

WHAT IS DONE TO ONE IS FELT BY ALL

PROTECT OUR LOVED ONES

45% of American Indian/Alaska Native women have experienced Intimate Partner Violence (IPV), and 1 in 7 men is a victim of IPV Intimate Partner Violence.

Intimate Partner Violence is also called domestic violence. It includes physical, sexual, or psychological violence that occurs between current and former spouses or partners. IPV affects both heterosexual and same-sex couples, even if they do not have a sexual relationship.

Forms of IPV:

- **Physical violence** – grabbing, shaking, shoving, choking, punching, etc.
- **Sexual violence** – using force or intimidation to make a person engage in an unwanted sexual act
- **Threats of violence** – displaying a weapon, or using words or gestures to indicate an intent to physically harm or kill another person
- **Psychological/emotional violence** – isolation, intimidation, controlling behavior, or verbal abuse such yelling, name calling, blaming, and shaming

You may be in an abusive relationship if your partner:

- Embarrasses you with put-downs
- Controls what you do, who you see, and where you go
- Downplays the abuse, tells you it's your fault, or denies doing it
- Intimidates you with guns, knives, or other weapons
- Threatens to complete suicide or to kill you if you leave

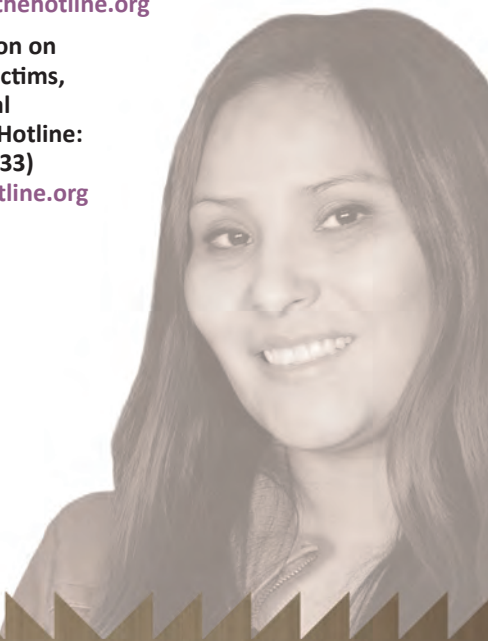
If you know someone who is in an abusive relationship:

- Tell them that you are concerned for their safety
- Acknowledge that they are in a difficult situation
- Be supportive
- Encourage them to get help

If you or someone you know is experiencing intimate partner violence:

- Call 911 if anyone is in immediate danger.
- Contact the National Domestic Violence Hotline: 1-800-799-SAFE (7233) or visit www.thehotline.org

For more information on resources to help victims, contact the National Domestic Violence Hotline: 1-800-799-SAFE (7233) or visit www.thehotline.org



(Placeholder for local resource label)