

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.

**NATIONAL
DOMESTIC
VIOLENCE
HOTLINE**

CALL 1-800-799-SAFE (7233) | **TTY** 1-800-787-3224 | **CHAT** [THEHOTLINE.ORG](https://www.thehotline.org)

Domestic violence, domestic abuse, or relationship abuse is a pattern of behaviors use 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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The production of this publication was supported by Grant Number 90EV0407 from the Department of Health and Human Services, Administration for Children and Families. Its contents are solely the responsibility of the National Domestic Violence Hotline and do not necessarily represent the official views of the Department of Health and Human Services, Administration for Children and Families.