What is domestic violence?

It’s not easy to tell at the beginning of a relationship if it will become abusive. Anyone of any race, age, sexual orientation, religion, or gender can be a victim of domestic violence.

If your partner physically harms, arouses fear, prevents you from doing what you wish, or forces you to behave in ways you don’t want to, you may be experiencing domestic violence.

CALL 1-800-799-SAFE (7233) | TTY 1-800-787-3224 | CHAT THEHOTLINE.ORG
Domestic violence, domestic abuse, or relationship abuse is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

You may be in an abusive relationship if your partner:

- Shows extreme jealousy of your friends and time spent away.
- Insults, demeans, or shames you with put-downs.
- Controls every penny spent in the household.
- Controls who you see, where you go, or what you do.
- Intimidates you with guns, knives, or other weapons.
- Tells you that you can never do anything right.

If you have concerns about what’s happening in your relationship, call or chat today. We’re completely free and confidential.

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