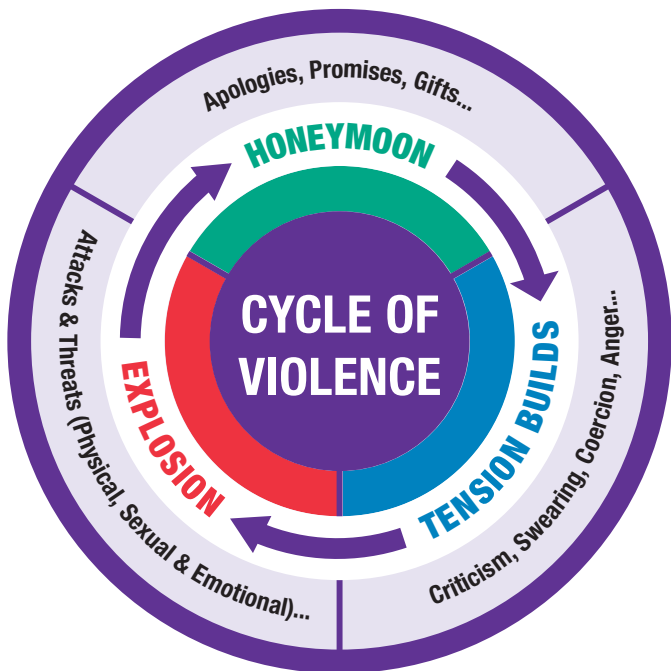


DOMESTIC VIOLENCE



Domestic violence is defined as a pattern of abusive behaviors by one partner to gain or maintain power and control over the other.

THESE BEHAVIORS MAY INCLUDE:

- ✓ Coercion/Threats
- ✓ Isolation
- ✓ Intimidation/Manipulation
- ✓ Emotional/Verbal/Mental Abuse
- ✓ Physical Abuse
- ✓ Sexual Abuse
- ✓ Economic Abuse
- ✓ Using children (ex. threatening to take children away, using visitation for harassment, using children as messengers)
- ✓ Social media to bully, harass, or intimidate partner
- ✓ Minimizing, Denying, Blaming
- ✓ Stalking/Harassment

Such behavior can cause fear, physical, and psychological harm.

YOU ARE NOT ALONE

1 in 3 Women

Victims of Domestic Violence

1 in 4 Men

Victims of Domestic Violence

DOMESTIC VIOLENCE

HOW YOU CAN HELP

- ✔ Become familiar with Freedom House services.
- ✔ Speak up and speak out against domestic violence.
- ✔ Listen, support, and believe survivors.

HOW TO RECEIVE HELP

- ✔ Tell someone you trust.
- ✔ Reach out for support.
- ✔ Call the Freedom House hotline to explore all your rights and options.

EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN

- ✔ 3.3 million children are witness to domestic violence each year, by seeing, hearing, or observing the aftermath.
- ✔ Pregnant women are at high risk because violence can begin or escalate during the pregnancy.
- ✔ Typical signs in children
 - ✔ **AGES 0-2 YR**
Developmental delays, irritability or inconsolable crying, lack of responsiveness.
 - ✔ **AGES 2-5 YR**
Acting violent, problems relating to other kids, delayed toileting.
 - ✔ **AGES 5-11 YR**
Running away, school problems, developmental regression, being embarrassed by their family.
 - ✔ **AGES 12-18 YR**
Social problems, early sexual activity, abusing alcohol and drugs, becoming abusive.
- ✔ Girls are more prone to violence in their own relationships. Boys are more likely to act out abusive behaviors.



Domestic Violence & Sexual Assault Services

FOR FURTHER INFORMATION CONTACT

(800) 474-6031 | www.freedomhouseillinois.org

Funding provided in whole or in part by the Department of Human Services.