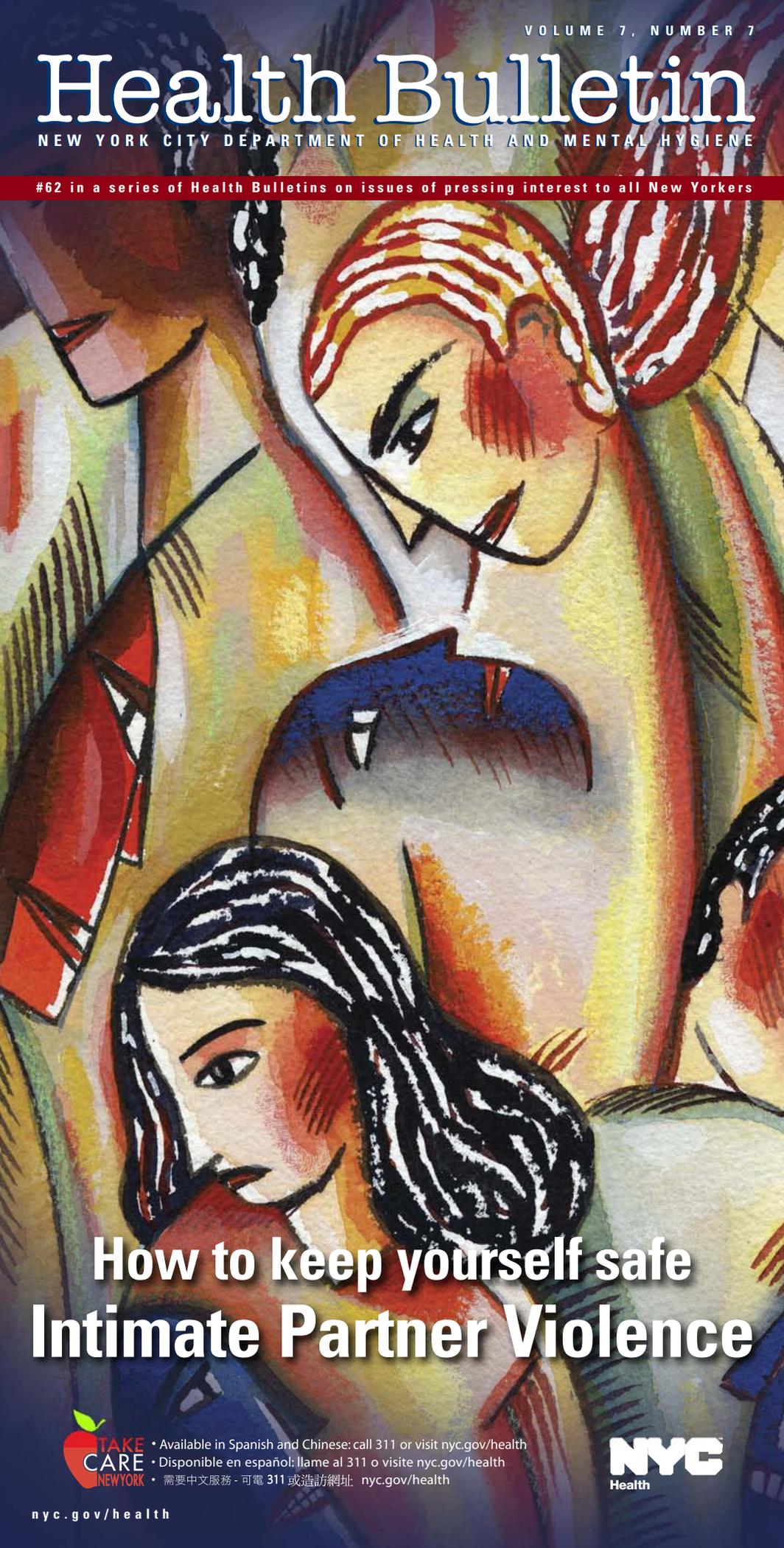


Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#62 in a series of Health Bulletins on issues of pressing interest to all New Yorkers



How to keep yourself safe Intimate Partner Violence



• Available in Spanish and Chinese: call 311 or visit nyc.gov/health
• Disponible en español: llame al 311 o visite nyc.gov/health
• 需要中文服務 - 可電 311 或造訪網址: nyc.gov/health



It can happen to anyone

Intimate partner violence (also called domestic violence) is aggression between you and a current or past partner.

- Partner violence can happen to anyone, regardless of age, race/ethnicity, income, education, immigration status or sexual orientation.
- Most victims are women – but men can be victims, too.

It often occurs in cycles, and it usually gets worse.

- Partner violence can begin early in a relationship and often lasts a long time.
- It usually occurs in cycles, and often becomes more frequent and severe over time.
- Your partner may apologize, give you gifts and promise never to hurt you again.
- But the abuse usually does happen again.

Abuse is always wrong.

- Sometimes it is also against the law.
- A violent relationship is NOT your fault.
- Abusive partners must *want* to change. They must stop all violent behavior.
- Changing behavior is difficult and it can take a long time.



