



DOMESTIC VIOLENCE RESOURCE GUIDE

ABOUT DOMESTIC VIOLENCE

- Domestic violence (DV), also known as intimate partner violence (IPV), is an act or pattern of acts involving the use or attempted use of **physical, sexual, verbal, emotional, economic,** or other forms of abusive behavior in order to **harm, threaten, intimidate, harass, coerce, control, isolate, restrain,** or **monitor** another person.¹
- **Learn more** about the various tactics of abuse by reviewing the **Power & Control Wheel** and the **HIV/AIDS Power & Control Wheel** in the *Positively Safe Toolkit*.

It isn't always easy to identify abuse in an intimate relationship. If you've experienced any of these red flags, you may be in an abusive relationship.

HAS YOUR PARTNER EVER:

- Physically assaulted you?
- Threatened you with a weapon?
- Isolated you from friends and family?
- Monitored your phone?
- Hurt your children or pets?
- Pressured you into sex?
- Continuously humiliated, insulted, degraded or shamed you?

FREQUENTLY ASKED QUESTIONS

- Does domestic violence have to be physical?
- How can I be sure if I'm experiencing abuse?
- What can I do to protect my family and myself?
- Where can I go for help?



Positively Safe:

THE INTERSECTION OF DOMESTIC VIOLENCE & HIV/AIDS

FOR ANSWERS TO THESE QUESTIONS AND ADDITIONAL RESOURCES:

- Learn more about domestic violence by going to <http://nnedv.org/resources/stats/gethelp.html>.
- Go to www.nnedv.org/resources/coalitions to find an alphabetical list of the coalitions against domestic violence by state or US territory.
- Contact the U.S. National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224.
- Access a free chat hotline offering support to anyone in an abusive relationship at www.thehotline.org.
- Get legal information and support at WomensLaw.org.
- Check out the Fact Sheets for some quick facts about DV and the intersection of DV & HIV in the Positively Safe Toolkit.

¹ The National Network to End Domestic Violence. nnedv.org