of one another

## Physical abuse:

Physical abuse is physical injury (ranging from minor bruises to severe fractures or death) that result from:

- Shoving, punching, slapping, hitting, etc.
- Using weapons to hurt or threaten
- Damaging or destroying property

## Sexual abuse:

Sexual abuse is coercing or attempting to coerce any sexual contact or behavior without consent. Examples:

- Unwanted touching and kissing
- Forcing you to have sex or rape
- Making you feel obligated to engage in sexual behavior



## Emotional abuse:

Emotional abuse is undermining an individual's self-worth and/or self-esteem, and creating the feeling that there is no way out of the relationship or that you will be left with nothing without your partner. Examples of this behavior are:

- Verbal abuse such as yelling, name-calling and blaming
- Humiliation, shaming and put downs
- Controlling behaviors such as isolation, intimidation and manipulation, including finances



## Digital abuse:

Digital abuse is the use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner. Examples of this behavior are:

- Sending you negative, insulting, or threatening messages through email or social media
- Sharing or threatening to share explicit pictures and/or videos of you
- Asking or demanding your passwords
- Looking through your phone



## Important safety tips and plans:

- Think before you hit send – you lose control of any message or picture as soon as you send.
- Do not share your passwords with anyone.
- If you have children in a home that is experiencing domestic violence, let them know that they should always stay safe and not try to protect you.
- Have a safe place your children can go in case of violence (ex: a neighbor's home or a locked room).
- Have important documents such as birth certificates and passports in an easily accessible place away from your home if possible.
- Document abuse by taking photos of any injuries, save threatening voicemails, notes, email and journal each incident.
- If you have a protective order against your abuser, carry it with you – if not, consider obtaining one.
- Call the authorities – if you see or hear evidence of domestic violence.
- Lead by example – show your children how to treat others with respect.



## Reasons people stay in abusive relationships:

There are many reasons why a victim may stay - remember to offer support to anyone who may be in an abusive relationship without judgment and be a good listener.

- The victim is afraid if they leave, the abuser's violent behavior will escalate.
- The abuser has threatened to kill the victim or loved ones.
- The victim believes he or she will change.
- The victim is financially dependent on the abuser.
- The victim blames themselves and is embarrassed to speak out
- The victim has nowhere to go if he or she leaves