

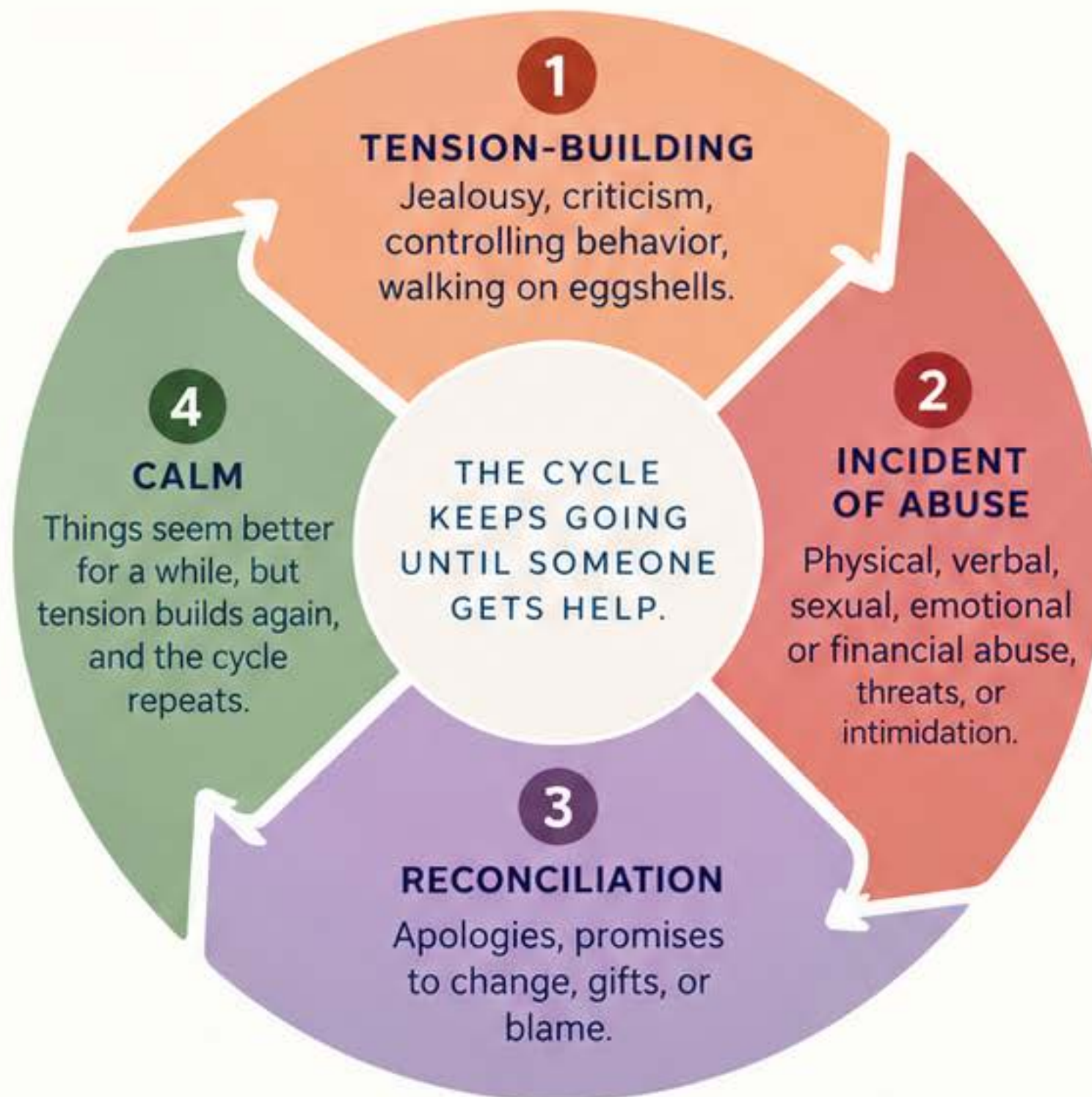
# Domestic Violence

IT CAN HAPPEN TO ANYONE

Domestic violence is a pattern of behaviors used by one person to gain or maintain power and control over another. It can be physical, emotional, sexual, financial, or psychological. **It is never your fault.**

## THE CYCLE OF VIOLENCE

Abusive relationships often follow a repeating cycle. Not every relationship follows this exact pattern, but the cycle can help explain how abuse continues.



## TYPES OF DOMESTIC VIOLENCE



### Physical Abuse

Hitting, pushing, choking, or using weapons.



### Emotional & Psychological Abuse

Insults, manipulation, gaslighting, threats, or humiliation.



### Sexual Abuse

Unwanted sexual contact, coercion, or reproductive control.



### Financial Abuse

Controlling money, preventing work, or taking earnings.



### Digital Abuse

Monitoring, tracking, or using technology to threaten or control.



### Isolation & Coercive Control

Limiting contact with others, controlling transportation or daily activities.



### Stalking & Threats

Repeated unwanted contact, following, or threats to harm you or loved ones.

## RESOURCES & SUPPORT

Help is available. You are not alone.



### National Domestic Violence Hotline

1-800-799-SAFE (7233)  
Text START to 88788  
[www.thehotline.org](http://www.thehotline.org)



### California Partnership to End Domestic Violence

[www.cpedv.org](http://www.cpedv.org)  
Find local DV programs and support services.



### 211 California

Dial 211 or visit [211ca.org](http://211ca.org)  
Housing, shelter, counseling and more.



### In an emergency Call 911

If you are in immediate danger.

*Safety. Support. You deserve it.*