TYPES OF DOMESTIC VIOLENCE

Domestic violence, also known as intimate partner violence (IPV), relationship abuse, or dating abuse, is a major public health crisis. Domestic violence is a pattern of abusive behaviors used to exert power and control over an intimate partner.

Physical Abuse: any intentional, unwanted contact with your body or proximity, or any behavior that causes or intends to cause you injury or death.

Emotional and Verbal Abuse: any non-physical behaviors: threats, insults, excessive texting or monitoring, humiliation, intimidation, isolation, or stalking.

Sexual Abuse: any behavior that pressures or coerces someone to do something sexually they don't want to do.

Financial Abuse: when one partner controls the others' finances or ability to provide for themselves.

Digital Abuse: use of technology to manipulate, control, harass, stalk, or intimidate a partner. (E.g., excessive texting, social media harassment, GPS monitoring movement)

Stalking: Stalking occurs when someone watches, follows, or harasses you repeatedly, making you feel afraid or unsafe.

HELP IS HERE — DON'T WAIT.

Call **1.800.799.SAFE** (7233)
Text **"START"** to **88788**
Chat **thehotline.org**

HELP IS HERE — DON'T WAIT

If you know of or suspect someone is experiencing domestic violence, advocates at the **National Domestic Violence Hotline** are available 24/7 to provide validation, safety planning and connection to local resources and support.

The Hotline's services are free and confidential.

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thehotline.org

For young people and teens, **love is respect** is the national resource dedicated to preventing unhealthy relationships and intimate partner violence by empowering young people through education, support, and resources. To contact the National Teen Dating Abuse Helpline:

Call **1.866.331.9474**
Text **"LOVEIS" to 22522**
Chat loveisrespect.org

Mary Kay Ash Foundation®
is a proud partner of
The National Domestic Violence Hotline and
love is respect.

Mary Kay Ash FOUNDATION™

NATIONAL DOMESTIC VIOLENCE HOTLINE

love is respect

HOW TO SUPPORT DOMESTIC VIOLENCE SURVIVORS



Recognizing warning signs and providing support when others face domestic violence

At the Mary Kay Ash Foundation®, we are committed to ending domestic violence and supporting survivors. Everyday interactions play a critical role in recognizing warning signs and connecting individuals with help. While you are not expected to intervene directly, you can provide compassionate support and access to resources.

This guide, created by the National Domestic Violence Hotline, is designed to help anyone recognize potential warning signs of abuse and connect individuals with the support they need.

DOMESTIC VIOLENCE IS MORE COMMON THAN YOU THINK

In the U.S., nearly 1 in 4 women and 1 in 7 men have experienced abuse by an intimate partner.[1] Domestic violence does not discriminate. Anyone can experience abuse or be an abusive partner. Knowing the signs, how to respond, and what to do next can save a life.

1. Black, M.C., Basile, K.C., Breiding, M.J., Smith, S.G., Walters, M.L., Merrick, M.T., Chen, J., & Stevens, M.R. (2011). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

STUDIES SHOW

1 in 4 women and 1 in 7 men (18+ in the US) have experienced severe physical violence by an intimate partner in their lifetime.

96% of employed domestic violence victims experience problems at work because of the abuse.

1 in 3 teens will experience dating abuse in the U.S. over the course of growing up.

RECOGNIZING DOMESTIC VIOLENCE WARNING SIGNS

The first step toward supporting someone who may be experiencing domestic violence is recognizing the warning signs of abuse. This often involves looking for a pattern of behaviors over time. Indications may include:

- Unexplained or minimized injuries with inconsistent explanations
- Covering injuries with makeup, sunglasses, or heavy clothing
- Frequent absences or unusual changes in schedule
- Drop in job performance or focus
- Anxious or jumpy behavior; emotional distress Sensitivity about home life or personal questions
- Excessive calls or texts from their partner Unexpected gifts after emotional distress
- Increasing isolation from coworkers or loved ones
- Low self-esteem or negative self-talk
- Ongoing fatigue or trouble concentrating Mentions of partner controlling their time, money, or activities
- Signs of surveillance or restricted transportation
- Visible distress when partner shows up

RESOURCES AVAILABLE TO HELP

If you have concerns someone maybe experiencing domestic violence, The Hotline's advocates are available to provide guidance, information, discuss your concerns, and share tips on how to navigate these situations.

Leaving an abusive relationship is the most dangerous time for a survivor. On average, it takes a survivor seven attempts to leave an abusive partner for good.

Domestic violence is extremely complex. It is important to recognize that survivors know their situation best, and many choose to stay in the abusive relationship for various reasons — avoid judgment or telling the survivor what they should or should not do.

Instead, create a safe space where they feel comfortable sharing their experience and asking for the support they need. If they are not ready to talk, respect their decision.



APPROACH WITH CONCERN

Whenspeaking with someone about your concerns, keep these important tips in mind:

- Talk in a private, confidential space.
- Approach in a non-accusatory manner.
- Start with observations about recent stress or behavioral changes - express concern for them.
- Allow them space to share without pressure. Simple questions like "Is everything okay?" can signal that it's safe to talk.
- Avoid giving advice or making negative comments about their partner.
- Offer support. A simple question like "Is it okay if I share some resources with you?" can be helpful.
- Provide a private place for them to make a call to a friend, loved one, The Hotline, or a local shelter.

IF YOU ARE APPROACHED

If someone experiencing abuse approaches you for assistance, the best way to support them is to:

- Share resources and respect their decisions.
- Help them feel safer at work by offering workplace accommodations if possible.
- Listen without judgment and recognize that your role is not to solve the problem but to offer support.
- Assist with creating a home or workplace safety plan if needed.
- Reassure them that they are not alone. Simply showing your support can make a difference.

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