

Domestic violence can happen to anyone

Domestic violence is abuse that happens in a personal relationship and can occur between former or current partners, spouses or friends. On average, more than 1 in 3 women and 1 in 4 men in the U.S. are victims of rape, physical violence and/or stalking by an intimate partner.¹

Domestic violence affects men and women of any ethnic group, race or religion; gay or heterosexual; rich or poor; teenager, adult or elderly. The abuser may use fear, bullying and threats to gain power and control over the other person. They may be jealous, controlling or possessive.

Types of abuse

There are many different types of abuse including:

- **Physical**—Violence can begin with a slap in the face and over time lead to kicking, shoving and choking. To control the person, the abuser may make violent threats against the person's children, other family members or pets.
- **Financial**—Abusers can control or withhold money to make the person feel weak and dependent.
- **Verbal or emotional**—The abuser may make threats, call the other person names, slam doors or break dishes to make the person feel bad or weak.
- **Sexual**—Forcing a person to have sex against their will.

Help is available

If you are in an abusive situation or know someone who may be in an abusive situation, it is important to seek help.

- **National Domestic Violence Hotline®**
The Hotline is open 24/7. It provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.
1-800-799-7233 (TTY 1-800-787-3224) | www.thehotline.org | Text LOVEIS to 22522
- **National Coalition Against Domestic Violence**
Dedicated to supporting survivors and holding offenders accountable and supporting advocates.
1-303-839-1852 | <https://ncadv.org/>
- **Childhelp National Child Abuse Hotline**
Dedicated to the prevention of child abuse. Staffed 24/7 with professional counselors who provide assistance in over 170 languages (via interpreters).
1-800-4-A-CHILD (1-800-422-4453) | www.childhelp.org

¹www.thehotline.org/stakeholders/domestic-violence-statistics/