



- 1 in 4 women/ 1 in 7 men, experience physical violence from an intimate partner
- Women are 4 times more likely to be beaten, 6 times more likely to be slammed against something, and 9 times more likely to be hurt by choking or suffocating
- 81% of women affected by rape/physical violence by an intimate partner suffer from PTSD
- In 2011 there were 147 fatalities due to domestic violence
- In 2012 California law enforcement agencies responded to 157, 634 domestic violence calls
- Women 18-24 are more likely to be victims of physical intimate partner violence
- 75% of victims had children under the age of 18 at home



**CHC Health & Wellness Center**

909.389.3272

**SBVC Student Health Services**

909.384.4495

**SBCCD Police**

909.384.4491 / sbccd.org/police

**San Bernardino  
Sexual Assault Services**

800.656.4673 / sbsas.org

**California Partnership  
to end Domestic Violence**

310.524.4765 / cpedv.org

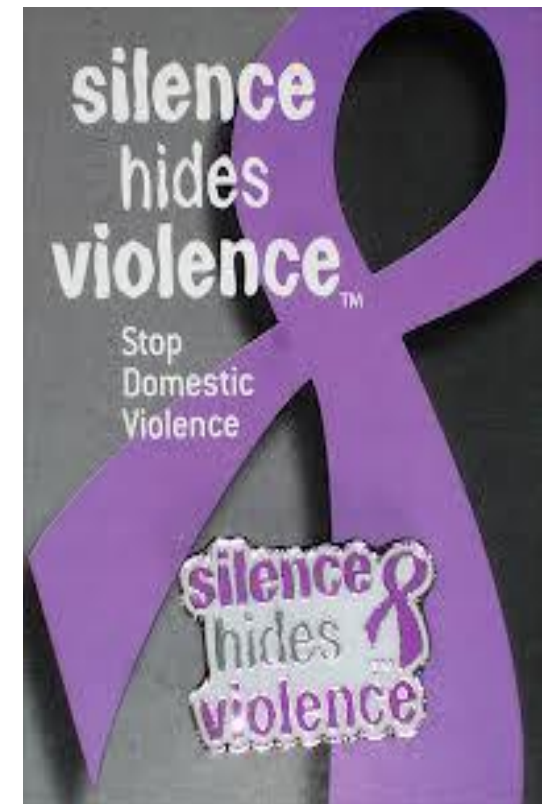
**RAINN**

800.656.HOPE / rainn.org

**The National Center  
for Victims of Crime**

victimsofcrime.org

**BREAK**  
the silence  
**STOP**  
the violence





## What is Domestic Violence?

Domestic violence, also known as domestic abuse or spousal abuse, occurs when one person in an intimate relationship tries to control the other. This type of control may be done by means of:

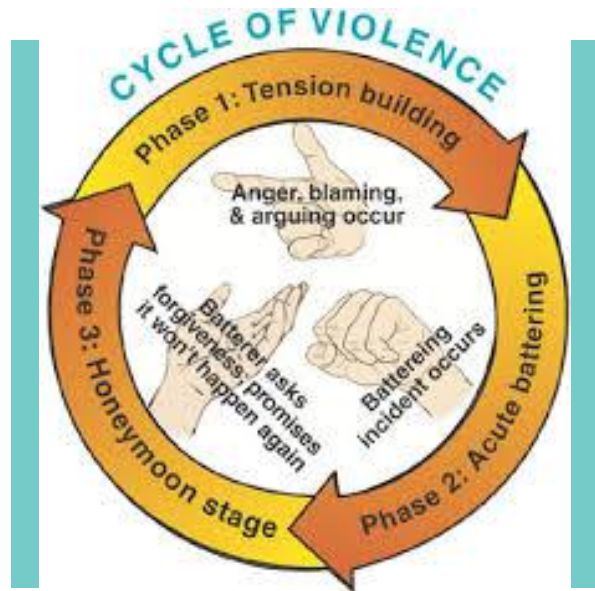
**Physical Abuse:** When the abuser hits, slaps, shoves, punches, slaps, bites, trips, grabs, kicks and/or strangles the victim. The abuser may throw things at the victim, or threaten them with a gun, knife, or other forms of violence.

**Emotional Abuse:** The abuser calls the victim names, puts the victim down and makes the victim feel bad about themselves to lower the victim's self-esteem.

**Sexual Abuse:** The abuser forces the victim to participate in sexual acts against the victim's will. The abuse may attack the sexual areas of the victims body and sexually degrade the victim.

**Isolation:** The abuser controls who the victim talks to, where the victim goes, and what the victim does. The abuser may act jealous and prevent the victim from having contact with friends, family, and co-workers.

**Threats:** The abuser threatens to hurt the victim, or family members, or may threaten suicide.



## Signs of an abusive relationship

The most obvious sign of an abusive relationship is if you are afraid of your partner. If you feel the need to walk on eggshells around your partner-watch what you say and do to avoid a problem-chances are your relationship is unhealthy and abusive.

Does your partner:

- Humiliate, criticize, or put you down?
- Threaten to commit suicide if you leave, or to take your children away, or harm your children?
- Force you to have sex?
- Control where you go, who you see, what you do, what you wear?
- Blame you for their abusive behavior?
- Treat you so bad you're embarrassed to have your friends or family see?

## What Can You Do?

The best thing to do is protect yourself, and your children.

- ✓ Talk to someone. Secrecy is the abuser's power. Talk with someone close, or seek counseling.
- ✓ Plan ahead for the next time you are attacked. Gather important papers, money, and information, and have a place to go.
- ✓ Call the police. Assault is a crime.
- ✓ Leave. Stay with a friend or family member if possible. Call a crisis hotline, or a health center, to locate a shelter.
- ✓ Seek medical attention if necessary. Keep detailed records, and photos of injuries, if you decide to take legal action.
- ✓ Contact family court for information about a civil protection order that does not involve criminal charges.

### MY PERSONAL PLEDGE TO END DOMESTIC VIOLENCE

1. I will never commit an act of domestic violence against my wife.
  2. I will speak out against domestic violence at every opportunity.
  3. I will hold other men accountable and help abusive men to seek counseling.
  4. I will show my daughter how men should treat her by showering her with love and affection. I will build up her confidence and teach her that she never has to accept violence in a relationship. Most importantly, I will always be her protector.
  5. I will teach my sons to respect women by modeling the behavior every day. I will also teach them that violence is an unacceptable way to express anger or displeasure.
  6. I will promote domestic violence awareness through my blog, social media channels, and real life conversations.
  7. I will support domestic violence victims by volunteering and through financial contributions.
- [www.mochadad.com](http://www.mochadad.com)