



Domestic Violence Prevention



Domestic violence is a pattern of behaviors used by one person in a relationship to control the other. Partners may be married or not married, living together, separated, or dating. Victims can be of any age, sex, race, culture, religion, education, employment or marital status. Although both men and women can be abused, most victims are women.

TIPS

- ✓ Examples of domestic violence:
 - Actual or threatened physical harm
 - Sexual assault
 - Stalking
 - Intimidation
 - Keeping a partner from contacting family or friends
 - Name-calling or putdowns
 - Withholding money
 - Stopping a partner from getting or keeping a job

- ✓ Health effects of domestic violence includes:
 - Anxiety
 - Depression
 - Feeling badly about yourself
 - Sleep problems or feeling tired a lot
 - Physical injuries
 - Difficulty paying attention to your children
 - Headaches, backaches, or stomachaches
 - High blood pressure
 - Eating problems, such as eating too much or not enough
 - Diseases or unplanned pregnancies from forced sex
 - Substance abuse

Getting Help

- ✓ Let your nurse or doctor know that you are afraid of your partner or that your partner is hurting you. Your health care provider may be able to:
 - Meet with you privately.
 - Talk with you about your options.
 - Help you find services you may need – a place to stay, counseling, legal help, etc.
 - Keep records of any injuries (These might be useful if you ever decide to go to court for a protective order or to seek custody of your children).

- ✓ For support and referral:

- **The Virginia Family Violence & Sexual Assault Hotline at 1-800-838-8238 (v/tty)**
- **The LGBTQ Partner Abuse and Sexual Assault Helpline: 1-800-356-6998.**

911 If you or someone you know is experiencing a life threatening injury or act of violence, please dial 911 immediately.

If you would like more information on injury and violence prevention education and information, call 1-800-732-8333 or email ivp@vdh.virginia.gov