

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



(800) 606-9880
TTY: 711

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Domestic Violence Safety



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What is domestic violence?

Domestic violence is when one partner uses forceful behavior to gain power and control over the other partner.

The two most common forms of domestic violence are physical and verbal abuse.

What are signs of physical abuse?

- A person who gets hurt often.
- A person who often misses school, work or special events.
- A person who dresses to hide bruises or scars.

What are signs of verbal abuse?

- A person no longer behaves or acts like you expect.
- A person who has low self-esteem.
- A person who appears depressed, anxious or hopeless.

Verbal abuse is just as harmful as physical abuse. Be aware of the signs.

If you or a person you know is living with domestic violence, call the 24-hour **National Domestic Violence hotline at 1-800-799-7233**.



Children can witness or suffer from domestic violence. Look for these signs:

Physical:

- Many stomachaches and headaches
- Bruises on the torso, back of the neck, buttocks or thighs

Social:

- Desire to be alone
- Violent toward others

Mental:

- Feelings of fear, guilt, depression and anger
- Anxious around a certain parent or caregiver
- Jumpy and unable to focus on tasks