

HELP IS
AVAILABLE, 24/7

DID YOU KNOW?

“ In the U.S., 1 in 3 women and 1 in 4 men have experienced rape, physical violence and/or stalking by an intimate partner in their life time.”

- The National Domestic Violence Hotline and the National Coalition Against DV

Learn more about domestic and gender-based violence at www.nyc.gov/endgbv

How You Can Support Others

- You can listen and believe them
- Let them know it's not their fault
- Ask them what they need and what would be helpful
- Respect their choices even if you disagree
- Offer information about resource

Talking about their experiences does not mean the person is ready to take action.

Learn more about supporting others at www.nyc.gov/NYCHOPE

- **Call NYC's 24-hour Domestic Violence Hotline** at 1-800-621-HOPE (4673); TTY: 1-866-604-5350
- Visit the NYC HOPE Resource Directory at www.nyc.gov/NYCHOPE for information and resources for domestic and gender-based violence
- **Visit any NYC Family Justice Center (FJC) to get free and confidential assistance.**
Open Monday to Friday, 9 a.m. to 5 p.m., FJCs welcome people of all ages, sexual orientations, and gender identities, regardless of immigration status, income, or language spoken. No appointment is needed.

Bronx FJC (718) 508-1220
198 East 161st Street, 2nd Fl.

Brooklyn FJC (718) 250-5113
350 Jay Street, 15th Fl.

Manhattan FJC (212) 602-2800
80 Centre Street, 5th Fl.

Queens FJC (718) 575-4545
126-02 82nd Avenue

Staten Island FJC (718) 697-4300
126 Stuyvesant Place

**** Call 911 in an emergency ****

IS YOUR RELATIONSHIP HEALTHY?



GET RESOURCES & INFORMATION

NYC Mayor's Office to
End Domestic and
Gender-Based Violence

What is Intimate Partner Violence?

IPV is abuse between intimate partners. It is a pattern of behavior in which one partner gains (or tries to gain) and maintains power and control over another intimate partner.

Intimate partner violence can occur between current or former dating partners, on again/off again relationships, married or divorced partners, those living together or apart, or those with children in common. Intimate partner violence can occur between people of any gender identity or sexual orientation.

Relationship abuse can happen in person and/or through the use of technology, such as texting, social media, or the Internet to harass, stalk, intimidate, or cause harm to another person to control them.

Learn more about domestic and gender-based violence at www.nyc.gov/endgbv

Healthy relationships are rooted in trust, respect, and communication. They allow both partners to safely express their feelings, thoughts, and needs.

YOU ARE NOT TO BLAME FOR YOUR PARTNER'S ABUSIVE BEHAVIOR.

HELP IS AVAILABLE—24 HOURS A DAY, 7 DAYS A WEEK.

Recognize the Signs:

- ⚠ Physical abuse** can include physically hurting you, and it can include threatening you with weapons, or punching walls or breaking objects to scare you.
- ⚠ Emotional abuse** can include putting you down or name-calling, controlling what you wear or do, threatening to “out” you, or attempting to isolate you from family and friends.
- ⚠ Financial abuse** is any behavior that uses money or employment to control your partner. It can include not allowing you to access bank accounts or credit cards, stopping you from working or limiting the hours you can work, getting you fired by harassing you on the job, interfering with your education, even not letting you go to school.

⚠ Sexual abuse is any sexual behavior that happens without your consent—that includes unwanted sexual activity or sexual activity when you are incapacitated, touching parts of your body without your permission or forcing you to touch parts of their body when you don't want to, refusing to use contraception, pressuring you to send them explicit photos or videos.

If you think you are experiencing any of these, or are not sure, you can get help.

Visit the NYC HOPE Resource Directory at www.nyc.gov/NYC_HOPE to get information and locate resources for domestic and gender-based violence