

# What is Domestic Abuse?

Domestic Abuse is a pattern of behavior that is used by one person to control another person  
There is no single type of victim just as there is no single type of abuse

- Intentionally and repeatedly humiliate, demean, criticize, manipulate, name-call or guilt partner
- Making fun of one's beliefs, physical appearance, disability, intelligence, friends, family
- Use of immigration status, disability or any other vulnerability to force unwanted actions or deny needs
- Isolate, limit or forbid contact with children, friends, family

- Forcing sex or sex acts with partner or with others
- Unwanted exposure to sexual situations (pornography, photography, filming, etc.)
- Verbal or behavioral sexual harassment
- Threatening sexual violence
- Withholding sex and affection
- Refusing to pay bills or take care of other basic needs until you have sex with him/her
- Use of demeaning names after sex



- Refusing to provide money for necessities
- Control all monetary decisions - financial accounts, cash, credit cards
- Deny or restrict money through preventing access or allowance
- Insist partner ask for money
- Force partner to surrender money they earned
- Steal, defraud partner's money or assets.
- Exploit financial resources or property
- Interfering with partner's work performance by harassing, calling or visiting repeatedly

- Push, hit, choke, kick, bite, cut, burn, spit, shake, slap, pinch partner, children or other family to cause harm
- Use of objects or weapons to inflict harm
- Destroying property
- Force-feed food, alcohol, drugs or other substance
- Deny food, water, medicine or sleep
- Restrain or prevent leaving room or home
- Locking out from home



## Safety Plan

\*\*\*

Having a plan is crucial for the safety and well-being of anyone in an abusive relationship



Unitarian Universalist Santa Fe



Esperanza Shelter

### Crisis Hotlines:

**505-473-5200**

**1-800-473-5220**

[www.esperanzashelter.org](http://www.esperanzashelter.org)



**NATIONAL  
DOMESTIC  
VIOLENCE  
HOTLINE**

**1-800-799-7233**

**TTY 1-800-787-3224**

[www.thehotline.org](http://www.thehotline.org)

If someone you  
know is in  
immediate danger



## Still with an abusive partner?

### Be ready to leave

- ✓ Always keep **money** on person
- ✓ Keep important **papers** such as social security cards, birth certificates close at hand
- ✓ Always keep a cell phone charged
- ✓ Back **car** into driveway and keep it filled with gas

### Build a safety network

- ✓ Memorize all important telephone numbers
- ✓ Make a list of trusted people to contact
- ✓ Establish a code word or sign so that designated family, friends, neighbors, teachers or coworkers know when to call for help

### Protection during an incident

- ✓ Think of a safe place to go avoid rooms without an exit (i.e. bathroom) and any rooms with weapons (i.e. kitchens)
- ✓ If a partner strikes out protect face with hands and arms
- ✓ If knocked down, curl up into a ball protecting head, face, and stomach
- ✓ Don't try to argue or reason with the batterer
- ✓ If leaving by car keep the driver's door unlocked until safely in the car alone

## Left an abusive partner?

### Make it harder to be found

- ✓ Change personal phone number and screen all calls
- ✓ Change all exterior door locks

### Stay alert

- ✓ Avoid staying home alone whenever possible
- ✓ Vary daily routines so that the abuser is unable to predict whereabouts
- ✓ Should batterer show up, be sure to have an exit strategy
- ✓ If need arises to meet former partner, do it in a public place and let someone else know or bring someone to the meeting

### Be smart and document

- ✓ Save and document all contacts, messages, injuries or other incidents involving the batterer



Unitarian Universalist Santa Fe