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

Need help or information?
www.esperanzashelter.org
24/7 Crisis Hotline
505-473-5200
1-800-473-5220

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

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

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

Sources: PDAV, Esperanza Shelter and National Domestic Violence
Safety Plan

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

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

Crisis Hotlines:
505-473-5200
1-800-473-5220

www.esperanzashelter.org

1-800-799-7233
TTY 1-800-787-3224

www.thehotline.org

If someone you know is in immediate danger

CALL 911