



DOMESTIC VIOLENCE IS A **SERIOUS CRIME**

This pamphlet includes information to help you recognize the signs of an abusive relationship and community resources for accessing help. You deserve to live your life without fear of abuse and harm.

– District Attorney Summer Stephan

DOMESTIC VIOLENCE IS A **CRIME**

The **San Diego County District Attorney's Office, Family Protection Division** prosecutes domestic violence felonies and misdemeanors throughout San Diego County. The San Diego City Attorney's Office prosecutes domestic violence misdemeanors that occurred in the City of San Diego.



DID YOU **KNOW?**

- More than 1 in 3 women and more than 1 in 4 men in the U.S. have experienced rape, physical violence and/or stalking by a partner in their lifetime.
- Approximately 17,000 domestic violence incidents are reported to law enforcement in San Diego County each year.
- 15.5 million children in the U.S. live in families in which partner violence occurred at least once in the past year.

RESOURCES

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-SAFE (7233) | TTY 1-800-787-3224
24-Hour, Confidential | www.thehotline.org

LOVE IS RESPECT
1-866-331-9474 | TTY 1-866-331-8453
Chat Online: www.loveisrespect.org

SAN DIEGO COUNTY DISTRICT ATTORNEY'S OFFICE VICTIM SERVICES
Central: 619-531-4041 | East: 619-441-4538
South: 619-498-5650 | North: 760-806-4079

SAN DIEGO FAMILY JUSTICE CENTER
619-533-6000

CENTER FOR COMMUNITY SOLUTIONS
888-385-4657

YWCA OF SAN DIEGO COUNTY
619-234-3164

SOUTH BAY COMMUNITY SERVICES
800-640-2933

WOMEN'S RESOURCE CENTER
760-757-3500

COMMUNITY RESOURCE CENTER
877-633-1112



UNDERSTANDING **DOMESTIC VIOLENCE**



(619) 531-4300 | WWW.SDCDA.ORG

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WATCH FOR **RISK FACTORS**

- Increasing severity or frequency of physical violence
- Access to a firearm
- Uses or threatens to use a weapon against you
- Threatens to harm or kill you or your loved ones
- Uses drugs or is a problem drinker
- Leaves you threatening notes, spies on you, calls you when you don't want him/her to
- Controls your daily activities
- Has harmed you when you are pregnant
- Threatens to commit suicide
- Has forced you to have sex
- You are leaving or recently left an abusive relationship

YOU SHOULD NOT HAVE TO LIVE IN FEAR.



STRANGULATION (“CHOKING”)

Has your partner put their hands on your neck or throat?

Strangulation is very dangerous. When the body is deprived of oxygen, loss of consciousness will result and, if continued, ultimately death. Loss of consciousness may happen within seconds and death within minutes.

WHAT IS **DOMESTIC VIOLENCE?**

Domestic violence, also known as intimate partner violence, is a pattern of behaviors used by one partner to maintain power and control over another partner.

DV relationships may include current or former spouses, dating partners, girlfriends/boyfriends, fiancés, and individuals with a child in common.

Female and male teens, adults and elders may experience domestic violence.

YOU DESERVE TO FEEL SAFE AND RESPECTED IN YOUR RELATIONSHIPS.



WHAT ARE SOME **WARNING SIGNS?**

- Extreme jealousy
- Insults you, shames you, demeans you
- Controls the household money
- Acts in ways that scare you
- Destroys your property
- Threatens to harm you, your family, children, or others around you
- Controls who you see, where you go or what you do
- Prevents you from working or going to school

TYPES OF **ABUSE**

PHYSICAL ABUSE – Examples include slapping you, pulling your hair, preventing you from calling the police or seeking medical attention.

EMOTIONAL ABUSE – Examples include isolating you from friends and family, acting jealous or possessive, threatening to harm you or your loved ones, humiliating you, blaming the abuse on you, calling you names, insulting you.

SEXUAL ABUSE AND COERCION – Examples include demanding sex when you are hurt or tired, holding you down during sex, insulting you in sexual ways, forcing you to dress in a sexual way, forcing you to perform sexual acts, pressuring you after you have said “no.”

FINANCIAL ABUSE – Examples may include forbidding you to work, refusing you access to money for expenses like food, clothing, medical care, giving you an allowance, preventing you from accessing/viewing the household bank account.

STALKING – Examples include leaving unwanted gifts, flowers, messages, making unwanted calls to you, showing up at your home or work uninvited.

