

## October is Domestic Violence Awareness Month

Domestic violence awareness month was first introduced in 1981 by the National Coalition Against Domestic Violence. It was created to bring more awareness regarding domestic violence and to connect and unify the millions of victims that have suffered from domestic violence.

### What is Domestic Violence?



Domestic violence—also called intimate partner violence—occurs between people in an intimate relationship. Domestic violence can take on many forms including emotional, sexual, physical, and threats of abuse. It may be difficult to identify domestic violence at first. While some relationships are clearly abusive from the onset, abuse often starts subtly and gets worse over time. You may be experiencing domestic violence if you're in a relationship with someone who:

- Calls you names, insults you or puts you down.
- Prevents or discourages you from going to work, school, or seeing family and friends.
- Tries to control how you spend money, where you go, what you wear, and even what medicine you take.
- Acts jealous or possessive or constantly accuses you of being unfaithful.
- Gets angry when drinking alcohol or using drugs.
- Threatens you with violence or a weapon.

- Forces you to engage in sexual acts against your will.
- Blames you for his or her violent behavior or tells you that you deserve it.

## Domestic Violence Statistics

- More than **10 million** Americans are victims of physical violence annually.
- 20 people are victims of physical violence **every minute** in the United States.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- 1 in 3 women and 1 in 4 men are victims of some form of physical violence by an intimate partner during their lifetime.
- 40% of female murder victims are killed by an intimate partner.
- 1 in 3 female and 1 in 20 male murder victims are killed by an intimate partner.

## Where to Find Help

In an emergency, call 911 or your local law enforcement agency.

Additional resources include:

- The National Domestic Violence Hotline: 1-800-779-SAFE (7233). The hotline can offer crisis intervention and referrals to resources.
- A local shelter or crisis center. Shelters can also provide advice on legal matters and support services.
- A counselor or mental health center. Counseling and support groups for people in abusive relationships are available in most communities.
- A local court. Your local court can assist you in obtaining a restraining order that legally mandates the abuser to stay away from you or face arrest.

It can be hard to recognize or admit that you are in an abusive relationship—but help is available. **Remember, no one deserves to be abused.**

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/domestic-violence/art-20048397>

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