Domestic violence and abuse can happen to anyone, and occurs within all age ranges, ethnic backgrounds and economic levels. Domestic violence can be described as a pattern of abusive behavior to gain or maintain power and control over another person through fear and imitation.

Emotional abuse is also a form of domestic abuse where threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation, isolation or stalking is exhibited in the relationship.

Other types of abuse may include:
- Sexual
- Economic
- Spiritual
- Psychological

Domestic violence often occurs in cycles, with periods of normalcy followed by increased tension and abuse. This cycle of violence repeats, sometimes over a period of months, or within the same day.

Anyone can be a leader against domestic violence. Learn the warning signs of abuse so you can recognize them when you see them.

**General Warning Signs of Domestic Abuse**

People who are being abused may:
- Seem afraid or anxious to please their partner
- Go along with everything their partner says and does
- Check in often with their partner to report where they are and what they’re doing
- Receive frequent, harassing phone calls from their partner
- Talk about their partner’s temper, jealousy, or possessiveness
- Be restricted from seeing family and friends
- Rarely go out in public without their partner
- Have limited access to money, credit cards, or the car

Does your partner:
- Act excessively jealous and possessive?
- Hurt you, or threaten to hurt or kill you?
- Threaten to commit suicide if you leave?
- Force you to have sex?
- Control where you go or what to do?
- Keep you from seeing your friends or family?
- Constantly check on you?
- Limit your access to money, the phone, or the car?

*Helpguide.org: “Signs of Abuse and Abusive Relationships”*
What Should I do If I Am Being Abused?

*If you need immediate assistance, call 911 or your local emergency service.*

- Create a safety plan. A safety plan is a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave.
- Utilize available resources. For advice and support, the following hotlines are available:
  - National Domestic Violence Hotline 1-800-799-7233 (SAFE)
  - Houston Area Women’s Center Hotline 713-528-2121
  - Bay Area Turning Point Hotline 281-286-2525
  - The Bridge Over Troubled Water Hotline 713-473-2801
- Contact or walk-in to the Center for Student Development to meet with a counselor and receive resource information.

What Should I Do If Someone I Know is Being Abused?

- If someone is in immediate danger, call 911 or contact local emergency services.
- Speak out. Let the individual know it is NOT their fault and they are NOT alone. Everyone deserves to be treated with love and respect.
- Break the silence.
- Encourage them to seek help by contacting a support hotline, local advocacy center or meet with a counselor for confidential support services.
- Learn about the issues. You may contact a support hotline and find out other ways to help and support the mission to end violence.

**Resources**

The Bridge Over Troubled Waters  
http://www.thebridgeovertroubledwaters.org/  
24-Hour Hotline: 713-473-2801

Bay Area Turning Point, Inc.  
http://www.bayareaturningpoint.org/  
24-Hour Hotline: 281-286-2525

National Sexual Violence Resource Center  
http://www.nsuvrc.org  
1-800-692-7445

Houston Area Women’s Center (RAINN)  
http://www.hawc.org/  
Rape Crisis Hotline: 713-528-7273  
Domestic Violence Hotline: 713-528-2121

Women’s Center of Brazoria Co.  
http://womenscenterbrazoriacounty.com/  
281-485-0934

Rape, Abuse and Incest National Network  
http://www.rainn.org  
1-800-656-HOPE

National Domestic Violence Hotline  
http://www.ndvh.org  
1-800-799-SAFE

National Center for Victims of Crime  
http://www.ncvc.org  
1-800-394-2255

Rape, Abuse and Incest National Network  
http://www.rainn.org  
1-800-656-HOPE

Loveisrespect: Teen Dating Violence Hotline  
www.loveisrespect.org  
1-866-331-9474

Sources: Houston Area Women’s Center, National Domestic Violence Hotline, and HelpGuide.org