INTIMATE PARTNER ABUSE

Intimate partner abuse involves a range of behaviors which can include physical and sexual violence; stalking, obsessively checking up on or otherwise trying to control your behavior, using coercion and threats; intimidation; emotional abuse, isolation; minimizing, denying and blaming; using children; and using economic abuse. These forms of abuse can occur in isolation of each other but usually occur simultaneously.

Intimate partner abuse occurs in every country and in relationships of all races, cultures, religions, income, and education levels. Although, it can happen to people of all ages and in both heterosexual and in LBQT relationships. Female students between the ages of 16-24 are particularly vulnerable to intimate partner violence. This may be because students often have difficulty recognizing verbal and emotional abuse, or do not have enough experience in relationships to know that the abusive behavior is not normal or healthy.

Some examples of the various forms of abuse are:

**Physical and/or sexual assault**
- Pushing, slapping, punching, kicking, choking, hair pulling or any behavior that hurts physically.
- Forcing, pressuring or threatening you to have to have sexual contact

**Coercion and Threats- making and/or carrying out threats to do something to hurt you**
- threatening to leave you, to commit suicide, to report you to welfare/immigration/children’s services or other authority figures
- making you drop the charges if you have the abuser arrested
- making you do things that are illegal or you consider wrong

**Emotional Abuse**
- putting you down
- making you feel bad about herself
- calling you names
- making you think you’re crazy
- playing mind games
- humiliating you in public or at home
- making you feel guilty

**Isolation**
- controlling what you do, who you see, and talk to, what you read, where you go
- limiting your outside involvement
- using jealousy to justify actions

**Economic Abuse**
- preventing you from getting or keeping a job
- making you ask for money
- giving you an allowance
- taking your money
- not letting you know about or have access to family income
HELP IS AVAILABLE

If you or someone that you know is experiencing this kind of behavior from a partner please know that help is available. Even if you are not ready to leave your partner, help is still available.

RESOURCES:

NYC 24-Hour Hotline: 1-800-621-HOPE, TTY: 1-866-604-5350

Domestic Violence Hotline: 1-800-942-6906, TTY: 1-800-818-0656

Espanol 1-800-942-6908, Espanol TTY: 1-800-780-7660

NYC Gay and Lesbian Anti-Violence Project: 212-714-1141

Barrier-Free Living (Disabled Clients): 212-533-4358

Wellness and Counseling Center, 212-650-8222

CREATE A SAFETY PLAN:

A plan can help keep you safe and maybe save your life.

- Change your routine. Walk a different path to school, don’t frequent the same places
- Inform campus security and appropriate campus offices
- Change your internet passwords and remove or limit abuser’s access to you online
- Gather your important papers, money, spare keys and supplies and keep them in a safe place in or outside of the home
- Open a bank account and credit cards in your own name
- Plan a place to stay in case of an emergency. Ask friends or relatives for assistance.
- If possible, document the abuse. Get copies of medical records, police reports, photograph any injuries, keep a journal of incidents
- Tell someone you trust about the abuse (counselor, friend, relative or employer)