

## What you Can Do

- Call 911 if you're in immediate danger.
- Always trust your gut. If you think you're in danger, you probably are.
- Don't minimize your abuser's behavior or the level of danger present.
- Develop a safety plan.
- Speak with someone like a counselor or an advocate who can help you.
- Find out about your legal options which includes:
- A civil restraining order that can protect you against:
  - Your spouse or former spouse.
  - Someone you are dating or used to date.
  - Your child/ren's other parent.
  - Your child, parent, or other relative.
  - Someone you live with or used to live with.
  - To obtain a civil restraining order go to the Court Service Center at your local court house.

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## Resources at Gateway

Jennifer Wederoth-Holster  
Gender Equity Coordinator  
(203)285-2412  
JWenderoth@gatewayct.edu  
Room N110

Cornell Scott Hill Health Center  
(203)503-3740  
Room N114

Counseling and Student Success Center  
(203)285-2090  
Room N213

## Resources Outside of Gateway

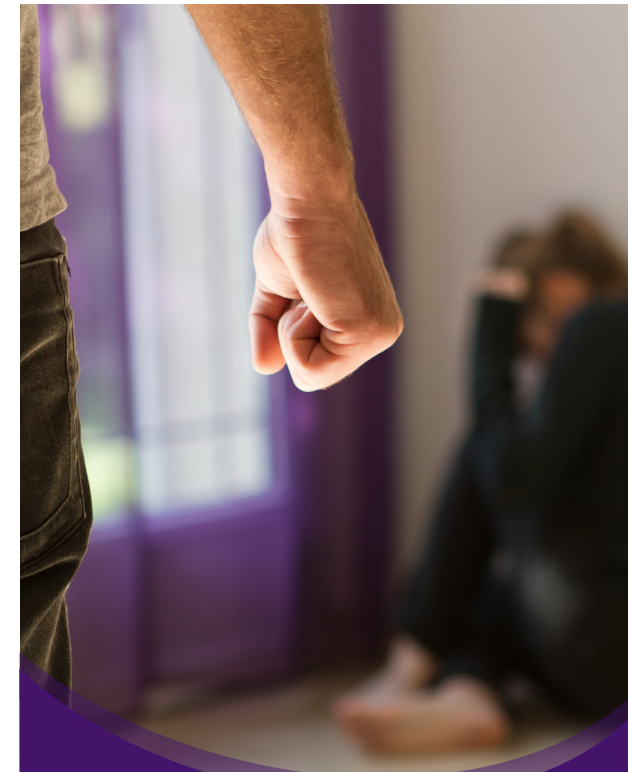
Connecticut Toll Free DV Hotline  
24 Hr English Hotline: (888)774-2900  
24Hr Spanish Hotline: (844)831-9200

Umbrella Center for Domestic  
Violence - BHcare  
(203)736-2601

Connecticut Coalition Against Domestic Violence  
(860)282-7899  
[www.ctcadv.org](http://www.ctcadv.org)



Gender Equity Center  
20 Church Street  
New Haven, CT 06510  
[GatewayCT.edu](http://GatewayCT.edu)



# Intimate Partner Violence

WHAT TO DO IF  
IT HAPPENS TO YOU



[GatewayCT.edu](http://GatewayCT.edu)

## What is Intimate Partner Violence?

Intimate Partner Violence (IPV) is a pattern of coercive and controlling behavior that is pervasive and life-threatening. It is a crime that can affect anyone regardless of age, gender, economic status, race, ethnicity, religion, sexual orientation or education.

### The Facts

- 3 women are killed by a current or former intimate partners each day in the United States.
- 15% of women and 4% of men have been injured as a result of violence by an intimate partner.
- 66% of female stalking victims are stalked by a current or former intimate partner.
- Nearly half of all women and men in the United States have experienced psychological aggression by an intimate partner in their lifetime.
- More than 1 in 3 women and more than 1 in 4 men in the United States have experienced rape, physical violence and/or stalking by an intimate partner in their lifetime.
- Females ages 18 to 24 and 25 to 34 generally experienced the highest rates of intimate partner violence
- Most female victims of intimate partner violence were previously victimized by the same offender.

## Types of Abuse

### Physical Abuse:

Physical abuse is probably the most obvious kind of behavior to recognize and understand as violent. It can be directed toward you or anyone you care about, including your pets. Aggressive physical contact should always be considered abusive and serious even if it doesn't cause marks or permanent damage.

### Emotional or Psychological Abuse:

Emotional or psychological abuse is any behavior, verbal or non-verbal, that your partner exhibits to control you and/or damage your emotional well-being.

### Financial Abuse:

Money is often a tool that abusers use to establish absolute control in their relationships. An abusive partner might take all measures to ensure that you're entirely financially dependent on him/her to prevent you from leaving or feeling like you have any power or say in your relationship.

### Stalking and Harassment:

An abusive partner or ex-partner might inappropriately demand your time even when you make it clear that you don't want contact with him/her. Making unwanted visits or sending you unwanted messages (voicemails, text messages, emails, etc).

## Sexual Abuse

Sexual abuse is any sexual encounter that happens without your consent. We often talk about rape and other forms of sexual assault as something that only strangers commit; all forms of sexual assault, however, are equally wrong in relationships. Being in a relationship, for no matter how long a period of time, does not ever give your partner the right to sexually abuse you or demand any kind of sexual activity that you do not want to do.

## Warning Signs

Does your partner

- Show up at your home or place of employment uninvited?
- Get suddenly angry, and constantly blame you for their mistakes?
- Act overly jealous about your relationships with others and prevent you from seeing family and friends?
- Control your phone or computer?
- Humiliate or embarrass you?
- Hit, push, slap or act in an otherwise violent manner toward you?
- Threaten to hurt you, your children, your family members or your pets?
- Force you to have sex or perform other sexual acts when you do not want to?

**END the  
silence** **STOP the  
violence**