

**If you need help, please call...**

**National Domestic  
Violence Hotline**

1.800.799.SAFE or 1.800.799.7233  
1.800.787.3224 (TTY)  
[www.ndvh.org](http://www.ndvh.org)

**National Dating Abuse Helpline**

Call or visit website for hours of operation.  
1.866.331.9474  
1.866.331.8453 (TTY)  
[www.loveisrespect.org](http://www.loveisrespect.org)

Hotlines provide crisis intervention, information, referrals and safety planning. All hotlines are toll-free, confidential and anonymous and most operate 24 hours a day 365 days a year.

**Se habla Español**



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**The Nevada Network Against Domestic Violence (NNADV)...**

...is a statewide organization that was formed in 1980 to work toward the elimination of domestic and sexual violence against all persons and the empowerment of women and children.

NNADV helps Nevada's communities respond creatively and effectively to the needs of domestic violence victims by providing information to service providers in the fields of domestic and sexual violence. In addition, NNADV provides education and advocacy to the general public and actively educates legislators on issues of concern to Nevada families.



**Nevada Network Against Domestic Violence**

*Advocating change.  
Educating our community.  
Supporting services.*

250 South Rock Blvd. Suite 116  
Reno Nevada 89502

Phone: 775.828.1115 or  
800.230.1955 statewide  
Fax: 775.828.9911  
Website: [www.nnadv.org](http://www.nnadv.org)

**A program in your area:**



**Nevada Network Against Domestic Violence**

*Advocating change.  
Educating our community.  
Supporting services.*

**No One  
Deserves to  
be Abused**



*"But people think you can just leave and it's over, and it doesn't work like that. For the next two years after I left him, he terrorized us, he stalked me, he broke in, he tried to poison the dog, the police were always called. There doesn't seem to be an easy answer."*

To learn more about intimate partner violence, contact the NNADV office or visit our website at [www.nnadv.org](http://www.nnadv.org).

# Intimate Partner Violence: The Basics

## What is intimate partner violence (IPV)?

The U.S. Office on Violence Against Women defines IPV as a “pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner.”

## How common is IPV?

- IPV is a major problem in Nevada and the U.S. One in every four women will experience IPV in her lifetime. An estimated 1.3 million women are victims of physical assault by their partner each year.
- IPV is one of the most chronically under-reported crimes. Most cases are never reported to the police.
- For victims reporting abuse & seeking assistance, 85 percent are women and about three-fourths of the persons who abuse are male.
- Approximately one in three adolescent girls in the U.S. is a victim of abuse from a dating partner - a figure that far exceeds victimization rates for other types of violence affecting youth.

For additional statistics, visit the Futures Without Violence website, “Get the Facts” section: [www.futureswithoutviolence.org](http://www.futureswithoutviolence.org).



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## What are the types of abuse?

IPV takes many forms, including physical and sexual abuse, emotional or psychological abuse, economic abuse and stalking.

**Physical Abuse** includes hitting, shoving, slapping, hair pulling, biting, kicking, hitting with objects, stabbing, or shooting. Physical abuse can also include withholding medications, medical care and food necessary to maintain health.

**Emotional or Psychological Abuse** weakens the person's sense of self worth by constant criticism, belittling, minimizing, denying, name calling and blaming. The abuser may tell them they are responsible for the abuse and may also threaten to harm or take the children or harm the family pet.

**Sexual Abuse** includes being forced, threatened, or deceived into sexual activities which they do not want to do, rape, or someone looking or touching them in ways that make them uncomfortable.

**Economic Abuse** may prevent them from getting or keeping a job, making them ask for money, giving them an allowance, taking money and not letting them have access to the family income.

**Stalking** refers to the willful, malicious and repeated following or harassment of another person. It includes behaviors that serve no other purpose than to annoy, alarm, or terrorize a person.

## What can I do?

Remember, no one deserves to be abused. It is not your fault and you are not alone. There are people in your community that can offer support and assistance. Here are some options:

- Call the [National Hotline](#) to locate a community-based advocacy program in your area and ask to speak with an advocate. All services are premised on support, empowerment, options and safety for you and your children. For a list of programs, visit the [NNADV website](#).

- Services offered by community-based advocacy programs are free and confidential.
- Ask the advocate for the NNADV *Domestic Violence Handbook for Victims and Professionals* to read about available services including emergency shelter, safety planning, and legal assistance. This handbook also includes resources for seeking employment, nutrition services and emergency financial assistance. This handbook is available in [English](#) and [Spanish](#).

## I want to learn more about a healthy relationship...

A healthy relationship is characterized by non-violence. It includes the following behaviors:

- A relationship based on equality with shared responsibility by making family decisions together and mutually agreeing on a fair distribution of work.
- An economic partnership that includes making money decisions together and making sure both partners benefit from the financial arrangements.
- Responsible parenting by being a positive non-violent role model for children and sharing parental responsibilities.
- Showing respect by listening, being emotionally affirming and valuing opinions, feelings, friends and activities.
- Talking and acting so that the partner feels safe and comfortable expressing opinions, being willing to compromise and offering trust and support.
- Seeking mutually satisfying resolutions to conflict. Accepting change and being willing to compromise.
- Accepting responsibility for oneself and admitting being wrong. Communicating openly and truthfully.