

What is Domestic violence?

By: the Suffolk County Coalition Against Domestic Violence

www.sccadv.org 631-666-8833

Domestic Violence (also known as domestic abuse, family violence, intimate partner violence...) is a *pattern of abusive behavior* used by one person to maintain *power & control* over the other. We find domestic violence in family relationships and intimate partner relationships.

Who is affected by domestic violence?

This problem is found all over the world. Abuse can happen to *anyone* regardless of age, race, ethnicity, religion, sexual orientation, gender, etc.

Forms of abuse:

Physical: push, hitting, kicking, biting, hair pulling, grabbing, denying medical attention, forcing to use alcohol or drugs, use weapons, strangle, restrain someone against their will...

Verbal: threatening to harm, yelling, interrupt, speaking in a condescending manner, cursing...

Emotional/Mental: intimidating, manipulating, hiding someone's personal items, constantly criticizing, threatening to commit suicide, isolating from their support system, accusing someone of things they are not guilty of, ignoring, stalking, jealousy...

Sexual: Rape, making vulgar comments, unwanted touching, forcing/coercing/pressuring someone into having sexual relations, refusing to discuss birth control

Financial: taking away someone's money, preventing the victim from finding or keeping a job, hiding/denying access to the household income, making someone ask for money...

Cyber: demanding calls & texts be answered immediately, checking someone's cell phone, forcing/coercing someone to share cell phone/web site passwords, keeping tabs on someone's location through social media, putting someone down in status updates...

Why would someone stay in an abusive relationship?

The most dangerous time for someone who is abused is when they leave the relationship. The number one reason people stay is because of fear. If you know someone who is being abused, think of their safety first, offer support/information, and empower them to make their own decision about their next step. Do not put yourself in a dangerous situation- call the police if necessary.

If you are a victim of domestic violence...

-Think of your physical safety first
-If you are in danger, call 911
-Make a safety plan and DO NOT tell your abuser your plan to leave

-Call an agency that provides free services to victims of domestic violence to speak about your safety plan and your options (police, order of protection, counseling, etc)

Domestic Violence Agencies in Suffolk County:

The Suffolk County Coalition Against Domestic Violence (SCCADV): www.sccadv.org 631-666-8833 *shelter

Victims Information Bureau of Suffolk (VIBS): www.vibs.org 631-360-3606

Brighter Tomorrows: www.brightertomorrowli.org 631-395-1800 *shelter

The Retreat: www.theretreatinc.org 631-329-2200 *shelter