

# What is Domestic Violence?

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Domestic Violence, or intimate partner violence, is behavior that is used to gain/maintain power and control over an intimate partner. This abuse takes on many forms: physical, emotional, economic, or psychological. Domestic violence can affect anyone, regardless of age, race, gender, sexual orientation, faith, or class. Being a victim is linked an increased risk for PTSD, depression, and suicide.

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**1 in 3 women and 1 in 4 men have been physically abused by an intimate partner.**

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**Every year, nearly 10 million women and men become victims of domestic violence.**

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## How can you stand up?

- Question problematic behavior when you see it
- Do not laugh at behaviors or jokes that promote abuse in relationships
- Listen without dismissing or blaming others
- Speak out against victim-blaming and discrimination to end the stigma around domestic violence

## Important Resources

**National Domestic Violence Hotline**

800-799-7233

text BEGIN to 88788

**NJ Domestic Hotline**

800-572-7233

**NJ Address Confidentiality Program Hotline**

(non-emergency)

877-218-9733

**NJ Coalition Against Sexual Assault Hotline**

800-601-7200