



Intimate Partner Violence (Domestic Violence)



Overview

This is harm directed at someone by a current or a former partner. Women and men can be victims of this type of abuse. It's a serious issue, and one that is often kept secret from friends and from other family members.

Types of Abuse

Intimate partner violence includes many forms of abuse. Pushing, hitting and choking are clear examples. The abuse can also be sexual. This includes rape, unwanted sexual acts and efforts to force a partner to not use birth control. There may also be psychological abuse. We see this when a person humiliates a partner or tries to control who they see and what they do. It includes stalking and other threatening behaviors.

Growing Danger

It's often hard for victims to realize that they are being abused, because it can happen gradually. What begins as psychological abuse may eventually become physical. Abusers can be very manipulative, and at times very kind. If you're being abused, your abuser may make you believe it's all your fault.

Getting Help

If you are the victim of this abuse, get help. Reach out to someone you trust. If you are in danger, call the police. If you are hurt, go to the emergency room. Take steps to get away from your abuser and to stay safe.