About power and control

There are different types of violence and abuse.

1. **Emotional abuse** limits your freedom. It scares you or makes you feel bad about yourself. An emotionally abusive partner may:
 - **Bully you** by calling you names, interrupting you and insulting you.
 - **Keep you from seeing** family or friends, or from going to school or work.
 - **Be overly protective**, possessive or jealous.
 - **Take your money** or documents, deny you money, or make you account for everything you spend.
 - **Withhold sex or affection** to manipulate you.
2. **Threats** are words or gestures that make you believe your partner will hurt you, your loved ones or your pets. A threatening partner may:
 - **Stalk you** or constantly call you on the phone.
 - **Hold a weapon** while saying mean or scary things like:
 - *"I'm going to report you to welfare (or immigration, or the police)."*
 - *"I'm going to take these kids and leave."*
 - *"I'll kill myself if you don't stay with me."*
3. **Physical abuse** is any use of force to harm you or your loved ones, or to destroy things that you value. A physically abusive partner may:
 - **Push, slap, kick, hit, cut, or burn** you, your loved ones or your pets.
 - **Deny you food, sleep, or medical care.**
 - **Destroy your clothes, photos, or other belongings.**
4. **Sexual abuse** is forcing any sexual activity. *For example:*
 - **Forbidding you to use birth control** or condoms is sexual abuse.
 - **Forced sex is rape, and rape is a crime** – even between people who are married or living together.

Health effects of abuse

Partner violence can cause or worsen MANY health problems.

- **Physical injuries** may be serious and result in disability or even death.
 - Approximately 4,000 women and 900 men are treated in NYC emergency rooms for partner violence every year.
 - About 40% of women killed in NYC each year are killed by their intimate partners.
- **Sexual abuse** may cause unwanted pregnancy, sexually transmitted infections and infertility.
- **Stress-related problems** may lead to:
 - Anxiety, depression, eating and sleeping problems.
 - High blood pressure, heart disease and stroke.
 - Suicidal thoughts and attempts.
- **Abuse also makes it harder to care for yourself.** You may not see a doctor regularly for important tests, immunizations and care.

You are not alone!

ALWAYS CALL 911 IF YOU ARE IN IMMEDIATE DANGER

1. Help is available.

- Talk to someone you trust, such as a family member or a friend. Or talk to your doctor or religious advisor.
- Talk to a Domestic Violence Hotline counselor about how to get safe. Call 311 or call 800-621-HOPE (800-621-4673).
- Make a short list of people you can call in an emergency. Memorize their phone numbers.

2. Think ahead about how to escape.

- When you are being bullied or attacked, avoid going into rooms with no exits (bathrooms) and rooms with dangerous objects (kitchens).
- Know all the ways to escape your house or apartment building in an emergency.

3. Keep important documents together in a safe place.

- Order of Protection (if you have one).
- Legal and identity documents (birth certificate, Social Security card, Passport, green card, marriage license, driver's license).
- Financial documents and information (checkbook, credit cards).
- Apartment lease, insurance policies, permanent medical records and prescriptions.

4. If you leave your partner, protect yourself.

- Change your phone numbers. Screen all calls.
- If you must meet your partner, go to a public place.
- Change your routine (how you go to work, when you go shopping, etc.).

Healthy Relationships...

- Couples respect each other, build trust and communicate openly.
- For help and support, call LifeNet (see 24-Hour Confidential Hotlines).

For more ways to get safe:
www.safehorizon.org



24-Hour Confidential Hotlines

- **New York City Domestic Violence Hotline:**
Call 311 or 800-621-HOPE (800-621-4673)
- **New York Police Department Rape and Sexual Assault Hotline:**
Call 311 or 212-267-RAPE (212-267-7273)
- **LifeNet**
 - Call 311 or 800-LifeNet (800-543-3638)
 - Spanish LifeNet: 877-AYUDESE (877-298-3373)
 - Asian LifeNet (Mandarin, Cantonese, and Korean): 877-990-8585
- **New York Asian Women's Center:** 888-888-7702
- **NYC Gay and Lesbian Anti-Violence Project:** 212-714-1141
- **National Teen Dating Abuse Helpline:**
866-331-9474, 866-331-8453 TTY
- **Domestic Abuse Helpline for Men:**
888-7HELPLINE (888-743-5754)

More Information and Help

- **Mayor's Office to Combat Domestic Violence:**
311 or nyc.gov/domesticviolence
- **Safe Horizon:** www.safehorizon.org
- **Violence Intervention Program:** <http://63.135.104.107>
- **Arab American Family Support Center:**
718-643-8000 or www.aafscny.org
- **New York Asian Women's Center:** www.nyawc.org
- **NYC Gay and Lesbian Anti-Violence Project:** www.avp.org
- **Voices of Women:** www.vowbwrc.org
- **Connect:** www.connectnyc.org

**DIAL
311**

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Intimate Partner Violence
How to keep yourself safe

**DIAL
311**

For Non-Emergency New York City Services
Telephone Interpretation in More Than 170 Languages