



# Domestic Violence

## What is Domestic Violence?

Domestic violence is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. It can be done through fear and intimidation such as the threat of violence.

Not all domestic violence is physical. It can be emotional abuse, economic abuse, sexual abuse, threats, using male dominance, isolation and a variety of other behaviors used to maintain fear, intimidation, and power.

Domestic violence is **NOT a “family problem”, it is a crime**. You have the right to be safe. No one has the right to threaten or hit you.

## Most common types of Abuse:

- **Emotional Abuse**

Emotional abuse is a form of abuse that abusers use to make their partners feel mentally or emotionally hurt. The intent of this abuse is to gain power and control by forcibly changing someone's mental state.

Such as but not limited to:

- Making fun of you
- Harassing you
- Treating you like you are nothing
- Keeping you away from your family and friends
- Not speaking to you
- Yelling or cussing at you to damage your self-esteem
- Intimidate you or take things away from you to instill fear
- Judging you or looking down on you
- Being blamed for your partner's behavior

- **Physical**

Physical violence happens when your partner physically injures you in some way.

Such as but not limited to:

- Pushing or shoving
- Slapping or punching
- Strangulation
- Kicking
- Physically restraining you
- Forcing you to engage in Sexual contact (even if married nobody can force you)

- **Financial**

- Withholding money to buy necessities as a form of control
- Controlling what you can and cannot buy
- Takes away money you have earned and spends it without your knowledge
- Controls bank account, restricting the use of finances
- Pressures you to quit your job or sabotages your work responsibilities

People who have experienced a traumatic event in their lives often have a variety of physical and emotional responses. Strong reactions to crisis are normal and common.

Some common responses observed in victims are:

- Embarrassment
- Feelings of guilt
- Difficulty concentrating
- Nightmares, insomnia, or increased sleeping
- Mood swings and anger outbursts
- Forgetfulness or memory lapses
- Nausea and/or difficulties with eating
- Depression

If a person is arrested and convicted on Domestic Violence related crimes, then he/she can be subject to jail time, fines, and/or potential revocation of immigration status.

If you are a victim of domestic violence and need immediate assistance, call the police.

If you have been in an abusive relationship and need assistance you can:

- **Speak to a victim advocate**
  - Family Advocacy Center; 2120 N. Central Ave, Ste. 250, Phoenix AZ; 602-534-2120
  - They can help with resources, including a safe place to stay
- **Obtain an Order of Protection**
  - Legal document which prohibits the abuser from contacting with you
  - Phoenix Municipal Court; 300 W. Washington St., Phoenix AZ; 602-262-6421
  - Maricopa County Superior Court; 201 W. Jefferson St., Phoenix AZ; 602-506-3204
  - Maricopa County Justice Court; Multiple locations
- **Sexual & Domestic Violence Services Helpline # 602-279-2900**

**\*Any inquiries or questions about this material, please contact Detective Philip Canchola #7788**