

## Understanding Domestic Violence



Domestic violence is believed to be the most common, yet the least reported crime in the United States. Victims of domestic violence come from all walks of life, cultures, income groups and religions. Reviewing the information below will help you better understand domestic violence and spot the warning signs of abuse.

### What is Domestic Violence?

Domestic violence is all about control. Abusers can control their victims using many different tactics; these include:

- Stalking
- Intimidation
- Sexual assault
- Isolation from family or friends
- Actual or threatened physical harm
- Emotional abuse (mind games, name-calling or put-downs)
- Economic abuse by withholding money or preventing the victims from getting or holding money

### Spotting the Warning Signs

The following are potential signs of someone who is suffering from domestic violence:

- Low self-esteem
- Absenteeism from work
- Unexplained cuts or bruises
- Not allowed use of the phone
- Withdrawal from social situations
- Little or no control over household finances
- Not allowed to make decisions or get a job
- Forbidden from seeing friends unless partner is along
- Complaints about non-specific aches and pains that are constant and recurring

### Call Your EAP

The EAP stands ready to help you troubleshoot problems, examine options, deal with hard choices, and face the future. If you or someone you know is experiencing domestic violence and need more information or assistance, please call your EAP : 1-877-313-4455.

#### Resources:

- [Stop Domestic Violence Brochure](#)
- [WA State Domestic Violence Hotline](#): 1-800-562-6025
- [National Domestic Violence Hotline](#): 1-800-799-7233 / TTY 1-800-787-3224