Domestic Violence
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Domestic violence is physical, mental, sexual, or emotional abuse in an intimate relationship. It occurs when one person uses abusive tactics to gain power and control over a partner or former partner.

Domestic violence hits homes in every community. It has a devastating effect on victims, children, families, and communities.

If you are a victim, you can get help by calling the National Domestic Violence hotline toll-free, 24 hours a day at 1-800-799-SAFE (7233). There are safe shelters across your state for you and your children, as well as many other services.

There is no excuse for domestic violence. If your spouse engages in one or several of the behaviors listed on this page, it may be an indication that you’re in an abusive relationship, and you should carefully evaluate your relationship and talk with a professional who can help.

Makes you feel like you’re walking on eggshells to keep the peace
Makes you feel like a prisoner in your own home
Yells at you frequently and calls you hurtful names
Is unpredictable or has sudden mood swings
Threatens you with violence
Breaks or hits things in your presence
Gives you hateful or threatening looks
Shoves, slaps, or hits you
Abuses your children
Keeps you from seeing friends or family
Hurts your pets
Follows you, spies on you, or shows up at your job, school, or friends’ homes
Listens to your phone calls or keeps you from using the phone
Is forceful with affection and/or sex
Accuses you of having affairs
Controls all the money and gives you little or none
Keeps you from getting or keeping a job
Pushed you to make a commitment before you felt ready
Has a history of battering in other relationships
Gets very angry or upset with you often and then apologizes with gifts, flowers, and promises

*Adapted from the National Coalition Against Domestic Violence.